

WHO to Implement Global Elimination of Trans Fat

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Category : Health

Unlocking Word Meanings

Read the following words/expressions found in today’s article.

- 1. **solidify** / səˈlɪdə faɪ / (v) – to harden or to become solid
Example: Water **solidifies** at low temperature.
- 2. **excessive** / ɛkˈses.ɪv / (adj) – greater than what is needed
Example: I feel dizzy because I drank an **excessive** amount of beer.
- 3. **clogging** / klagɪŋ / (n) – the blocking of an opening that makes it hard for something to pass
Example: Please do not pour oil down the drain to avoid **clogging** of the kitchen sink.
- 4. **attribute to** / əˈtrɪbjʊt tu / (phrasal) – to say that something happened because of a specific cause
Example: He **attributed** his illness **to** his unhealthy lifestyle.
- 5. **cut back** / kʌt bæk / (n) – to lessen something
Example: I need to **cut back** on sweets because I am pre-diabetic.

Article

Read the text below.

The World Health Organization (WHO) has announced its plan to implement a worldwide elimination of trans fat.

Trans fat is a type of fat produced when vegetable oil **solidifies**. It is commonly found in processed food and baked goods. Doctors perceive trans fat as the worst kind of fat as it increases the body’s bad cholesterol and reduces good cholesterol at the same time.

Studies suggest that **excessive** consumption of food with high trans fat content may lead to the **clogging** of arteries, which raises the risk of stroke and heart attack. In fact, the WHO reported that roughly 500,000 cardiovascular disease-related deaths yearly are **attributed to** trans fat.

In hopes to eliminate trans fat by 2023, the WHO recently launched the guideline REPLACE, which stands for “Review, Promote, Legislate, Assess, Create, and Enforce.” This initiative entails the development of regulations on trans fat consumption and production.

Meanwhile, some health experts shared their views about this initiative.

According to Lynn James, a licensed dietitian at the Pennsylvania State University Extension, this initiative can make a big difference in improving a population’s health. She explained that **cutting back** on trans fatty food also means consuming less sodium and sugar. This reduces the risk of having health issues like coronary artery disease, Alzheimer’s disease, and type 2 diabetes.

In contrast, Stanford University medicine professor Christopher Gardner asserted that eliminating trans fat will only lead to finding another type of saturated fat as a replacement. Doing so will not guarantee that the replacement will be a healthier option.

Viewpoint Discussion

Enjoy a discussion with your tutor.

Discussion A

- Do you think that a worldwide elimination of trans fat is possible? Why or why not?

