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## **Trans Fat Monitoring Program**

Third Set of Trans Fat Monitoring Data  
Bakery Products  
February 2009

Bureau of Nutritional Sciences  
Food Directorate  
Health Products and Food Branch  
Health Canada

Canada

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## How to use the data tables\*:

This column identifies the food company.	This column identifies the food products that were chosen for analysis.	This column identifies when the food product was analyzed.	This column indicates the fat content of the food as a percentage by weight.	This column indicates the trans fats (TFAs) expressed as a % of the total fat content. The target is the 5% limit recommended by the Trans Fat Task Force.	This column indicates the saturated fats (SFAs) expressed as a % of the total fat content. The levels of SFAs are included along with TFAs, since SFAs are also a risk factor for heart disease.	This column indicates the sum of the TFAs and SFAs are expressed as a % of the total fat.
Company	Product Name/Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Company A	Brownie	July 2008	12.5	2.8	22.3	25.1
Company B	Brownie	Aug. 2008	23.9	25.5	21.6	47.1
Company C	Brownie	Sept. 2008	12.3	3.9	41.3	45.2
Company D	Brownie	Sept. 2008	14.8	0.7	32.6	33.3

\*updated for February 2009 data release

<i>Table 1: Fatty acids composition of croissants</i>						
<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
A&P Bakery	Croissant	Sept. 2008	14.4	1.2	40.4	41.6
Del's Pastry	Croissant	Sept. 2008	17.1	5.9	20.8	26.7
Dominion Bakery	Croissant	Sept. 2008	20.7	43.7	19.0	62.7
Extra Foods Bakery	Croissant	July 2008	17.7	34.4	27.7	62.1
Food Basics Bakery	Croissant	Sept. 2008	19.5	33.8	31.2	65.0
Fortinos Bakery	Croissant <sup>3</sup>	Aug. 2008	15.5	38.8	23.6	62.4
IGA Bakery	Croissant	Aug. 2008	20.6	0.7	45.1	45.8
Loblaws Bakery	Wheat Croissant	Aug. 2008	17.9	0.7	45.8	46.5
Longo's Bakery	Croissant	Aug. 2008	20.3	43.7	19.1	62.8
Metro Bakery	Croissant	July 2008	17.5	43.3	19.3	62.6
Safeway Bakery	Croissant <sup>4</sup>	July 2008	12.2	42.1	19.2	61.3
Sobey's Bakery	Whole Wheat Croissant	Aug. 2008	17.8	0.8	44.5	45.3

<sup>1</sup> TFA = trans fat

<sup>2</sup> SFA = saturated fat

<sup>3</sup> This is the same product sold both at Fortinos and The Real Canadian Superstore.

<sup>4</sup> The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

<i>Table 1: Fatty acids composition of croissants</i>						
<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
The Barn Markets Bakery	Croissant	Aug. 2008	20.5	43.7	18.9	62.6
The Real Canadian Superstore Bakery	Croissant <sup>3</sup>	Sept. 2008	19.4	40.1	23.4	63.5
Ultra Food And Drug Bakery	Croissant	Aug. 2008	15.8	42.0	19.2	61.2
Zehr's Bakery	Chocolate Croissant	Aug. 2008	18.9	38.9	22.2	61.1

*Table 2: Fatty acid composition of danishes*

<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
A&P Bakery	Danish	Sept. 2008	14.0	4.2	41.5	45.7
Del's Pastry	Apple & Cherry Danish	Sept. 2008	11.4	23.5	31.8	55.3
Dominion Bakery	Lemon Danish	Sept. 2008	14.9	2.9	42.5	45.4
Fortinos Bakery	Mini Danish (Assorted)	Aug. 2008	9.6	12.1	38.1	50.2
Loblaws Bakery	Mini Danish	Aug. 2008	12.8	26.4	31.4	57.8
Longo's Bakery	Danish	Aug. 2008	9.3	39.2	22.9	62.1
Safeway Bakery	Danish <sup>5</sup>	July 2008	14.1	3.8	47.0	50.8
Sobey's Bakery	Fruit Topped Danish	Aug. 2008	12.3	38.6	23.2	62.8
The Barn Markets Bakery	Cherry Danish Bites	Aug. 2008	14.7	1.9	44.0	45.9
The Real Canadian Superstore Bakery	Danish	Sept. 2008	10.0	14.3	36.0	50.3

<sup>5</sup> The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

*Table 2: Fatty acid composition of danishes*

<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
Ultra Food And Drug Bakery	Cherry Danish Bites	Aug. 2008	13.1	1.0	44.6	45.6



<i>Table 3: Fatty acid composition of pies</i>						
<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
A&P Bakery	Key Lime Pie	Sept. 2008	10.4	21.9	46.7	68.6
Dominion Bakery	Lemon Crisp Pie	Sept. 2008	15.1	24.0	29.2	53.2
Extra Foods Bakery	Apple Pie	July 2008	20.2	1.1	46.8	47.9
Farmer's Market	Blueberry Pie	Sept. 2008	14.4	0.8	46.3	47.1
IGA Bakery	Apple Pie	July 2008	7.6	26.9	21.0	47.9
Longo's Bakery	Key Lime Cream Pie	Aug. 2008	21.4	1.5	56.3	57.8
President's Choice (Loblaws)	Banana Cream Pie <sup>6</sup>	Aug. 2008	17.8	5.5	61.6	67.1
Safeway Bakery	Blueberry Pie	July 2008	16.7	27.6	25.5	53.1
Sobey's Bakery	Chocolate Creme Pie	Aug. 2008	12.9	4.2	45.7	49.9
The Barn Markets Bakery	Lemon Meringue Pie	Aug. 2008	8.6	29.0	22.5	51.5
Ultra Food And Drug Bakery	Key Lime Pie	Aug. 2008	16.8	19.7	48.1	67.8

<sup>6</sup> The company has informed us that the product has been discontinued. The data in the table is reflective of the product being sampled in August 2008.

<i>Table 4: Fatty acid composition of tarts</i>						
<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
A&P Bakery	Fruit Tart	Sept. 2008	5.9	1.4	46.3	47.7
Compliments (Sobey's)	Raisin Butter Tart	Aug. 2008	18.9	0.6	41.0	41.6
Del's Pastry	Pecan Tarts	Sept. 2008	20.0	19.5	23.3	42.8
Dominion Bakery	Fruit Tart	Sept. 2008	7.3	5.4	59.0	64.4
Farmer's Market	Raisin Butter Tarts	July 2008	19.7	0.9	41.9	42.8
Fortinos Bakery	Dufflet Peach Raspberry Tart	Aug. 2008	15.2	4.1	63.3	67.4
IGA Bakery	Blueberry Tart	Aug. 2008	10.3	1.7	27.4	29.1
IGA Bakery	Sugar Tart	July 2008	13.1	3.2	36.2	39.4
Loblaws Bakery	Caramel And Walnut Tarts	Aug. 2008	14.0	1.0	33.3	34.3
Longo's Bakery	Pecan Tart	Aug. 2008	21.2	1.1	30.4	31.5
Safeway Bakery	Butter Tart <sup>7</sup>	July 2008	27.6	10.9	33.5	44.4

<sup>7</sup> The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

*Table 4: Fatty acid composition of tarts*

<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
The Baker's Oven (A&P)	Two-Bite Butter Tart	Sept. 2008	15.6	1.0	40.9	41.9
The Real Canadian Superstore Bakery	Custard Fruit Tarts	Sept. 2008	10.0	23.0	39.4	62.4
Ultra Food And Drug Bakery	Dufflet Butternut Tart	Aug. 2008	25.6	2.3	42.5	44.8
Zehr's Bakery	Coconut Cream Tart	Aug. 2008	20.6	10.1	56.6	66.7

<i>Table 5: Fatty acid composition of cakes</i>						
<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
A&P Bakery	Chocolate Cake with Icing	Sept. 2008	25.6	0.8	46.2	47.0
Dominion Bakery	Chocolate Birthday Cake	Sept. 2008	13.7	27.1	32.2	59.3
Farmer's Market (Loblaws)	Carrot Cake With Icing	July 2008	16.1	1.6	30.7	32.3
Fortinos Bakery	Carrot Cake With Icing	Aug. 2008	25.7	11.6	16.9	28.5
IGA Bakery	Chocolate Cake	Aug. 2008	16.7	2.6	14.3	16.9
Loblaws Bakery	Carrot Cake With Icing	Aug. 2008	25.9	14.1	24.0	38.1
Longo's Bakery	Carrot Cake With Icing	Aug. 2008	25.1	13.9	31.5	45.4
Metro Bakery	Carrot Cake With Icing	July 2008	15.1	1.6	16.8	18.4
Safeway Bakery	Chocolate Cake Chocolate Iced	July 2008	22.1	15.8	27.6	43.4
Sobey's Bakery	Strawberry Shortcake	Aug. 2008	11.4	3.7	45.8	49.5

*Table 5: Fatty acid composition of cakes*

<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
The Barn Markets Bakery	Vanilla Velvet Mini Cake	Aug. 2008	17.0	5.6	54.5	60.1
The Real Canadian Superstore Bakery	Chocolate Birthday Cake With Icing	Sept. 2008	24.7	20.8	29.7	50.5
Ultra Food And Drug Bakery	Mini Carrot Cake	Aug. 2008	20.0	5.6	46.0	51.6
Zehr's Bakery	Lemon Cake	Aug. 2008	17.1	3.1	67.6	70.7

<i>Table 6: Fatty acid composition of brownies</i>						
<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (% by weight of food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
A&P Bakery	Brownies	Sept. 2008	13.8	5.5	58.0	63.5
Dominion Bakery	Brownies	Sept. 2008	18.7	20.3	34.4	54.7
Farmer's Market (Loblaws)	Fudge Brownies	Aug. 2008	16.3	0.9	17.5	18.4
IGA Bakery	Brownies	July 2008	12.5	2.8	22.3	25.1
Longo's Bakery	Brownie	Aug. 2008	23.9	25.5	21.6	47.1
No Frills Bakery	Double Chocolate Pecan Brownie	Sept. 2008	12.3	3.9	41.3	45.2
President's Choice (Loblaws)	Brownies	Sept. 2008	14.8	0.7	32.6	33.3
Safeway Bakery	Brownie Fudge Iced Without Walnut	July 2008	9.9	26.2	21.9	48.1
Sobey's Bakery	Deep Dutch Brownies	Aug. 2008	24.1	25.7	21.2	46.9
The Baker's Oven (A&P)	Two-Bites Brownies	Aug. 2008	28.2	1.0	43.0	44.0

*Table 7: Fatty acid composition of donuts*

<b>Company</b>	<b>Product Name/ Description</b>	<b>Sampling Date</b>	<b>Fat (g/100g food)</b>	<b>TFA<sup>1</sup> (% of total fat)</b>	<b>SFA<sup>2</sup> (% of total fat)</b>	<b>TFA + SFA (% of total fat)</b>
Pâtisserie Gaudet	Old Fashioned Donut	Aug. 2008	27.8	26.0	33.5	59.5
IGA Bakery	Marble Donuts	Aug. 2008	17.7	3.4	45.1	48.5
Zehr's Bakery	Donuts	Aug. 2008	10.8	25.3	25.0	50.3