

Other Facts:

- Even when the fat/oil contains less than 2% trans fat, **repeated use at high temperature can increase the trans fat content.**
- In 2004, when Denmark became the first country to limit industrially produced trans fat content in all foods to 2% of fats and oils.
- According to a 2020 report of WHO, 32 countries already have some form of mandatory limits on trans fat.
- It is now well known that trans fat can be completely eliminated and replaced with healthier substitutes without any change in the food taste or cost.

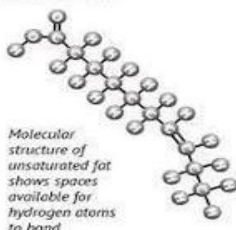
Different Kinds of Fat

Fatty acids, which are the building blocks of fat, are long chains of carbon and hydrogen atoms. Essential fatty acids are those needed by the human body that can only be obtained through food. Some fats are harmful, however.



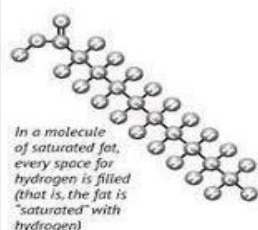
UNSATURATED FATS

The so-called "good" fats can be found in nuts, avocados and other vegetables. The molecular structure of unsaturated fat causes it to be lower in calories than other fats.



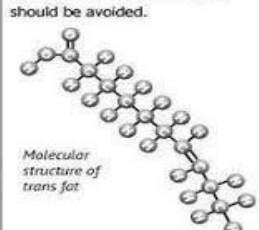
SATURATED FATS

These fats are found mostly in animal products. It is recommended that people reduce their consumption of saturated fats in order to stay healthy.



TRANS FATS

Trans fats are unsaturated (good) fats which have been partially saturated with hydrogen to extend their shelf life. Unfortunately, these trans fats are found to elevate "bad" cholesterol and should be avoided.



11. BMI (body mass index)

A review of BMI of various countries was published in the medical journal **The Lancet**.

- The study has ranked **India at the 196th spot** with respect to BMI.
- India ranks **third and fifth from the bottom respectively** among countries where **19-year-old girls and boys have a low body mass index.**

What is BMI (body mass index)? How is it calculated?

BMI is measured as the weight in kg divided by the square of the height in metres.

- The **normal BMI ranges between 20 and 25.**

Concerns for India:

- As BMI is a function of height, the corollary is that Indian teens are also among the shortest in the world.
- The findings also contradict authorities claim that Indian children are not as malnourished or stunted as they used to be a decade ago.
- The study notes that poor nutrition may be the reason behind this.

12. Global HIV Prevention Coalition:

- It is a **global coalition of United Nations Member States, donors, civil society organizations.**
- Established in **2017 to support global efforts to accelerate HIV prevention.**
- It includes the **25 highest HIV burden countries, UNAIDS Cosponsors, donors, civil society and private sector organizations.**

Goal: It seeks to ensure accountability for delivering prevention services at scale in order to achieve **the targets of the 2016 Political Declaration on Ending AIDS, including a 75% reduction in HIV infections towards fewer than 500 000 infections by 2020, and to ending the AIDS epidemic by 2030.**