

 This content was archived on June 24, 2013.

Archived Content

Information identified as archived on the Web is for reference, research or recordkeeping purposes. It has not been altered or updated after the date of archiving. Web pages that are archived on the Web are not subject to the Government of Canada Web Standards. As per the [Communications Policy of the Government of Canada](#), you can request alternate formats on the "[Contact Us](#)" page.



Health
Canada Santé
Canada

*Your health and
safety... our priority.*

*Votre santé et votre
sécurité... notre priorité.*



Trans Fat Monitoring Program

Third Set of Trans Fat Monitoring Data
Label Data
February 2009

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

Canada

Table of Contents

<i>Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels.....</i>	<i>3</i>
<i>Table 2: Nutrition information obtained from the Nutrition Facts tables from cracker labels.....</i>	<i>11</i>
<i>Table 3: Nutrition information obtained from the Nutrition Facts tables from instant noodle labels.....</i>	<i>18</i>
<i>Table 4: Nutrition information obtained from the Nutrition Facts tables from frozen potato labels.....</i>	<i>22</i>
<i>Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels.....</i>	<i>24</i>
<i>Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels.....</i>	<i>37</i>
<i>Table 7: Nutrition information obtained from the Nutrition Facts tables from popcorn labels.....</i>	<i>49</i>

How to use the data tables*:

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	Cookies	March 2008	8.3	16.0	20.0	36.0
Company B	Cookies	March 2008	16.9	0.9	72.7	73.6
Company C	Cookies	March 2008	13.3	0.0	25.0	25.0
Company D	Cookies	March 2008	22.0	2.2	66.7	68.9

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.

*updated for February 2009 data release

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Biscuits Leclerc Ltd.	Leclerc, Celebration Café Wafers	March 2008	31.6	25.0	33.3	58.3
Biscuits Leclerc Ltd.	Leclerc, Distinction Dark Chocolate Fingers	March 2008	24.2	12.5	50.0	62.5
Biscuits Leclerc Ltd.	Leclerc, Maple Leaf	March 2008	19.4	33.3	25.0	58.3
Biscuits Leclerc Ltd.	Leclerc, Quattro Belgian Chocolate	March 2008	23.1	0.0	33.3	33.3
Biscuits Leclerc Ltd.	Leclerc, Social Tea	March 2008	13.3	0.0	50.0	50.0
Biscuits Leclerc Ltd.	Leclerc, Tradition Jelly Sponge	March 2008	9.0	28.6	28.6	57.2
Biscuits Leclerc Ltd.	Leclerc, Vital Oat & Dark Chocolate	March 2008	24.0	0.0	25.0	25.0
Cadbury Ltd.	Cadbury, Milk Chocolate Finger Biscuit	March 2008	27.3	1.1	50.0	51.1
Danone	LU, Crepe Dark Chocolate Cream Roll	March 2008	18.5	2.0	60.0	62.0

¹ TFA = trans fat

² SFA = saturated fat

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Danone	LU, Le Petit Ecolier, Dark chocolate	March 2008	25.0	16.7	66.7	83.4
Danone	LU, Pims, Orange	March 2008	12.0	0.0	50.0	50.0
Dare Foods Ltd.	Dare, Bear Paws Baked Apple	March 2008	14.0	0.0	28.6	28.6
Dare Foods Ltd.	Dare, Breaktime Chocolate Chip	March 2008	16.7	20.0	40.0	60.0
Dare Foods Ltd.	Dare, Econo Chocolate Fiddle Stix	March 2008	21.2	7.1	71.4	78.5
Dare Foods Ltd.	Dare, Econopack Shortbread	March 2008	27.8	15.0	50.0	65.0
Dare Foods Ltd.	Dare, Econopack Shortbread	March 2008	27.8	15.0	50.0	65.0
Dare Foods Ltd.	Dare, Maxi Fruits Fieldberries	March 2008	12.9	0.0	44.4	44.4
Dare Foods Ltd.	Dare, Maxi Fruits Fieldberries ³	May 2008	14.3	0.0	30.0	30.0
Dare Foods Ltd.	Dare, Meteo Caramel	March 2008	16.7	8.0	70.0	78.0

³ Data provided by the company. This new data is reflective of the reformulated “Maxi Fruit Fieldberries cookies”.

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Dare Foods Ltd.	Dare, Normandie Fingers	March 2008	20.6	2.9	71.4	74.3
Dare Foods Ltd.	Dare, Simple Pleasures Almond	March 2008	16.7	4.0	40.0	44.0
Dare Foods Ltd.	Dare, Simple Pleasures Almond ⁴	May 2008	20.0	0.0	33.3	33.3
Dare Foods Ltd.	Dare, Ti-Coq	March 2008	13.9	2.0	60.0	62.0
Dare Foods Ltd.	Dare, Traditions Goglu ⁵	March 2008	12.9	25.0	25.0	50.0
Dare Foods Ltd.	Dare, Traditions Petit Beurre ⁶	March 2008	9.7	16.7	33.3	50.0
Dare Foods Ltd.	Dare, Ultimate Chocolate Fudge	March 2008	32.1	16.7	55.6	72.3
Dare Foods Ltd.	Dare, Ultimate Cinnamon Danish	March 2008	16.7	33.3	25.0	58.3
Dare Foods Ltd.	Dare, Ultimate Coconut Crème	March 2008	26.3	10.0	60.0	70.0

⁴ Data provided by the company. This new data is reflective of the reformulated “Simple Pleasures Almond cookies”.

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

⁶ The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Dare Foods Ltd.	Dare, Village Traditions ⁷	March 2008	8.3	20.0	20.0	40.0
Dare Foods Ltd.	Dare, Viva Puffs Raspberry	March 2008	15.0	6.7	75.0	81.7
Dare Foods Ltd.	Dare, Wagon Wheels Original	March 2008	14.3	2.0	80.0	82.0
Dare Foods Ltd.	Dare, Whippet Original	March 2008	15.0	0.0	55.6	55.6
Hershey Canada Inc.	Hershey, Cookies Reese	March 2008	28.6	1.2	37.5	38.7
Kelsen A/S	Royal Dansk, Butter Cookies	March 2008	23.3	0.0	64.3	64.3
La Petite Bretonne Inc.	La Petite Bretonne, Grandma Cookies	March 2008	10.0	0.0	40.0	40.0
Loblaws Inc.	Farmers Market, Cookies S'mores	March 2008	17.5	2.9	50.0	52.9
Loblaws Inc.	Farmers Market, Homestyle Tea Biscuit Raisin	March 2008	8.2	1.4	28.6	30.0

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

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, Mr. Chippy Chocolate Chip Cookies	March 2008	23.3	0.0	50.0	50.0
Loblaws Inc.	No Name, Social Tea ⁸	March 2008	13.6	22.2	22.2	44.4
Loblaws Inc.	No Name, Striped Shortbread	March 2008	21.7	2.0	70.0	72.0
Loblaws Inc.	No Name, Vanilla Sugar Wafers ⁹	March 2008	33.3	30.0	20.0	50.0
Loblaws Inc.	President's Choice, Arrow-Root	March 2008	15.6	0.0	8.0	8.0
Loblaws Inc.	President's Choice, Belgian Chocolate	March 2008	23.1	1.7	58.3	60.0
Loblaws Inc.	President's Choice, Cantuccini Almond Biscotti	March 2008	18.8	0.0	25.0	25.0
Loblaws Inc.	President's Choice, Chocolate Chunk Brownie	March 2008	19.4	0.0	41.7	41.7

⁸ The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

⁹ The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	President's Choice, Concerto	March 2008	23.3	0.0	57.1	57.1
Loblaws Inc.	President's Choice, The Decadent Chocolate Chip Cookies	March 2008	25.8	1.2	62.5	63.7
Loblaws Inc.	President's Choice, Lassy Mogs	March 2008	22.6	4.3	42.9	47.2
Loblaws Inc.	President's Choice, Raisin First	March 2008	19.2	10.0	60.0	70.0
Loblaws Inc.	President's Choice, Raspberry Temptations	March 2008	4.9	2.1	42.9	45.0
Milano Foods and Biscuits Ltd.	Milano, GT Lady Fingers	March 2008	8.6	0.0	50.0	50.0
Milano Foods and Biscuits Ltd.	Milano, Maria Milk	March 2008	8.3	16.0	20.0	36.0
Milano Foods and Biscuits Ltd.	Milano, S Biscuits	March 2008	16.0	0.0	37.5	37.5
Pepsico Foods Canada Inc.	Quaker, Chocolate Chip	March 2008	23.1	16.7	33.3	50.0

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
S.A. Desobry	Desobry, Platinum Belgian Assortment	March 2008	28.1	11.1	45.5	56.6
Saputo Inc.	Vachon, Lady Fingers	March 2008	16.9	0.9	72.7	73.6
Saputo Inc.	Vachon, Miami Vanilla	March 2008	20.0	1.0	50.0	51.0
ShaSha Co.	ShaSha, Organic Ginger Snap Cookies	March 2008	13.3	0.0	25.0	25.0
Sobeys Inc.	Compliments, Exceptional Chunky Chocolate Chip	March 2008	22.0	2.2	66.7	68.9
Sobeys Inc.	Compliments, Maple Cream	March 2008	21.2	28.6	21.4	50.0
United Biscuits Ltd.	McVities, Digestive	March 2008	20.0	1.7	50.0	51.7
Verdener Keks- und Waffelfabrik Hans Frietag GmbH & Co. KG	Hans Frietag Desiree Wafers	March 2008	33.3	0.0	90.0	90.0
Voortman Cookies Ltd.	Voortman, Apple Turnovers	March 2008	13.0	0.0	28.6	28.6

Table 1: Nutrition information obtained from the Nutrition Facts tables from cookie labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Voortman Cookies Ltd.	Voortman, Chunky Chip	March 2008	21.1	0.0	25.0	25.0
Voortman Cookies Ltd.	Voortman, Flax Seed Omega-3	March 2008	16.7	0.0	22.2	22.2
Voortman Cookies Ltd.	Voortman, Fudge Striped Digestive	March 2008	26.3	0.0	40.0	40.0
Voortman Cookies Ltd.	Voortman, No Sugar Added Chocolate Wafers	March 2008	29.6	0.0	18.8	18.8
Voortman Cookies Ltd.	Voortman, Oatmeal Raisin Rolls	March 2008	18.4	0.0	28.6	28.6
Walkers Shortbread Ltd.	Walkers, Almond Shortbread	March 2008	29.4	4.0	60.0	64.0
Zellers Inc.	Truly, Maria Tea Biscuits	March 2008	17.1	0.0	66.7	66.7

Table 2: Nutrition information obtained from the Nutrition Facts tables from cracker labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Biscuits Leclerc Ltd.	Leclerc, Vital Cheddar Heart Mini Cracker	March 2008	22.5	0.0	22.2	22.2
Chio-Wolf Magyarorszag Kft.	Wolf, Maxi Snacks	March 2008	20.0	0.0	45.0	45.0
Dare Foods Ltd	Dare, Grains First Spring Harvest	March 2008	22.7	0.0	20.0	20.0
Dare Foods Ltd	Dare, Vinta Original	March 2008	23.7	0.0	22.2	22.2
Dare Foods Ltd.	Dare, Breton Original	March 2008	20.0	0.0	62.5	62.5
Kashi Company	Kashi, TLC Original 7 Grain	March 2008	12.5	0.0	12.0	12.0
Kraft Canada Inc.	Christie, Bacon Dippers	March 2008	26.3	0.0	60.0	60.0
Kraft Canada Inc.	Christie, Bacon Dippers ¹⁰	March 2008	26.3	0.0	30.0	30.0
Kraft Canada Inc.	Christie, Cheese Bits	March 2008	30.0	1.7	33.3	35.0

¹⁰ Data provided by the company. This new data is reflective of the reformulated “Christie, Bacon Dippers”.

Table 2: Nutrition information obtained from the Nutrition Facts tables from cracker labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Kraft Canada Inc.	Christie, French Onion	March 2008	23.8	0.0	30.0	30.0
Kraft Canada Inc.	Christie, Multigrain Vegetable Thins	March 2008	22.5	0.0	33.3	33.3
Kraft Canada Inc.	Christie, Premium Plus Salted	March 2008	10.0	0.0	25.0	25.0
Kraft Canada Inc.	Christie, Rice Thins Original	March 2008	5.0	0.0	0.0	0.0
Kraft Canada Inc.	Christie, Ritz	March 2008	25.0	0.0	30.0	30.0
Kraft Canada Inc.	Christie, Ritz 100% Whole Grain	March 2008	22.5	0.0	11.1	11.1
Kraft Canada Inc.	Christie, Ritz 100% Whole Grain ¹¹	Sept 2008	22.5	0.0	22.2	22.2
Kraft Canada Inc.	Christie, Ritz Bits Cheese Sandwiches	March 2008	30.0	5.0	33.3	38.3
Kraft Canada Inc.	Christie, Ritz Cheese	March 2008	22.5	0.0	33.3	33.3
Kraft Canada Inc.	Christie, Ritz Chips Cheddar Stabillo	March 2008	19.6	5.0	15.0	20.0

¹¹ Data provided by the company. This new data is reflective of the reformulated “Christie, Ritz 100% Whole Grain”.

Table 2: Nutrition information obtained from the Nutrition Facts tables from cracker labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Kraft Canada Inc.	Christie, Ritz Entertaining Buttercrisp	March 2008	20.0	0.0	10.0	10.0
Kraft Canada Inc.	Christie, Ritz Sticks Multigrain	March 2008	17.5	0.0	28.6	28.6
Kraft Canada Inc.	Christie, SnackWells Cracked Pepper	March 2008	10.5	0.0	50.0	50.0
Kraft Canada Inc.	Christie, Cracked Pepper ¹²	July 2008	10.5	0.0	25.0	25.0
Kraft Canada Inc.	Christie, Snackwiches Ritz Real Cheese	March 2008	31.6	0.8	25.0	25.8
Kraft Canada Inc.	Christie, Sociables	March 2008	25.0	0.0	60.0	60.0
Kraft Canada Inc.	Christie, Sociables ¹³	May 2008	25.0	0.0	30.0	30.0
Kraft Canada Inc.	Christie, Sour Cream & Chives	March 2008	23.8	2.0	60.0	62.0

¹² Data provided by the company. This new data is reflective of the reformulated and renamed “Christie, Cracked Pepper”.

¹³ Data provided by the company. This new data is reflective of the reformulated “Christie, Sociables”.

Table 2: Nutrition information obtained from the Nutrition Facts tables from cracker labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Kraft Canada Inc.	Christie, Sour Cream & Chives ¹⁴	June 2008	23.8	2.0	30.0	32.0
Kraft Canada Inc.	Christie, Stoned Wheat Thins	March 2008	9.5	0.0	20.0	20.0
Kraft Canada Inc.	Christie, Swiss Cheese	March 2008	23.7	2.2	55.6	57.8
Kraft Canada Inc.	Christie, Swiss Cheese ¹⁵	May 2008	23.7	2.2	33.3	35.5
Kraft Canada Inc.	Christie, Triscuit Thin Crisps	March 2008	18.4	0.0	14.3	14.3
Kraft Canada Inc.	Christie, Wheat Thins	March 2008	20.0	0.0	37.5	37.5
Kraft Canada Inc.	Christie, Wheat Thins	March 2008	15.0	0.0	33.3	33.3
Kraft Canada Inc.	Toppables, Regular	March 2008	21.1	0.0	34.5	34.5
Lesley Stowe Fine Foods Ltd.	Raincoast Crisps, Original	March 2008	20.0	0.0	12.5	12.5

¹⁴ Data provided by the company. This new data is reflective of the reformulated “Christie, Sour Cream & Chives”.

¹⁵ Data provided by the company. This new data is reflective of the reformulated “Christie, Swiss Cheese”.

Table 2: Nutrition information obtained from the Nutrition Facts tables from cracker labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, Rice Crackers Original	March 2008	7.1	0.0	100.0	100.0
Loblaws Inc.	No Name, Snack	March 2008	16.7	30.0	20.0	50.0
Loblaws Inc.	No Name, Snack ¹⁶	Jan. 2009	16.7	0.0	8.0	8.0
Loblaws Inc.	No Name, Soda Salted	March 2008	10.0	20.0	20.0	40.0
Loblaws Inc.	No Name, Soda Salted ¹⁷	Jan. 2009	10.0	0.0	25.0	25.0
Loblaws Inc.	President's Choice, Biscuit for Cheese	March 2008	1.0	8.6	42.9	51.5
Loblaws Inc.	President's Choice, Crisp & Thin Butter ¹⁸	March 2008	22.5	33.3	22.2	55.5
Loblaws Inc.	President's Choice, 7 Grain Flatbread Cracker Original	March 2008	7.1	0.0	10.0	10.0

¹⁶ Data provided by the company. This new data is reflective of the reformulated "No Name, Snack" crackers.

¹⁷ Data provided by the company. This new data is reflective of the reformulated "No Name, Soda Salted" crackers.

¹⁸ 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: Nutrition information obtained from the Nutrition Facts tables from cracker labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	President's Choice, Baked Crisps Original	March 2008	10.0	0.0	10.0	10.0
Loblaws Inc.	President's Choice, Blue Menu Ancient Grain Crackers	March 2008	7.9	0.0	13.3	13.3
Loblaws Inc.	President's Choice, Crisp Wheats, Less Salt	March 2008	16.7	0.0	28.6	28.6
Loblaws Inc.	President's Choice, English Cream	March 2008	12.0	0.0	50.0	50.0
Loblaws Inc.	President's Choice, Mini Chefs Cheddar Gators	March 2008	20.0	0.0	25.0	25.0
Loblaws Inc.	President's Choice, Mini Chefs Cookies Animal Crackers	March 2008	15.0	0.0	8.9	8.9
Loblaws Inc.	President's Choice, Rich and Flaky	March 2008	17.9	0.0	20.0	20.0
National Importers	Hot-Kid Rice Crisps Natural	March 2008	4.4	0.0	45.5	45.5

Table 2: Nutrition information obtained from the Nutrition Facts tables from cracker labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
National Importers	Want Want, Superslim Brown Rice Crisps Original	March 2008	5.0	0.0	20.0	20.0
S&F Food Importers Inc.	S&F, Cream Crackers	March 2008	16.7	0.0	40.0	40.0
Sobeys Inc.	Compliments, Garden Vegetable	March 2008	22.5	33.3	11.1	44.4
Sobeys Inc.	Compliments, Value Salted Soda	March 2008	10.0	20.0	20.0	40.0
The Jamaica Biscuit Company Ltd.	Excelsior Jamaican Water Crackers	March 2008	0.0	0.0	0.0	0.0
Tree of Life Canada Inc.	Sesmark, Savoury Thins, Cracked Wheat and Sesame	March 2008	5.0	0.0	13.3	13.3
United Biscuits Ltd.	Carrs, Biscuit for Cheese	March 2008	15.8	0.0	50.0	50.0

Table 3: Nutrition information obtained from the Nutrition Facts tables from instant noodle labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Anderson Watts Ltd.	Mr. Noodle, Beef Cup	March 2008	23.4	0.0	40.0	40.0
Briska	Selection Merite, Instant Noodles Beef, Cup	March 2008	16.9	0.9	54.5	55.4
Campbell Company of Canada	Campbell's, Hearty Noodles, Chicken Cup	March 2008	1.8	0.0	40.0	40.0
Campbell Company of Canada	Gattuso, Chicken Cup	March 2008	1.8	0.0	30.0	30.0
Canada Enterprise Co., Ltd.	Six Fortune, U-don Noodles	March 2008	0.5	0.0	0.0	0.0
Canada Safeway Ltd.	Safeway, Instant Noodles, Beef	March 2008	18.5	41.7	16.7	58.4
Canada Safeway Ltd.	Safeway Instant Noodles, Beef ¹⁹	Oct. 2008	20.0	0.0	46.2	46.2
Encore Gourmet Food Corp.	Chef Woo, Noodles in Bowl, Beef	March 2008	1.8	0.0	10.0	10.0

¹⁹ Data provided by the company. This new data is reflective of the reformulated "Safeway, Instant Noodles, Beef".

Table 3: Nutrition information obtained from the Nutrition Facts tables from instant noodle labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Hain Celestial Canada ULC	Nile Spice, Couscous Black Bean	March 2008	2.8	0.0	0.0	0.0
Hain Celestial Canada ULC	Nile Spice, Potato Leek Soup Cup	March 2008	10.0	0.0	50.0	50.0
Loblaws Inc.	No Name, Oriental Noodles and Soup Mix, Chicken	March 2008	16.5	0.7	50.0	50.7
Loblaws Inc.	President's Choice, Blue Menu Instant Bean Soup	March 2008	1.5	0.0	20.0	20.0
Lucerne Foods	Eating Right, Miso Noodle Soup	March 2008	2.6	0.0	40.0	40.0
Maruchan Inc.	Maruchan, Instant Wonton Soup, Chicken	March 2008	31.0	0.8	46.2	47.0
McCormick Canada	Thai Kitchen Rice Noodles Thai Ginger	March 2008	5.6	0.0	20.0	20.0
Nissin Foods Co., Inc.	Nissin, Cup Noodles, Chicken	March 2008	20.3	0.8	53.8	54.6

Table 3: Nutrition information obtained from the Nutrition Facts tables from instant noodle labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Nong Shim America Inc.	Nong Shim, Big Bowl Noodle Shin	March 2008	12.3	0.0	42.9	42.9
Sanyo Foods Corp. of America	Sapporo Ichiban, Beef with Soup Base	March 2008	24.0	0.0	41.7	41.7
Simply Asia, LLC	Simply Asia, Instant Noodle Bowl, Teriyaki	March 2008	3.3	0.0	12.5	12.5
Sobeys Inc.	Compliments, Instant Noodles, Beef	March 2008	18.8	43.8	18.8	62.6
Sobeys Inc.	Compliments, Instant Noodles, Beef ²⁰	Dec. 2008	18.6	0.0	50.0	50.0
Thai President Foods Public Co. Ltd.	Mama, Instant Noodles, Chicken	March 2008	20.0	0.0	63.6	63.6
Tradition Foods Inc.	Tradition, Noodles, Chicken	March 2008	20.0	0.0	57.1	57.1

²⁰ Data provided by the company. This new data is reflective of the reformulated “Compliments, Instant Noodles, Beef”.

Table 3: Nutrition information obtained from the Nutrition Facts tables from instant noodle labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Unilever Canada Inc.	Lipton, Soupworks Plus Bowls, Chicken Long Grain and Wild Rice	March 2008	3.3	0.0	25.0	25.0

Table 4: Nutrition information obtained from the Nutrition Facts tables from frozen potato labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Alexia Foods Inc.	Alexia, Oven Fries, Olive Oil Parmesean and Roasted Garlic	March 2008	4.5	1.0	11.1	11.1
Briska	Selection Merite, Hashbrowns	March 2008	0.4	0.0	8.6	8.6
Briska	Selection Merite, Straight Cut French Fries Bag	March 2008	3.5	0.0	13.3	13.3
Canada Safeway Ltd.	Safeway, Straight Cut French Fries	March 2008	2.9	0.0	16.0	16.0
Canada Safeway Ltd.	Safeway, Super Pak Tater Treats	March 2008	7.1	41.3	16.7	58.4
Canada Safeway Ltd.	Safeway, Super Pak Tater Treats ²¹	Aug. 2008	9.4	0.0	12.5	12.5
Ians Natural Foods	Ians, Alphantots Potato Puffs	March 2008	7.1	0.0	8.3	8.3
Ians Natural Foods	Ians, Sweet Potato Fries	March 2008	3.5	0.0	16.7	16.7

²¹ Data provided by the company. This new data is reflective of the reformulated “Safeway, Super Pak Tater Treats”.

Table 4: Nutrition information obtained from the Nutrition Facts tables from frozen potato labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, Straight Cut French Fries	March 2008	5.3	0.0	6.7	6.7
Omstead Foods Ltd.	Delnor, Hashbrowns Shredded	March 2008	0.6	0.0	0.0	0.0
Sobeys Inc.	Compliments, Balance Crinklecut French Fries	March 2008	2.9	0.0	12.0	12.0
Sobeys Inc.	Compliments, Hashbrowns	March 2008	7.1	0.0	16.7	16.7

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Annettes Donuts Ltd.	Annettes, Donuts Glazed	March 2008	21.7	20.0	25.0	45.0
Biska	Selection Merite, Glazed Donuts	March 2008	20.5	12.5	25.0	37.5
Briska	Selection Merite, Old Fashioned Mini-Brownies	March 2008	28.9	0.0	36.4	36.4
Briska	Selection Merite, Pastry Shells	March 2008	44.6	0.0	48.0	48.0
Briska	Selection Merite, Strawberry Banana Muffins	March 2008	18.2	0.0	16.7	16.7
Briska	Selection Merite, Swiss Raspberry Rolls	March 2008	7.5	10.0	20.0	30.0
Canada Safeway Ltd.	Bakery, Pound Cake, Golden ²²	March 2008	26.3	2.0	20.0	22.0
Canada Safeway Ltd.	Safeway Select Artisan, Tiramisu Mousse Cake	March 2008	22.0	2.3	59.1	61.4

²² The company has informed us that the product has been discontinued. The data presented in the table is reflective of the product sampled in March 2008.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Canada Safeway Ltd.	Safeway, Strawberry Swirl Cheesecake	March 2008	20.0	7.5	55.0	62.5
Canada Safeway Ltd.	Safeway, Strawberry Swirl Cheesecake ²³	Feb. 2008	19.0	5.3	52.6	57.9
Canada Safeway Ltd.	The Bakery Counter, Apple Pie	March 2008	15.5	25.0	25.0	50.0
Canada Safeway Ltd.	The Bakery Counter, Blueberry Filled Mini Muffins ²⁴	March 2008	16.7	0.0	15.0	15.0
Canada Safeway Ltd.	The Bakery Counter, Caramel Apple Torte	March 2008	15.2	3.0	35.0	38.0
Canada Safeway Ltd.	The Bakery Counter, Cherry Pie	March 2008	20.0	25.0	25.0	50.0
Canada Safeway Ltd.	The Bakery Counter, Chocolate Drizzled Macaroons	March 2008	28.1	0.0	88.9	88.9

²³ Data provided by the company. This new data is reflective of the reformulated “Safeway, Strawberry Swirl Cheesecake”.

²⁴ The company has informed us that the product has been discontinued. The data presented in the table is reflective of the product sampled in March 2008.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Canada Safeway Ltd.	The Bakery Counter, English Toffee Bar, Chocolate Chunk	March 2008	16.1	0.0	17.9	17.9
Canada Safeway Ltd.	The Bakery Counter, German Chocolate Cake	March 2008	21.5	12.5	28.6	41.1
Canada Safeway Ltd.	The Bakery Counter, Mini Cakes, Original	March 2008	21.3	1.9	31.2	33.1
Canada Safeway Ltd.	The Bakery Counter, Mini Chocolate Cakes	March 2008	20.0	1.3	33.3	34.6
Canada Safeway Ltd.	The Bakery Counter, Mini Muffins, Orange Cranberry ²⁵	March 2008	15.0	0.0	16.7	16.7

²⁵ The company has informed us that the product has been discontinued. The data presented in the table is reflective of the product sampled in March 2008.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Canada Safeway Ltd.	The Bakery Counter, Mini Muffins, Pumpkin with Cream Cheese ²⁶	March 2008	18.3	0.0	22.7	22.7
Canada Safeway Ltd.	The Bakery Counter, Mini Pecan Tarts	March 2008	20.7	1.1	33.3	34.4
Canada Safeway Ltd.	The Bakery Counter, Mixed Fruit Pie	March 2008	19.2	26.1	26.1	52.2
Cinnaroll Bakeries Ltd.	Baker Boys, Gourmet Cinnamon Rolls	March 2008	12.9	16.7	22.2	38.9
Dawn Food Products Inc.	Weight Watchers, Carrot Cake	March 2008	9.3	0.0	20.0	20.0
Dels Pastry Ltd.	Apple Turnover	March 2008	20.7	26.3	31.6	57.9
Dels Pastry Ltd.	Carrot Cake	March 2008	15.0	6.7	30.0	36.7
Dels Pastry Ltd.	Carrot Muffins	March 2008	12.2	0.0	18.2	18.2

²⁶ The company has informed us that the product has been discontinued. The data presented in the table is reflective of the product sampled in March 2008.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Give & Go Prepared Foods Corp.	Homestyle, Crostata Cranberry Pecan	March 2008	21.4	0.8	33.3	34.1
Give & Go Prepared Foods Corp.	Homestyle, Mini Cinnamon Crunchies	March 2008	18.6	0.0	18.8	18.8
Give & Go Prepared Foods Corp.	Homestyle, Two-Bite Brownies	March 2008	28.9	0.0	36.4	36.4
Hershey Canada Inc.	Hershey's Chocolate Snacksters	March 2008	16.7	2.9	57.1	60.0
Hershey Canada Inc.	Reese, Snackbarz ²⁷	March 2008	20.0	0.0	60.0	60.0
Kookie Kutter Bakery Ltd.	Kookie Kutter, Ginger Snaps	March 2008	16.0	0.0	7.5	7.5
La Ferme Carnival Inc.	Super C, Blueberry Pie	March 2008	15.7	0.8	46.2	47.0

²⁷ The company has informed us that the product has been discontinued as of September 2008. The data in the table is reflective of the product being sampled in March 2008.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
La Petite Bretonne Inc.	La Petite Bretonne, Mini Chocolate Buns	March 2008	17.0	2.5	56.2	58.7
La Rocca Creative Cakes	La Rocca Creative Cakes, Chocolate Truffle Cake	March 2008	29.3	0.0	59.1	59.1
Loblaws Inc.	Farmers Market, Fudge Brownie	March 2008	14.8	0.0	18.8	18.8
Loblaws Inc.	Farmers Market, Banana Bread	March 2008	8.3	0.0	22.2	22.2
Loblaws Inc.	Farmers Market, Carrot Walnut Muffins	March 2008	26.7	1.1	13.9	15.0
Loblaws Inc.	Farmers Market, Mini Assorted Tarts	March 2008	32.0	1.9	43.8	45.7
Loblaws Inc.	Farmers Market, Mini Coffeecake, Carmel	March 2008	18.2	10.0	15.0	25.0
Loblaws Inc.	Farmers Market, Pecan Pie	March 2008	24.0	6.2	33.3	39.5

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	Farmers Market, Pecan Pie ²⁸	Nov. 2008	25.0	1.6	28.0	29.6
Loblaws Inc.	Farmers Market, Two Bite Cinnamon Rolls	March 2008	33.3	0.0	27.8	27.8
Loblaws Inc.	No Name, Blueberry Muffins	March 2008	16.1	2.2	11.1	13.3
Loblaws Inc.	No Name, Butter Tarts	March 2008	20.0	27.8	22.2	50.0
Loblaws Inc.	No Name, Butter Tarts ²⁹	Nov. 2008	18.9	2.9	29.4	32.3
Loblaws Inc.	No Name, Double Chocolate Fudge Cream ³⁰	March 2008	17.9	28.6	28.6	57.2
Loblaws Inc.	No Name, Old Fashioned Donut Holes	March 2008	17.9	25.0	25.0	50.0

²⁸ Data provided by company. This new data is reflective of the reformulated “Farmers Market, Pecan Pie”.

²⁹ Data provided by company. This new data is reflective of the reformulated “No Name, Butter Tarts”.

³⁰ The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, Old Fashioned Donut Holes ³¹	Dec. 2008	14.3	0.0	18.8	18.8
Loblaws Inc.	No Name, Sponge Cakes	March 2008	6.9	0.0	22.2	22.2
Loblaws Inc.	President's Choice, Blue Menu, Cinnamon Coffee Cake	March 2008	14.0	0.0	21.4	21.4
Loblaws Inc.	President's Choice, Blue Menu, Cranberry Orange Soy Muffins	March 2008	2.9	0.0	50.0	50.0
Loblaws Inc.	President's Choice, Mini Chefs Teensy Weensy Banana Muffins	March 2008	15.2	0.0	14.3	14.3
Mckee Foods	Little Debbie, Chocolate Caramel Rings	March 2008	24.1	1.4	71.4	72.8

³¹ Data provided by company. This new data is reflective of the reformulated "No Name, Old Fashioned Donut Holes".

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Mckee Foods	Little Debbie, Chocolate Swiss Rolls	March 2008	19.7	2.5	50.0	52.5
Mckee Foods	Little Debbie, Cosmic Brownies	March 2008	21.0	3.1	26.9	30.0
Mckee Foods	Little Debbie, Crisp Nutty Bars Peanut Butter Wafers	March 2008	31.6	1.7	38.9	40.6
Mckee Foods	Little Debbie, Frosted Fudge Cakes	March 2008	20.9	2.2	50.0	52.2
Mckee Foods	Little Debbie, Fudge Brownies	March 2008	21.3	3.1	26.9	30.0
Mckee Foods	Little Debbie, Honey Buns	March 2008	24.0	2.5	50.0	52.5
Mckee Foods	Little Debbie, Oatmeal Cream Cookies	March 2008	18.4	4.3	28.6	32.9
Mckee Foods	Little Debbie, Snack Cakes Chips & Creme	March 2008	17.6	3.3	33.3	36.6

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Mckee Foods	Little Debbie, Zebra Cakes	March 2008	18.9	2.1	57.1	59.2
Metro Brands	Irresistible, Blueberry Pie	March 2008	16.8	1.1	42.1	43.2
Pâtisserie Gaudet Inc.	Sugar Cream Pie	March 2008	16.9	1.4	50.0	51.4
Saputo Bakery Inc.	Hostess, Chocolate Cup Cakes	March 2008	13.8	1.8	22.7	24.5
Saputo Bakery Inc.	Vachon, Ah Caramel!	March 2008	14.8	1.1	77.8	78.9
Saputo Bakery Inc.	Vachon, Brownies	March 2008	20.0	0.0	20.0	20.0
Saputo Bakery Inc.	Vachon, Croquettes Vanilla	March 2008	10.0	2.0	30.0	32.0
Saputo Bakery Inc.	Vachon, Half Moon	March 2008	15.7	2.5	31.2	33.7
Saputo Bakery Inc.	Vachon, Hop & Go Minis, Chocolate Chip	March 2008	21.6	2.2	25.0	27.2
Saputo Bakery Inc.	Vachon, Jos Louis Bar	March 2008	19.1	1.5	61.5	63.0

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Saputo Bakery Inc.	Vachon, Log, Maple	March 2008	14.9	1.4	57.1	58.5
Saputo Bakery Inc.	Vachon, May West Bars, Ultra Creme	March 2008	19.1	1.5	61.5	63.0
Saputo Bakery Inc.	Vachon, Mille Feuilles	March 2008	24.1	2.9	50.0	52.9
Saputo Bakery Inc.	Vachon, Mini Croquette	March 2008	10.0	4.0	40.0	44.0
Saputo Bakery Inc.	Vachon, Passion Flakie, 3 Fruits & Cream	March 2008	23.3	2.9	50.0	52.9
Saputo Bakery Inc.	Vachon, Rosettes	March 2008	11.3	1.7	25.0	26.7
Saputo Bakery Inc.	Vachon, Swiss Rolls	March 2008	15.0	3.3	66.7	70.0
Saputo Bakery Inc.	Vachon, Triple Fudge Brownies	March 2008	20.0	0.0	20.0	20.0
Sobeys Inc.	Compliments, Cheesecake, Creamy Caramel ³²	March 2008	22.0	9.1	5.5	14.6

³² The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Sobeys Inc.	Compliments, Crunchie Cinnamon Rolls ³³	March 2008	18.6	0.0	18.8	18.8
Sobeys Inc.	Compliments, Mickey Muffins, Blueberry	March 2008	13.0	0.0	8.3	8.3
Sobeys Inc.	Compliments, Old Fashioned Donuts, Chocolate	March 2008	19.0	18.8	18.8	37.6
Sobeys Inc.	Compliments, Old Fashioned Donuts, Chocolate ³⁴	Dec. 2008	21.4	2.2	44.4	46.6
Sobeys Inc.	Compliments, Raisin Butter Tarts	March 2008	16.5	0.0	42.9	42.9
Sobeys Inc.	Compliments, Rich Chocolate Volcano Cake ³⁵	March 2008	16.8	1.6	23.7	25.3

³³ The company has informed us that the product has been discontinued as of December 2008. The data in the table is reflective of the product being sampled in March 2008.

³⁴ Data provided by the company. This new data is reflective of the reformulated “Compliments, Old Fashioned Chocolate Donuts”.

³⁵ The company has informed us that the product has been discontinued as of December 2008. The data in the table is reflective of the product being sampled in March 2008.

Table 5: Nutrition information obtained from the Nutrition Facts tables from pre-packaged dessert labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Sobeys Inc.	Compliments, Two Bite Macaroons Chocolate	March 2008	28.9	0.0	36.4	36.4
Sobeys Inc.	Compliments, Two- Bite Brownies	March 2008	26.3	0.0	36.4	36.4
Sobeys Inc.	Compliments, Blueberry Pie	March 2008	12.7	21.4	25.0	46.4
Sobeys Inc.	Compliments, Blueberry Pie ³⁶	Dec. 2008	12.7	0.7	42.9	43.6
Thrifty Foods Inc.	Thrifty, Belgium Waffles	March 2008	13.8	0.0	11.1	11.1

³⁶ Data provided by the company. This new data is reflective of the reformulated “Compliments, Blueberry Pie”.

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
B.K. Sethi Marketing Ltd.	India House, Hot Mix	March 2008	39.3	0.0	13.6	13.6
Barbara's Bakery Inc.	Barbara's Bakery, Cheese Puffs, Jalapeno	March 2008	35.7	0.0	10.0	10.0
Brilliant Foods Canada Inc.	Brilliant, Indonesian Shrimp Chips	March 2008	30.0	0.0	33.3	33.3
Briska	Selection Merite, Fiesta Mix	March 2008	26.0	11.5	11.5	23.0
Briska	Selection Merite, Regular	March 2008	36.0	0.0	8.3	8.3
Briska	Selection Merite, Rings Parm BBQ	March 2008	36.0	27.8	13.9	41.7
Briska	Selection Merite, Vegetable Chips Tomato Pesto	March 2008	17.9	0.0	10.0	10.0
Calbee America Inc.	Calbee, BBQ	March 2008	36.4	1.0	35.0	36.0

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Canada Enterprise Co., Ltd.	Six Fortune, Pork Rinds Hot	March 2008	30.0	0.0	33.3	33.3
Canada Safeway Ltd.	Safeway, Cheese Twists	March 2008	36.0	0.0	8.3	8.3
Canada Safeway Ltd.	Safeway, Potato Chips, BBQ	March 2008	28.0	0.0	10.7	10.7
Cape Cod Potato Chips	Cape Cod, Regular Plain 40% Less Fat	March 2008	20.0	0.0	5.0	5.0
Cornfields Inc.	Skinny Sticks, Garden Veggie	March 2008	22.0	0.0	9.1	9.1
Cornfields Inc.	Skinny, Naturals Corn Chips BBQ	March 2008	2.0	0.0	20.0	20.0
DMR Food Corp.	Naturalife, Sesame Sticks	March 2008	40.0	0.0	13.9	13.9
DMR Food Corp.	SunRidge Farms, Banana Chips	March 2008	35.1	0.0	92.3	92.3
Don Don Trading Co., Ltd.	Meiji, Yan Yan, Biscuit Sticks	March 2008	28.1	0.0	43.8	43.8
El Molino Foods of Canada	El Molino, Nacho Chips	March 2008	28.0	0.0	7.1	7.1

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Eurotrade Import- Export Inc.	Saray Sesame Sticks	March 2008	18.3	0.0	36.4	36.4
Ferma Food Products	Ferma, Roasted Corn Nuts	March 2008	6.7	0.0	0.0	0.0
Garden Fresh Salsa Inc.	Garden Fresh, Kettle Style Unsalted Tortilla Chips	March 2008	23.3	0.0	14.3	14.3
General Mills Inc.	Betty Crocker, Bugles Original	March 2008	30.0	0.0	86.7	86.7
General Mills Inc.	Cheerios, Snack Mix Lightly Dressed	March 2008	12.0	6.7	16.7	23.4
Glico Canada Corp.	Glico, Pocky Strawberry Crush Cookie Sticks	March 2008	25.0	50.0	50.0	100.0
Glico Canada Corp.	Glico, Pocky Strawberry Crush Cookie Sticks ³⁷	Sept. 2008	29.2	28.6	42.9	71.5

³⁷ Data provided by the company. This new data is reflective of the reformulated “Glico, Pocky, Strawberry Crush Cookie Sticks”.

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Good Health Natural Foods Inc.	Good Health, Veggie Stix, Vegetable Snacks	March 2008	24.0	0.0	8.3	8.3
Groupe Cantin	Cantin, Wafers	March 2008	0.7	0.0	0	0
Hain Celestial Canada ULC	Garden of Eatin' Tortilla Chips Black Bean	March 2008	30.0	0.0	6.7	6.7
Hain Celestial Canada ULC	Little Bear, Cheddar Puffs	March 2008	30.4	0.0	14.3	14.3
Hain Celestial Canada ULC	Little Bear, Cheddar Puffs ³⁸	May 2008	34.0	0.0	11.8	11.8
Hain Celestial Canada ULC	Little Bear, Crunchitos Extra Cheddar	March 2008	22.0	0.0	9.1	9.1
Hain Celestial Canada ULC	Little Bear, Crunchitos Extra Cheddar ³⁹	May 2008	24.0	0.0	16.7	16.7

³⁸ Data provided by the company. This new data is reflective of changes made to the packaging for “Little Bear, Cheddar Puffs”.

³⁹ Data provided by the company. This new data is reflective of changes made to the packaging of “Little Bear, Crunchitos, Extra Cheese”.

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Hain Celestial Canada ULC	Terra Chips, Red Bliss Sundried Tomato and Balsamic Vinegar	March 2008	24.0	0.0	16.7	16.7
Hain Celestial Canada ULC	Terra Exotic Vegetable Chips	March 2008	32.0	0.0	9.4	9.4
Handi Foods Ltd.	Mr. Pita, Pita Dips, BBQ	March 2008	17.9	0.0	10.0	10.0
Handi Foods Ltd.	Pita Gourmet, Uncle George's Pita Chips, BBQ	March 2008	10.7	0.0	10.0	10.0
Ike Enterprises Inc.	Skeet & Ikes, Corn Snacks	March 2008	5.7	0.0	14.7	14.7
Ike Enterprises Inc.	Skeet & Ikes, Rice Crackers	March 2008	0.0	0.0	0.0	0.0
Imex Foods, Inc.	Fat Cats, Golden Plantain, Plantain Snack, Chips, Spicy	March 2008	28.6	0.0	50.0	50.0
Japan Food Canada Inc.	Hapi Snacks, Wasabi Coated Green Peas	March 2008	13.3	0.0	50.0	50.0

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Jiangsu Daysun Foods Co., Ltd	Daysun, Wasabi Green Peas	March 2008	22.0	0.0	30.0	30.0
Kettle Foods, Inc.	Kettle, Chips, NY Cheddar	March 2008	32.5	0.0	11.5	11.5
Kilang Makanan Mamee SDN. BHD.	Corntos, Chilli Cheese Flavour	March 2008	25.7	0.0	50.0	50.0
Kmax Corp.	Sesame Snaps	March 2008	28.6	0.0	20.0	20.0
Kraft Canada Ltd.	Chrisite, Bits & Bites	March 2008	14.0	0.0	21.4	21.4
Kraft Canada Ltd.	Christie, Crispers all dressed	March 2008	20.0	0.0	62.5	62.5
Kraft Canada Ltd.	Christie, Crispers all dressed ⁴⁰	March 2008	20.0	0.0	25.0	25.0
Les Entreprises Amira Inc.	Amira, Corn Chips with Flax	March 2008	25.0	0.0	15.0	15.0
Les Entreprises Amira Inc.	Amira, Sesame Sticks Garlic	March 2008	40.0	0.0	12.5	12.5
Loblaws Inc.	No Name, Corn Chips ⁴¹	March 2008	36.0	22.2	11.1	33.3

⁴⁰ Data provided by company. This new data is reflective of the reformulated “Christie Crispers, all dressed”.

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, Regular Salt & Vinegar	March 2008	32.0	0.0	9.4	9.4
Loblaws Inc.	No Name, Stix & Bitz BBQ ⁴²	March 2008	8.0	22.2	11.1	33.3
Loblaws Inc.	President's Choice, Blue Menu Tortilla Flax Spicy	March 2008	28.0	0.0	14.3	14.3
Loblaws Inc.	President's Choice, Blue Menu Veggie Stick Original	March 2008	8.0	0.0	12.5	12.5
Loblaws Inc.	President's Choice, Kettle Chips Chilli & Lime	March 2008	30.0	0.0	13.3	13.3
Loblaws Inc.	President's Choice, Organics Sea Salt Potato Chips	March 2008	32.0	0.0	12.5	12.5
Loblaws Inc.	President's Choice, Rebellos Nacho Cheese	March 2008	24.0	0.0	12.5	12.5

⁴¹ The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

⁴² The company has informed us that the product has been discontinued in September 2008. The data presented in the table is reflective of the product sampled in March 2008.

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Lucerne Foods	Eating Right, Potato Crisps Wasabi Ranch	March 2008	5.4	0.0	0.0	0.0
Lundberg Family Farms	Lundberg, Rice Chips, Nacho Cheese	March 2008	25.0	0.0	7.1	7.1
Mexi-Snax	Mexi-Snax, Tortilla Chips, Pico de Gallo	March 2008	25.0	0.0	5.0	5.0
New York Style Brand	New York Style Brand, Bagel Crisps, Cinnamon Raisin	March 2008	17.6	0.0	50.0	50.0
Old Oakville Snack Co., Inc.	Old Oakville, Multigrain Tortillas	March 2008	6.0	0.0	0.0	0.0
Old Oakville Snack Co., Inc.	Old Oakville, Potato Krisps Ketchup	March 2008	8.0	0.0	12.5	12.5
Phoenicia Product Inc.	Ulker, Sesame Sticks	March 2008	18.0	0.0	44.4	44.4

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Procter and Gamble, Inc.	Pringles, Regular Sour Cream & Onion	March 2008	39.3	0.0	27.3	27.3
Procter and Gamble, Inc.	Pringles, Select Rice Chips Szechuan	March 2008	25.0	0.0	14.3	14.3
Que Pasa Mexican Foods	Que Pasa, Tortilla Chips	March 2008	24.0	0.0	12.5	12.5
R.A.B. Food Group, LLC	Guiltless Gourmet, Tortilla Chips, Chilli Lime	March 2008	10.0	0.0	0.0	0.0
Robert's American Gourmet	Robert's American Gourmet, Pirates Booty	March 2008	17.5	0.0	14.3	14.3
Robert's American Gourmet	Robert's American Gourmet, Smart Puffs with Cheddar	March 2008	2.5	10.0	15.0	25.0
Seasons' Enterprises Ltd.	Michael Season's, Lite Cheddar Cheese Puffs	March 2008	16.0	0.0	12.5	12.5
Seasons' Enterprises Ltd.	Michael Season's, RF Original	March 2008	26.0	0.0	15.4	15.4

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Seneca Foods Corp.	Seneca, Apple Chips Cinnamon	March 2008	25.0	0.0	7.1	7.1
Seneca Foods Corp.	Seneca, Sweet Potato Chips Sea Salt	March 2008	25.0	0.0	7.1	7.1
Snack Alliance Inc.	Riceworks, Brown Rice Crisps	March 2008	21.4	0.0	8.3	8.3
Snak King	El Sabroso, Guacamole Tortilla Chips	March 2008	32.1	0.0	11.1	11.1
Snak King	El Sabroso, Tortilla Chips Jalapenitos	March 2008	28.6	0.0	25.0	25.0
Snyder's of Hanover Inc.	Snyder's of Hanover, Veggie Crisps, Sundried Tomato & Pesto	March 2008	22.0	0.0	9.1	9.1
Sobeys Inc.	Compliments, Essentials Mango Slices	March 2008	0.0	0.0	0.0	0
Sobeys Inc.	Compliments, Spicy Salsa Nacho Chip	March 2008	24.0	0.0	8.3	8.3

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Sobeys Inc.	Compliments, What a Treat Kettle, Regular	March 2008	34.0	0.0	20.6	20.6
Stacy's Pita Chip Company Inc.	Stacy's, Pita Chips, Parmesan, Garlic & Herb	March 2008	18.0	0.0	16.7	16.7
Tastee Apple Inc.	Tastee, Apple Chips, Caramel	March 2008	23.9	0.0	11.8	11.8
Thrifty Foods Inc.	Thrifty Pack, Munchy Snack Mix	March 2008	20.0	0.0	16.7	16.7
Thrifty Foods Inc.	Thrifty Pack, Sesame Sticks	March 2008	39.3	0.0	13.6	13.6
Thrifty Foods Inc.	Thrifty, Tortilla Chips Nacho Cheese	March 2008	24.0	0.0	8.8	8.8
Tokyo Importing	Sunburst, Noodle Snack, Oriental Flavour	March 2008	16.7	0.0	60.0	60.0
Trophy Foods Inc.	Aloha, Banana Chips	March 2008	34.0	0.0	82.4	82.4

Table 6: Nutrition information obtained from the Nutrition Facts tables from snack labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Trophy Foods Inc.	Stock & Barrel, Sesame Sticks	March 2008	40.0	0.0	15.6	15.6
Trophy Foods Inc.	Trophy, Porkys Pork Puffs	March 2008	40.0	1.7	33.3	35.0
Trophy Foods Inc.	Trophy, Porkys Pork Puffs BBQ	March 2008	33.3	2.0	40.0	40.0
Vegetron Inc.	Golden Banana Plantain Chips	March 2008	36.0	0.0	5.6	5.6
Vegnat Foods Inc.	Vegnat, Clock it, Soy Nuts, BBQ	March 2008	28.0	0.0	17.9	17.9
W.T. Hawkins Ltd.	Hawkins, Cheezies	March 2008	35.7	2.0	30.0	32.0
Zellers Inc.	Truly, Regular Salt and Vinegar	March 2008	32.0	0.0	12.5	12.5

Table 7: Nutrition information obtained from the Nutrition Facts tables from popcorn labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Aliments Lalumière Inc.	Lalumière, Plain Bag	March 2008	5.0	0.0	15.0	15.0
Aliments Lalumière Inc.	Lalumière, Popcorn Butter	March 2008	42.5	0.0	7.6	7.6
American Pop Corn Company	Jolly Time, Healthy Pop	March 2008	6.0	20.0	20.0	40.0
Briska	Selection Merite, Microwave Butter	March 2008	32.0	31.2	21.9	53.1
Canada Safeway Ltd.	Safeway, Microwave Butter	March 2008	15.0	33.3	16.7	50.0
Canada Safeway Ltd.	Safeway, Microwave Butter ⁴³	May 2008	5.5	0.0	33.3	33.3
Caudill Seed Company	Whole Alternatives, Microwave Organic	March 2008	20.0	1.0	45.0	46.0
Clic International Inc.	Clic, Yellow Popcorn	March 2008	1.0	0.0	0.0	0.0
ConAgra Foods	Act II, Microwave Mini Kettle Corn	March 2008	29.4	45.0	25.0	70.0

⁴³ Data provided by the company. This new data is reflective of the reformulated “Safeway, Microwave Butter popcorn”.

Table 7: Nutrition information obtained from the Nutrition Facts tables from popcorn labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
ConAgra Foods	Act II, Microwave Mini Kettle Corn ⁴⁴	Sept 2008	20.0	0.0	44.4	44.4
ConAgra Foods	Orville Redenbacher, Microwave Buttery Mini Bags	March 2008	25.9	0.9	54.5	10.0
ConAgra Foods	Orville Redenbacher, Microwave Buttery Mini Bags ⁴⁵	Sept 2008	25.9	0.9	45.5	46.4
ConAgra Foods	Orville Redenbacher, Microwave Smart Pop Minis	March 2008	3.2	0.0	40.0	40.0
Kernels Popcorn Inc.	Kernels, Microwave Popcorn, Mega Butter ⁴⁶	March 2008	28.0	50.0	50.0	100.0

⁴⁴ Data provided by company. This new data is reflective of the reformulated “Act II, Microwave Mini Kettle Corn”.

⁴⁵ Data provided by company. This new data is reflective of the reformulated “Orville Redenbacher Microwave Buttery Mini Bags”.

⁴⁶ The company has informed us that the product has been reformulated. The data presented in the table is not reflective of this change.

Table 7: Nutrition information obtained from the Nutrition Facts tables from popcorn labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Les Aliments Johnvince	Popping Corn	March 2008	4.2	0	0.0	0.0
Loblaws Inc.	No Name, Microwave Popcorn, Butter Bag	March 2008	26.0	34.6	23.1	57.7
Loblaws Inc.	No Name, Microwave Popcorn, Butter Bag ⁴⁷	April 2008	26.3	0.8	53.8	54.6
Loblaws Inc.	President's Choice, Microwave Butter	March 2008	26.0	34.6	23.1	57.7
Loblaws Inc.	President's Choice, Microwave Butter ⁴⁸	April 2008	26.3	0.8	53.8	54.6
Loblaws Inc.	President's Choice, Blue Menu Microwave Butter	March 2008	5.8	0.0	40.0	40.0
Loblaws Inc.	President's Choice, Blue Menu Microwave Natural	March 2008	5.4	0.0	66.7	66.7

⁴⁷ Data provided by company. This new data is reflective of the reformulated "No Name, Microwave Popcorn, Butter Bag".

⁴⁸ Data provided by company. This new data is reflective of the reformulated "President's Choice, Microwave Butter".

Table 7: Nutrition information obtained from the Nutrition Facts tables from popcorn labels

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	President's Choice, Low Fat Microwave Butter	March 2008	8.1	28.6	28.6	57.2
Loblaws Inc.	President's Choice, Low Fat Microwave Butter ⁴⁹	April 2008	12.5	0.0	40.0	40.0
Loblaws Inc.	President's Choice, Organics Microwave Butter	March 2008	20.0	1.0	45.0	46.0
Neal Brothers Inc.	Neal Brothers, Organic Popcorn	March 2008	42.0	0.0	11.9	11.9
Sobeys Inc.	Compliments, Micro Light Butter	March 2008	7.6	20.0	20.0	40.0
Speerville Flour Mill	Speerville, Organic, Popping Corn	March 2008	4.0	0.0	0.0	0.0
Thrifty Foods	Thrifty, Popcorn Kernels	March 2008	1.0	0.0	0.0	0.0

⁴⁹ Data provided by company. This new data is reflective of the reformulated "President's Choice, Low Fat Microwave Butter".