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Press release

New Nordic Nutrition Recommendations and AAK

The new Nordic Nutrition Recommendations with focus on decreasing the consumption of saturated fats has recently been published commissioned by the Nordic Council of Ministers.

AAK has since many years focused on eliminating trans fatty acids and decreasing the amount of saturated fats throughout the product range. Through a consistent long term investment AAK has gained a leading position in this field. The result of this has been a number of new products with significantly reduced amount saturated fats and maintained functionality in a wide range of foods.

“It is with great satisfaction we see that our development strategy is completely in line with the new Nordic Nutrition Recommendations. Vegetable oils with low amount of saturated fats are specifically emphasized in the new recommendations, which is most encouraging for AAK as a specialist in the field”, says Arne Frank, President and CEO.

In the new recommendations it is emphasized that the type of fat we eat is more important than the total amount of fat. No reduction in fat intake from current levels is suggested but it is recommended to exchange saturated fat for mono- or polyunsaturated.

A further proof of the interest in these products is that a new ice cream fat from AAK, Akomix LS 25, was one of the nominated finalists for the prestigious Fi Europe Excellence Award in the category “Dairy innovation of the year”. Akomix LS 25 is a fat developed for ice cream with only 25% saturated fats, a reduction of 70% in comparison to commonly used fats for ice-cream production. This means that according to EFSA (European Food Safety Authority) the ice cream with Akomix LS 25 is entitled to the nutrition claim; “Reduced saturated fats” and the health claim; “Reducing saturated fats contributes to maintained blood cholesterol levels”.

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AarhusKarlshamn is one of the world's leading producers of high value-added speciality vegetable fats. These fats are characterized by a high technological content and are used as substitute for butter-fat and cocoa butter, transfree solutions for fillings in chocolate and confectionery products, and in the cosmetics industry. AarhusKarlshamn has production facilities in Denmark, Mexico, the Netherlands, Sweden, Great Britain, Uruguay and the US. The company is organised in three Business Areas; Food Ingredients, Chocolate and Confectionery Fats and Technical Products & Feed. Further information on AarhusKarlshamn can be found on the company's website www.aak.com.