Below you will find EFPRA's Facts About Edible Animal Fats brochure.

Electronic and hard copies are available. Please contact Dirk Dobbelaere at efpra@skypro.be stating the number of copies you wish to receive and the postal address.
The Facts About Edible Animal Fats
Edible animal fats are a source of energy, vitamins and fatty acids. Taken from the same carcasses as prime cuts of meat, edible animal fats enhance the taste and texture of food.

Edible animal fats include lard from pigs, beef dripping, goose and chicken fat. All are from animals bred, reared and slaughtered for use in the food chain. Like meat, the production and processing of animal fat is subject to strict European Food Hygiene Regulations and is fully traceable from farm to fork.
Humans have eaten animal fats for millennia, satisfying the body’s demand for essential nutrients. They are a natural and beneficial part of a balanced diet, supplying energy, vitamins and fatty acids.

Edible animal fats also move and enable the use of important nutrients within the body. For example, vitamins A, D, E and K are not only found in edible animal fats but need fat to be transported and used by the human body.

Edible animal fats contain none of the unnatural trans fatty acids and “fast” carbohydrates linked to coronary heart disease and strokes. While edible animal fats do contain comparatively high levels of saturated fats, recent scientific research has disproven its link with these chronic diseases.

In addition all animal fats contain significant levels of oleic acid. This is the major fatty acid found in olive oil and is thought to be responsible for the health benefits associated with its consumption. Poultry fat and lard in particular contain high levels of oleic acid.
Edible animal fats in food production

Animal fats are appreciated for their delicious taste and excellent baking and cooking properties.

Beef dripping, for example, is an excellent frying agent. It’s relatively high levels of saturated fatty acids improve heat stability and reduce sensitivity to oxidation. As a consequence beef dripping tends to smoke less.

Lard’s soft consistency and crystalline structure lends itself to baking; it is the most suitable fat for shortening pastry.

Animal fats continue to be chosen by award winning chefs and home cooks for the superior flavour and texture they add to food. In Belgium beef dripping is used to produce perfect french fries and in the UK it’s acknowledged to make the best fish & chips. In Germany and France goose fat and lard are popular spreads.
Producing edible animal fats

Edible animal fats are from animals specifically bred, reared, slaughtered and processed for human consumption in accordance with European Food Hygiene Regulations.

Premium grade fat is cut from under the skin and from the abdominal cavity. It is purified, filtered and refined to produce high grade oils and fats.

Edible animal fats have a small carbon footprint compared to other fats and oils. Unlike palm and vegetable oil, where crops are grown specifically for their oil content, animals that produce edible animal fats are reared primarily for their meat, dairy and wool.

Together with their co-products, edible animal fats share the environmental cost of animal husbandry.

The proportion each product bears is often based on their economic value. As a result, co-products such as edible animal fats, carry a much smaller share of the total environmental impact.

Their carbon footprint is further reduced as most edible animal fats are produced using renewable energy derived from animal by-products.
EFPRA represents the animal by-products processing sector in Europe and is a leading authority on the regulation, manufacture, bio-security and nutrient value of processed animal protein and animal fat.

EFPRA has a single primary objective to continually improve the safety, security and sustainability of European food production by efficiently processing animal fats and animal by-products.

It brings together European by-product processing organisations that produce high-quality products, edible animal fats and processed animal protein for example, and works closely with partners worldwide for the technical advancement of the industry.

For more information about processed animal protein, animal fats and the European by-product processing industry visit www.efpra.eu or call +32 (0) 2 203 51 41.

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