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Trans Fat Monitoring Program

Second Set of Trans Fat Monitoring Data
July 2008

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	french fries	May 2007	16.0	32.5	23.8	56.3
Company A	french fries	Jan. 2008	15.7	2.7	17.0	19.7
Company B	french fries	May 2007	19.0	40.7	19.7	60.4
Company B	french fries	Jan. 2008	18.6	1.0	55.3	56.3

For Companies A and B

From 2007 to 2008, the TFAs were decreased to meet the 5% limit recommended by the Trans Fat Task Force.

For Company A

From 2007 to 2008, the levels of SFAs were decreased. This column is useful to look at to see if TFAs were replaced by SFAs.

For Company B

From 2007 to 2008, the levels of SFAs were increased. This indicates that the company replaced TFAs with SFAs.

For Company A

The sum of the TFAs and SFAs is lower because the food company successfully replaced TFAs with healthier alternatives such as monounsaturated and polyunsaturated fats.

For Company B

The sum of the TFAs and SFA remains high indicating that TFAs were not replaced with healthier alternatives.

Table 1: Fatty acid composition of garlic breads collected in 2007

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 Bread Company	Dempsters, Garlic Bread (frozen)	Aug. 2007	56.0	1.0	28.0	29.0
Canada Bread Company	Villagio, Garlic Bread	Aug. 2007	49.4	1.1	29.3	30.4
Furlani	Furlani Rotis Texas Toast Garlic	Aug. 2007	34.4	1.7	24.7	26.4
Loblaws Inc.	In-store garlic bread	Aug. 2007	64.2	18.2	19.5	37.7
Loblaws Inc.	In-store garlic bread ³	Jan. 2008	56.1	1.5	39.2	40.7
Loblaws Inc.	President's Choice, Garlic Bread (frozen)	Aug. 2007	57.3	4.7	66.9	71.6

¹ TFA = trans fat

² SFA = saturated fat

³ Data provided by company. The data is from calculated data, which is based on analytical data of the bread and garlic spread done separately. Health Canada has not verified the accuracy of the data.

Table 1: Fatty acid composition of garlic breads collected in 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA + SFA (% of total fat)
Metro Inc.	Master Choice, Herb & Garlic Baguette (Frozen)	Aug. 2007	54.8	11.5	17.3	28.8
Metro Inc.	Master Choice, Multigrain Garlic Baguette (Frozen)	Aug. 2007	56.9	11.8	18.2	30.0
Metro Inc.	The Baker's Oven, In House garlic bread	Aug. 2007	52.0	19.2	20.1	39.3
Sobey's	Compliments, Garlic Bread, in-store	Aug. 2007	68.4	25.1	21.1	46.2
Sobey's	In-store garlic half loaf ⁴	Aug. 2007	58.4	19.4	20.3	39.7
Villa Di Manno Bakery	Garlic Bread	Aug. 2007	51.5	0.9	28.8	29.7

⁴ 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 garlic spreads collected in 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Derlea Foods Inc.	Derlea, Gourmet Garlic Spread	Aug. 2007	53.6	0.7	28.0	28.7
Golden Gate Micha Inc.	Golden Gate, Garlic Spread Omega-3	Nov. 2007	71.4	17.2	19.2	36.4
Loblaws Inc.	No Name, Garlic Spread	Aug. 2007	61.5	14.2	20.0	34.2
Metro Inc.	Master Choice, Garlic Margarine	Aug. 2007	59.0	0.6	15.9	16.5
Parmalat Canada	Lactantia, Garlic Butter	Aug. 2007	49.8	5.1	65.6	70.7
Sobeys	Compliments, Garlic Margarine	Aug. 2007	72.7	13.4	20.3	33.7

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Canbra Foods Ltd.	Canola Harvest, 100% Canola	March 2005	70.5	32.8	13.0	45.8
Canbra Foods Ltd.	Canola Harvest, Original Margarine ⁷	Oct. 2007	78.9	0.7	14.8	15.5
Golden Gate Micha Inc.	Golden Gate, 100% Soya Oil	Nov. 2007	78.4	15.1	19.0	34.1
Golden Gate Micha Inc.	Nico, 100% Canola Oil	Nov. 2007	73.1	20.6	13.3	33.9
Innovative Foods	Chefmaster, Soft Tub	March 2005	60.8	18.7	16.0	34.7
Innovative Foods	Chefmaster, Soft Tub	Sept. 2007	59.2	14.8	20.1	34.9

⁵ soft or tub margarines are generally used in spreading applications

⁶ Reference: W.M.N. Ratnayake, C. Gagnon, L.Dumais, W. Lillycrop, L.Wong, M. Meleta and P. Calway. *Trans Fatty Acid Content of Canadian Margarines Prior to Mandatory Trans Fat Labelling*. J.Am. Oil Chem. Soc. (2007) 84:817-825

⁷ Data provided by company. The new data reflects the change in oils used to manufacture margarine by Canbra Foods Ltd.

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, Generic Soya	March 2005	70.1	19.5	15.4	34.9
Loblaws Inc.	No Name, Non- hydrogenated 80% soy oil	Nov. 2007	79.2	1.4	24.9	26.3
Loblaws Inc.	No Name, Generic Canola	March 2005	70.9	16.1	18.8	34.9
Loblaws Inc.	No Name, 35% Less Fat margarine spread	Oct. 2007	45.2	17.8	19.1	36.9
Loblaws Inc.	President's Choice, Celeb Non- hydrogenated	March 2005	71.1	1.0	14.6	15.6
Loblaws Inc.	President's Choice Celeb Non- hydrogenated	Nov. 2007	72.3	0.6	16.3	16.9
Loblaws Inc.	President's Choice, Celeb Lactose-free	Nov. 2007	71.2	0.6	16.3	16.9

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Margarine Thibault Inc.	Nuvel, Soft Canola Oil	March 2005	66.4	1.6	15.3	16.9
Margarine Thibault Inc.	Nuvel, Soft Canola Oil	Nov. 2007	71.5	0.7	16.2	16.9
Margarine Thibault Inc.	Thibault, 100% Soya	March 2005	72.6	18.0	19.1	37.1
Margarine Thibault Inc.	Thibault, 100% Soya	Nov. 2007	72.9	17.0	20.8	37.8
Metro Inc.	Master Choice, 100% Canola Oil	Sept. 2007	70.5	21.0	13.0	34.0
Metro Inc.	Merit Selection, 100% Soya	March 2005	69.8	18.0	19.7	37.7
Metro Inc.	Merit Selection, Non- hydrogenated 91% canola oil	Nov. 2007	75.9	1.1	15.7	16.8

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Mirage Margarine Ltd.	Mirage, Soya Oil	March 2005	69.3	17.0	19.3	36.3
Mirage Margarine Ltd.	Mirage, Soya Oil ⁸	Oct. 2007	78.6	13.6	15.0	28.6
Mirage Margarine Ltd.	Mirage, Soya Oil	Oct. 2007	72.4	14.7	19.5	34.2
Parmalat Canada	Lactantia, Healthy Attitude Soft Tub ⁹	March 2005	69.8	0.8	16.0	16.8
Parmalat Canada	Lactantia, Healthy Attitude Omega-3	March 2005	69.8	0.9	14.5	15.4
Parmalat Canada	Lactantia, Healthy Attitude Omega-3	Nov. 2007	75.8	1.2	14.5	15.7
Parmalat Canada	Lactantia, My Country Unsalted	Oct. 2007	69.4	16.4	20.6	37.0

⁸ Data provided by company.

⁹ The company has informed us that the product was discontinued and replaced with “Lactantia Healthy Attitude Omega-3” in 2004/05. The data in the table is reflective of the product sampled in March 2005.

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Parmalat Canada	Lactantia, Olivina Non-hydrogenated	March 2005	70.2	0.7	16.0	16.7
Parmalat Canada	Lactantia, Olivina Non-hydrogenated	Sept. 2007	73.2	0.8	16.2	17.0
Parmalat Canada	Lactantia, 100% Soya Oil	March 2005	70.3	17.1	19.5	36.6
Parmalat Canada	Lactantia, 100% Soya Oil	Oct. 2007	72.1	16.2	21.1	37.3
Parmalat Canada	Parkay, 68% Vegetable Oil	Sept. 2007	60.1	17.0	21.7	38.7
Sobeys	Smart Choice ¹⁰	March 2005	69.9	16.5	19.4	35.9
Sobeys	Smart Choice, Canola ¹⁰	March 2005	71.2	21.0	12.5	33.5
Sobeys	Smart Choice, Soft Tub ¹⁰	March 2005	70.1	19.8	15.6	35.4

¹⁰ The company has informed us that the product was discontinued in the fall 2005. The data in the table is reflective of the product sampled in March 2005.

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Sobeys	Compliments, 100% Vegetable Oil	Nov. 2007	72.0	17.0	20.2	37.2
Sobeys	Compliments, Non- hydrogenated	Nov. 2007	71.8	0.5	16.7	17.2
Unilever Canada Inc.	Becel, light 50% less calories	March 2005	34.3	0.6	15.4	16.0
Unilever Canada Inc.	Becel, light 50% less calories	Nov. 2007	41.0	0.6	14.8	15.4
Unilever Canada Inc.	Becel, Non- hydrogenated	March 2005	71.9	0.7	15.2	15.9
Unilever Canada Inc.	Becel, Non- hydrogenated	Sept. 2007	71.6	0.6	15.6	16.2
Unilever Canada Inc.	Becel, Olive Oil	Nov. 2007	74.0	0.7	16.3	17.0
Unilever Canada Inc.	Becel, Omega-3 Non- hydrogenated	Nov. 2007	75.5	0.7	15.7	16.4

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Unilever Canada Inc.	Becel, RSF 67% Less Fat	March 2005	20.2	0.6	15.9	16.5
Unilever Canada Inc.	Becel, RSF 67% Less Fat	Nov. 2007	24.5	0.8	15.6	16.4
Unilever Canada Inc.	Becel, Salt Free Non-hydrogenated	March 2005	71.3	0.8	15.6	16.4
Unilever Canada Inc.	Becel, Salt Free Non-hydrogenated	Nov. 2007	75.8	0.6	16.3	16.9
Unilever Canada Inc.	Blue Bonnet, Soft Soy Tub	March 2005	60.1	0.8	28.6	29.4
Unilever Canada Inc.	Blue Bonnet, Non-hydrogenated 68% vegetable oil	Oct. 2007	66.9	0.8	29.0	29.8

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Unilever Canada Inc.	Fleischmann's, Non-hydrogenated Soybean Oil	March 2005	71.2	1.1	23.5	24.6
Unilever Canada Inc.	Fleischmann's, Non-hydrogenated Soybean Oil	Oct. 2007	73.7	0.9	24.6	25.5
Unilever Canada Inc.	Fleischmann's, Unsalted Soya Soft	March 2005	71.6	1.1	23.8	24.9
Unilever Canada Inc.	Fleischmann's, Salt Free Lactose Free	Nov. 2007	81.4	0.8	24.1	24.9
Unilever Canada Inc.	I Can't Believe It's Not Butter	March 2005	68.9	0.9	28.3	29.2
Unilever Canada Inc.	I Can't Believe It's Not Butter	Oct. 2007	74.8	0.9	29.2	30.1

Table 3: Fatty acid composition of soft (tub)⁵ margarines collected in 2005⁶ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Unilever Canada Inc.	I Can't Believe It's Not Butter, Light	March 2005	33.9	0.8	28.8	29.6
Unilever Canada Inc.	I Can't Believe It's Not Butter, Light	Dec. 2007	38.3	0.8	28.6	29.4
Unilever Canada Inc.	Imperial, Non- hydrogenated	March 2005	70.5	0.9	27.9	28.8
Unilever Canada Inc.	Imperial, Non- hydrogenated	Sept. 2007	75.3	0.7	29.0	29.7

Table 4: Fatty acid composition of hard (print)¹¹ margarines collected in 2005⁵ and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Golden Gate Micha Inc.	Nico 100% Vegetable Oil	Nov. 2007	76.3	35.9	20.0	55.9
Loblaws Inc.	No Name, 100% canola/soybean Oil	Oct. 2007	73.4	37.4	21.3	58.7
Parmalat Canada	Parkay, Quarters	March 2005	69.5	35.7	21.0	56.7
Unilever Canada Inc.	Blue Bonnet, Quarters	March 2005	70.6	39.5	17.7	57.2
Unilever Canada Inc.	Imperial, Quarters Carton	March 2005	71.7	43.5	15.6	59.1
Unilever Canada Inc.	Imperial, 100% Canola Oil	Sept. 2007	70.8	44.5	16.4	60.9

¹¹ Hard or print margarines are generally used for baking applications since they can be used as an alternative to lard and shortening.

Table 5: Fatty acid composition of vegetable shortening products collected in 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, All Vegetable Shortening	Aug. 2007	100	30.6	27.4	58.0
Metro Inc	Equality, All Vegetable Shortening	Aug. 2007	100	30.9	26.6	57.5
Smucker Foods of Canada	Crisco, All Vegetable Shortening	Aug. 2007	100	3.9	27.2	31.1
Smucker Foods of Canada	Crisco, Golden All Vegetable Shortening	Aug. 2007	100	3.8	27.3	31.1

Table 6: Fatty acid composition of lard products collected in 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Loblaws Inc.	No Name, lard	Aug. 2007	100	1.1	41.9	43.0
Maple Leaf Foods Inc.	Tenderflake, lard	Aug. 2007	100	1.5	42.8	44.3
Metro Inc	Equality, lard	Aug. 2007	100	2.0	41.9	43.9
Sobeys	Compliments, lard	Aug. 2007	100	1.5	42.1	43.6

Table 7: Fatty acid composition of frozen pizzas collected in 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Kraft Canada Inc.	Delissio, Rising Crust Deluxe	Oct. 2007	6.6	2.3	41.8	44.1
Loblaws Inc.	No Name, Rising Crust Pepperoni	Oct. 2007	9.8	2.2	34.8	37.0
Loblaws Inc.	President's Choice, Chicago Style	Oct. 2007	11.4	7.3	38.2	35.5
McCain Foods Canada	Crescendo, Rising Crust Deluxe	Oct. 2007	10.4	11.8	43.4	55.2
McCain Foods Canada	Crescendo, Rising Crust Deluxe ¹²	Nov. 2007	8.0	2.4	43.1	45.5
McCain Foods Canada	Premiere, Deluxe	Oct. 2007	6.4	3.1	45.1	48.2
Sobeys	Compliments, Value Deluxe	Oct. 2007	5.4	9.8	32.6	42.4

¹² Data provided by company. The new data is reflective of the reformulated pizza.

Table 8: Fatty acid composition of restaurant pizzas collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Boston Pizza	Deluxe	Oct. 2007	7.2	3.4	47.0	50.4
Boston Pizza	Deluxe ¹³	Oct. 2007	2.7	2.1	33.7	35.8
Boston Pizza	Deluxe ¹⁴	Oct. 2007	1.2	1.7	28.0	29.7
Domino's Pizza	Deluxe	Oct. 2007	9.6	3.5	44.8	48.3
Domino's Pizza	Deluxe ¹³	Oct. 2007	7.1	2.2	31.3	33.5
Domino's Pizza	Deluxe ¹⁴	Oct. 2007	2.7	1.6	19.3	20.9
Panago	Classic	Feb. 2008	7.7	2.6	44.8	47.4
Pizza Hut	Supreme Lover's	Oct. 2007	8.1	3.7	46.8	50.5
Pizza Hut	Supreme Lover's ¹³	Oct. 2007	5.3	2.3	33.3	35.6
Pizza Hut	Supreme Lover's ¹⁴	Oct. 2007	3.4	2.0	21.1	23.1

¹³ pizza was analyzed without the cheese; analysis was done on the dough, sauce, pepperoni, and vegetables

¹⁴ pizza was analyzed without the cheese and meat; analysis was done on the dough, sauce, and vegetables

Table 8: Fatty acid composition of restaurant pizzas collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Pizza Pizza	Classic Super	Oct. 2007	6.7	3.1	44.8	47.9
Pizza Pizza	Classic Super ¹³	Oct. 2007	4.9	2.1	32.8	34.9
Pizza Pizza	Classic Super ¹⁴	Oct. 2007	2.1	1.0	22.1	23.1

Table 9: Fatty acid composition of pizza dipping sauces collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Panago	Italian Garlic	Feb. 2008	44.6	1.7	9.1	10.8
Panago	Jalapeno Ranch	Feb. 2008	44.7	2.0	7.9	9.9
Pizza Hut	Honey Roasted Creamy Garlic	Oct. 2007	40.4	0.9	17.1	18.0
Pizza Hut	Marinara	Oct. 2007	0.1	3.6	43.3	46.9
Pizza Hut	Ranch	Oct. 2007	52.2	1.1	15.9	17.0
Pizza Pizza	Cheddar Jalapeno	Oct. 2007	9.3	1.0	11.3	12.3
Pizza Pizza	Creamy Garlic	Oct. 2007	8.4	0.9	8.7	9.6
Pizza Pizza	Italian Marinara	Oct. 2007	1.3	1.0	18.3	19.3

Table 10: Fatty acid composition of french fries collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
A&W	French Fries	Oct. 2006	16.4	34.9	17.2	52.1
A&W	French Fries	March 2007	14.4	1.0	6.9	7.9
A&W	French Fries	Jan. 2008	13.4	0.7	7.4	8.1
Applebees	French Fries	Sept. 2007	15.0	11.0	11.0	22.0
Applebee's	French Fries ¹⁵	Jan. 2008	14.6	9.2	10.7	19.9
Arby's	French Fries (Curly Fries)	April 2007	15.8	30.2	11.3	41.5
Arby's	French Fries	Oct. 2007	10.9	1.4	7.9	9.3
Arby's	French Fries	Jan. 2008	14.8	1.4	9.4	10.8
Boston Pizza	French Fries	March 2007	10.5	27.3	10.8	38.1
Boston Pizza	French Fries ¹⁶	Sept. 2007	15.7	0.2	6.1	6.3

¹⁵ The company has informed us that they have switched to a new type of french fry. The data presented in the table does not reflect the switch.

¹⁶ Data provided by company. The new data reflects the change in frying oils used by all Boston Pizza full service restaurants since May 2007.

Table 10: Fatty acid composition of french fries collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Boston Pizza	French Fries	Jan. 2008	10.2	1.7	8.8	10.5
Burger King	French Fries	Oct. 2006	13.5	43.8	22.6	66.4
Burger King	French Fries	Oct. 2007	22.3	46.0	22.1	68.1
Burger King	French Fries	Jan. 2008	14.1	40.8	21.6	62.4
Burger King	French Fries ¹⁷	May 2008	12.2	23.9	18.9	42.8
Casey's	French Fries	March 2007	13.4	1.7	10.2	11.9
Casey's	French Fries	Feb. 2008	19.2	1.1	14.3	15.4
Casey's	Sweet Potato French Fries	Feb. 2008	22.4	1.0	14.2	15.2
Chicken Chef	French Fries	Sept. 2007	14.0	0.8	7.0	7.8
Chicken Delight	French Fries	Sept. 2007	13.0	2.6	8.0	10.6

¹⁷ Data provided by company. The new data reflects the change in the par-frying oils used by Burger King restaurants.

Table 10: Fatty acid composition of french fries collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Dairy Queen	French Fries	Oct. 2007	11.2	26.8	9.9	36.7
Dairy Queen	French Fries ¹⁸	Feb. 2008	10.8	1.9	7.3	9.2
Denny's	French Fries	Oct. 2007	12.4	0.6	8.5	9.1
Dixie Lee's	French Fries	Feb. 2008	14.1	1.6	10.1	11.7
Earl's	French Fries	Sept. 2007	19.0	3.0	8.0	11.0
East Side Mario's	French Fries	Oct. 2007	12.7	5.7	9.4	15.1
Friendly Greek	French Fries	Oct. 2007	8.6	17.1	16.5	33.6
Harvey's	French Fries	March 2007	18.2	1.3	9.6	10.9
Harvey's	French Fries	Jan. 2008	11.0	1.0	7.9	8.9
Jack Astors'	French Fries	Jan. 2008	15.7	1.2	9.5	10.7
Joey's Only	French Fries	Sept. 2007	14.0	2.0	7.0	9.0

¹⁸ Data provided by company. The new data reflects the change in frying oil used for french fries by Dairy Queen.

Table 10: Fatty acid composition of french fries collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Kelsey's	French Fries	March 2007	15.1	1.3	9.1	10.4
Kelsey's	French Fries	Feb. 2008	11.8	1.0	8.1	9.1
KFC	French Fries	Oct. 2006	16.9	37.2	24.3	61.5
KFC	French Fries	March 2007	15.7	1.7	8.0	9.7
KFC	French Fries	Jan. 2008	12.5	1.3	8.7	10.0
Lone Star	French Fries	Oct. 2007	15.0	17.2	18.3	35.5
Mandarin	French Fries	April 2007	11.1	7.5	10.4	17.9
Mandarin	French Fries	Oct. 2007	22.7	1.9	8.5	10.4
Mary Brown's	French Fries	Feb. 2008	14.6	1.0	11.7	12.7

Table 10: Fatty acid composition of french fries collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
McDonald's	French Fries	Oct. 2006	18.8	8.8	48.7	57.5
McDonald's	French Fries	March 2007	11.8	9.9	44.2	54.1
McDonald's	French Fries	Jan. 2008	15.2	3.7	24.8	28.5
McDonald's	French Fries ¹⁹	April 2008	15.3	1.0	12.6	13.6
Montana's	French Fries	March 2007	11.5	2.9	9.4	12.3
Montana's	French Fries	Jan. 2008	13.0	1.0	7.8	8.8
Moxie's	French Fries	Sept. 2007	12.0	1.4	8.0	9.4
Mrs. Vanelli's Restaurant	French Fries	April 2007	13.0	2.0	17.1	19.1
New York Fries	French Fries	March 2007	13.3	1.2	8.5	9.7
New York Fries	French Fries ²⁰	Oct. 2007	13.5	0.9	8.1	9.0
New York Fries	French Fries	Jan. 2008	12.9	0.8	8.9	9.7

¹⁹ Data provided by company. The new data reflects the change in frying oils used by McDonald's restaurants

²⁰ Data provided by company.

Table 10: Fatty acid composition of french fries collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Perkin's	French Fries	May 2007	16.0	14.0	18.0	32.0
Perkin's	French Fries	Sept. 2007	14.0	1.0	9.0	10.0
Pizza Delight	French Fries	Jan. 2008	11.1	1.2	12.5	13.7
Pizza Pizza	French Fries	March 2007	11.7	2.3	17.9	20.2
Pizza Pizza	French Fries	Feb. 2008	18.7	1.9	12.4	14.3
Red Lobster	French Fries	Oct. 2007	14.1	39.6	22.1	61.7
St. Hubert	French Fries	Jan. 2008	14.5	0.9	8.1	9.0
Swiss Chalet	French Fries	March 2007	12.5	0.9	9.4	9.8
Swiss Chalet	French Fries	Jan. 2008	17.8	1.2	8.2	9.4
Taco Bell	French Fries	April 2007	21.4	1.8	8.0	9.8
Taco Bell	French Fries	Jan. 2008	14.5	0.9	11.2	12.1
The Keg	French Fries	Feb. 2008	10.4	1.0	12.5	13.5

Table 10: Fatty acid composition of french fries collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Wendy's	French Fries	Oct. 2006	12.6	6.6	14.5	21.1
Wendy's	French Fries ²¹	Oct. 2007	12.9	6.8	14.7	21.5
Wendy's	French Fries	Oct. 2007	13.3	13.7	15.9	29.6
Wendy's	French Fries	Jan. 2008	11.4	1.1	16.5	17.6
Wimpy's Diner	French Fries	Oct. 2007	11.5	17.7	11.7	29.4

²¹ Data provided by company. The new data reflects the change in frying oils used by Wendy's restaurants.

Table 11: Fatty acid composition of onion rings collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
A&W	Onion Rings	March 2007	14.3	1.6	11.1	12.7
A&W	Onion Rings	Jan. 2008	18.0	0.8	9.1	9.9
Applebees	Onion Rings (Onion Peels) ²²	Sept. 2007	13.0	6.5	12.0	18.5
Burger King	Onion Rings	March 2007	16.2	36.6	22.5	59.1
Burger King	Onion Rings	Jan. 2008	15.5	33.3	20.6	53.9
Burger King	Onion Rings ²³	April 2008	18.3	0.6	16.4	17.0
Burger King	Onion Rings	June 2008	17.0	3.0	16.7	19.7
Chicken Chef	Onion Rings	Sept. 2007	22.0	0.7	8.0	8.7
Dairy Queen	Onion Rings	Oct. 2007	29.3	21.2	10.4	31.6
Denny's	Onion Rings	Oct. 2007	24.4	0.9	9.0	9.9
Friendly Greek	Onion Rings	Oct. 2007	30.2	16.7	16.5	33.2

²² The company has informed us that they have switched to a new type of onion peel. The data presented in the table does not reflect the switch.

²³ Data provided by company. The new data reflects the change in the cooking oils used by Burger King restaurants.

Table 11: Fatty acid composition of onion rings collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Harvey's	Onion Rings	March 2007	18.2	1.3	8.3	9.6
Harvey's	Onion Rings	Jan. 2008	16.1	1.0	9.6	10.6
Mandarin	Onion Rings	April 2007	23.6	4.0	10.4	14.4
Mary Brown's	Onion Rings	Feb. 2008	25.0	0.8	11.4	12.2
Perkin's	Onion Rings	Sept. 2007	20.0	0.9	10.0	10.9

Table 12: Fatty acid composition of miscellaneous foods in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Burger King	Apple Turnover	Oct. 2007	16.9	38.5	23.3	61.8
Burger King	Apple Turnover	Jan. 2008	16.2	36.7	23.6	60.3
Burger King	Apple Turnover ²³	May 2008	14.9	1.1	26.9	28.0
Burger King	Hash Browns	Oct. 2007	23.7	43.3	21.6	64.9
Burger King	Hash Browns	Jan. 2008	40.6	39.1	21.7	62.3
Burger King	Hash Browns ¹⁷	May 2008	12.8	11.9	23.3	35.2
Casey's	Sweet Potato	March 2007	17.1	1.7	8.9	10.6
KFC	Apple Turnover	Feb. 2008	20.8	0.8	21.8	22.6
Koya Japan	Spring rolls	Sept. 2007	17	1.0	11.0	12.0
Manchu Wok	Fried Egg Rolls	April 2007	12.9	1.6	13.1	14.7
Manchu Wok	Fried Egg Rolls	Jan. 2008	15.9	9.4	30.8	40.2
Mary Brown's	Taters	Feb. 2008	16.0	0.7	11.7	12.4

Table 12: Fatty acid composition of miscellaneous foods in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
McDonald's	Baked Apple Pie	Oct. 2007	18.6	41.1	27.7	71.8
McDonald's	Baked Apple Pie	Jan. 2008	18.6	41.5	39.4	80.9
McDonald's	Baked Apple Pie ²⁴	June 2008	18.4	0.4	45.9	46.3
McDonald's	Cinnamon Melts	March 2008	16.7	1.7	47.2	48.9
McDonald's	Hash Browns	March 2007	13.1	8.0	45.7	45.8
McDonald's	Hash Browns	Jan. 2008	17.2	4.4	24.7	29.1
McDonald's	Hash Browns ²⁵	April 2008	19.2	1.1	13.1	14.2
Montana's	Cheese Sticks	March 2007	19.4	3.2	31.2	34.4
Montana's	Cheese Sticks	Jan. 2008	19.4	3.0	35.2	38.2
Perkin's	Mozzarella sticks	Sept. 2007	17	2.7	41.0	43.7

²⁴ Data provided by company. The new data reflects the reformulation in the product.

²⁵ Data provided by company. The new data reflects the change in frying oils used in McDonald's restaurants.

Table 12: Fatty acid composition of miscellaneous foods in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Taco Bell	Hard Taco	Nov. 2007	14	1.0	18.0	19.0
Taco Bell	Cinnamon Twists	Sept. 2007	17	0.6	8.0	8.6
Taco Bell	Plain Nachos	Sept. 2007	33	0.6	8.0	8.6
Taco Bell	Plain Taco Shell	Jan. 2008	21.9	0.8	16.0	16.8
Taco Time	Hard Taco	Nov. 2007	22.0	4.4	11.0	15.4
Taco Time	Cinnamon Custos	Sept. 2007	34.0	2.2	8.0	10.2
Taco Time	Mexi Fries ²⁶	Sept. 2007	14.0	11.0	8.0	19.0
Tim Hortons	Breakfast Biscuit (biscuit analysed only)	April 2007	15.9	2.2	88.9	91.1
Tim Hortons	Breakfast Biscuit (biscuit analysed only) ²⁷	May 2008	13.1	2.1	84.1	86.2

²⁶ The company has informed us that since March 2008 they have reformulated their Mexi Fries. The data presented in the table is not reflective of this change.

²⁷ Data provided by company. The company has informed us that the product has been reformulated. The new data reflects this change.

Table 13: Fatty acid composition of chicken products²⁸ collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
A&W	Chicken Burger	March 2007	13.6	1.0	8.4	9.4
A&W	Chicken Burger	Jan. 2008	10.5	0.9	11.5	12.4
A&W	Chicken Strips	Oct. 2006	14.7	27.5	14.0	41.5
A&W	Chicken Strips	March 2007	10.4	2.1	8.4	10.5
A&W	Chicken Strips	Jan. 2008	11.2	1.6	9.1	10.7
Applebee's	Chicken Strips ²⁹	Jan. 2008	16.2	1.8	8.2	10.0
Applebee's	Crispy Breaded Wings ²⁹	Jan. 2008	10.4	4.8	11.2	16.0
Applebees	Fried Chicken ²⁹	May 2007	12.0	2.5	10.0	12.5
Applebees	Fried Chicken ²⁹	Sept. 2007	14.0	7.6	12.0	19.6
Arby's	Chicken Tenders	May 2007	17.0	17.0	12.0	29.0
Arby's	Chicken Tenders	Sept. 2007	14.0	1.9	10.0	11.9

²⁸ Chicken analyzed only.

²⁹ The company has informed us that they have made changes to their cooking and frying oils. The data presented in the table does not reflect the change.

Table 13: Fatty acid composition of chicken products²⁸ collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Boston Pizza	Breaded BBQ Wings	March 2007	17.0	12.2	19.8	32.0
Boston Pizza	Breaded BBQ Wings ³⁰	Sept. 2007	18.2	0.3	16.1	16.4
Boston Pizza	Breaded BBQ Wings	Jan. 2008	13.8	1.2	20.5	21.7
Boston Pizza	Chicken Fingers	March 2007	12.9	19.6	11.6	31.2
Boston Pizza	Chicken Fingers ³⁰	Sept. 2007	16.0	< 0.1	6.9	6.9
Boston Pizza	Chicken Fingers	Jan. 2008	11.5	1.2	9.9	11.1
Burger King	Chicken Fries	Oct. 2007	17.5	38.5	22.2	60.7
Burger King	Chicken Fries ²⁴	April 2008	19.2	0.6	17.5	18.1
Burger King	Chicken Nuggets	Oct. 2006	19.1	34.7	20.8	55.5
Burger King	Chicken Nuggets	Oct. 2007	20.4	25.1	22.1	47.2
Burger King	Chicken Nuggets	Jan. 2008	16.9	24.0	24.0	48.0
Burger King	Chicken Nuggets ²⁴	April 2008	17.7	0.7	16.4	17.1

³⁰ Data provided by company. The new data reflects the change in frying oils used by all Boston Pizza full service restaurants since May 2007.

Table 13: Fatty acid composition of chicken products²⁸ collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Burger King	Original Chicken	March 2007	16.2	35.7	22.9	58.6
Burger King	Original Chicken	Jan. 2008	20.1	36.9	21.5	58.4
Burger King	Original Chicken ²⁴	April 2008	17.0	0.7	20.7	21.4
Casey's	Fried Chicken Strips	March 2007	11.7	1.0	11.3	12.3
Casey's	Fried Chicken Strips	Feb. 2008	19.0	0.8	17.1	17.9
Chicken Chef	Chicken Fingers	Sept. 2007	10.0	0.6	8.0	8.6
Chicken Delight	Chicken - Leg & Thigh	May 2007	16.0	0.7	23.0	23.7
Chicken Delight	Chicken Fingers	Sept. 2007	9.2	2.8	10.0	12.8
Dairy Queen	Chicken Strips	Oct. 2007	14.6	20.3	11.0	31.3
Dixie Lee	Bucket Chicken	Feb. 2008	12.1	1.3	20.5	21.8
Dixie Lee	Chicken Nuggets	Feb. 2008	16.6	2.0	14.5	16.5

Table 13: Fatty acid composition of chicken products²⁸ collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Earl's	Chicken Tenders	May 2007	13.0	2.6	9.0	11.6
Earl's	Chicken Tenders	Sept. 2007	12.0	6.4	8.0	14.4
Harvey's	Chicken Strips	March 2007	17.5	1.2	10.8	12.0
Harvey's	Chicken Strips	Jan. 2008	12.9	0.8	9.1	9.9
Jack Astors	Chicken Fingers	Jan. 2008	11.4	1.1	10.3	11.4
Kelsey's	Chicken Strips	Feb. 2008	16.9	1.1	9.7	10.8
KFC	Breaded Chicken	Jan. 2008	15.7	0.7	18.8	19.5
KFC	Bucket Chicken	Feb. 2008	18.6	1.2	22.5	23.7
KFC	Chicken Fries ³¹	Oct. 2006	12.2	25.8	24.3	50.1
KFC	Chicken Strips ³¹	Oct. 2006	13.0	32.9	23.3	56.2
KFC	Crispy Strip Chicken	March 2007	13.6	0.8	9.4	10.2
KFC	Crispy Strip Chicken	Jan. 2008	16.9	1.1	9.5	10.6

³¹ The company has informed us that since January 2007 all KFC restaurants have changed their frying oils. The data in the table is not reflective of this change.

Table 13: Fatty acid composition of chicken products²⁸ collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
KFC	Popcorn Chicken	Feb. 2008	25.8	1.1	15.0	16.1
Lone Star	Chicken Strips	Oct. 2007	13.6	17.0	19.8	36.8
Manchu Wok	Chicken Balls	April 2007	16.0	1.5	11.9	13.4
Manchu Wok	Chicken Balls	Jan. 2008	18.5	14.3	17.9	32.2
Mary Brown's	Bucket Chicken	Feb. 2008	15.8	0.6	19.4	20.0
McDonald's	Chicken Nuggets	March 2007	19.9	2.5	23.8	26.3
McDonald's	Chicken Nuggets	Jan. 2008	19.1	1.5	18.6	20.1
McDonald's	Chicken Nuggets ¹⁹	May 2008	19.3	0.8	15.5	16.3
McDonald's	Crispy Chicken	March 2007	10.2	2.9	21.5	24.4
McDonald's	Crispy Chicken ¹⁹	May 2008	10.8	0.9	14.7	15.6
Montana's	Breaded BBQ Wings	May 2007	17.0	0.9	18.0	18.9
Montana's	Chicken Fingers	Jan. 2008	15.3	0.9	8.6	9.5
Montana's	Chicken Nuggets	March 2007	14.6	1.0	10.1	10.2

Table 13: Fatty acid composition of chicken products²⁸ collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Moxie's	Chicken Fingers	Sept. 2007	11.0	1.6	9.0	10.6
Perkin's	Chicken Tender Crisps	Sept. 2007	12.0	1.2	12.0	13.2
Pizza Pizza	Boneless Chicken Bites	March 2007	14.4	1.9	18.9	20.8
Pizza Pizza	Boneless Chicken Bites	Feb. 2008	11.3	1.6	14.9	16.5
Pizza Pizza	Crispy Breaded Wings	March 2007	14.7	1.7	23.7	25.4
Pizza Pizza	Crispy Breaded Wings	Feb. 2008	20.1	1.4	21.5	22.9
Sizzling Wok	Chicken Balls	Sept. 2007	20.0	1.6	13.0	14.6
St. Hubert	Chicken Strips	Jan. 2008	12.3	1.0	9.7	10.7
Swiss Chalet	Chicken Strips	March 2007	20.0	0.9	10.0	10.9
Swiss Chalet	Chicken Strips	Jan. 2008	15.6	1.0	9.2	10.2
The Keg	Chicken Strips	Feb. 2008	15.6	1.3	10.3	11.6

Table 13: Fatty acid composition of chicken products²⁸ collected in 2006, 2007, and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Wendy's	Chicken Nuggets	Sept. 2006	18.1	7.8	19.4	27.2
Wendy's	Chicken Nuggets ³²	Oct. 2007	17.8	1.8	17.7	18.5
Wendy's	Chicken Nuggets	Jan. 2008	19.8	0.6	19.8	10.4
Wendy's	Chicken Strips	Jan. 2008	12.5	0.6	16.1	16.7
Wimpy's Diner	Chicken Fingers	Oct. 2007	10.4	18.1	13.1	31.2

³² Data provided by company. The new data reflects the change in frying oils used by Wendy's restaurants.

Table 14: Fatty acid composition of fish products collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Applebees	Fried Haddock	Sept. 2007	10.0	5.4	11.0	16.4
Applebees	Fried Whitefish	May 2007	11.0	0.9	8.0	8.9
Applebee's	Battered Fish	Jan. 2008	24.4	3.0	8.5	11.5
Burger King	Fish Filet (BK Big Fish)	Oct. 2007	8.0	40.0	22.6	62.6
Burger King	Fish Filet (BK Big Fish)	Jan. 2008	12.5	37.6	21.6	59.2
Burger King	Fish Filet (BK Big Fish) ²³	April 2008	11.9	0.9	13.1	14.0
Burger King	Fish Sandwich	May 2007	6.9	2.2	12.0	14.2
Burger King	Fish Sandwich	Sept. 2007	12.0	15.0	18.0	33.0
Casey's	Fish Filet	March 2007	28.5	1.1	7.6	8.7
Casey's	Fish Filet	Feb. 2008	21.2	1.0	14.6	15.6
Dixie Lee	Fish Filet	Feb. 2008	14.6	1.4	9.2	10.6
Jack Astors	Fish Filet	Jan. 2008	13.9	1.3	8.7	10.0

Table 14: Fatty acid composition of fish products collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Joey's Only	Fried fish	Sept. 2007	15.0	1.9	8.0	9.9
Kelsey's	Fish Filet	March 2007	19.9	1.5	10.2	11.7
Kelsey's	Fish Filet	Feb. 2008	17.7	1.0	8.2	9.2
Mandarin	Fish Filet	April 2007	10.2	2.1	13.1	15.1
McDonald's	Filet-O-Fish	March 2007	6.7	2.8	16.7	19.5
McDonald's	Filet-O-Fish	Jan. 2008	8.9	1.2	15.2	16.4
McDonald's	Filet-O-Fish ¹⁹	May 2008	8.5	1.0	13.5	14.5
Montana's	Fish Filet	March 2007	12.5	1.3	10.9	12.2
Montana's	Fish Filet	Jan. 2008	8.5	1.3	8.9	10.2
Moxie's	Fried Cod	Sept. 2007	15.0	0.7	7.0	7.7
Perkin's	Crispy Cod	May 2007	4.7	22.0	14.0	36.0
Perkin's	Crispy Cod	Sept. 2007	18.0	0.9	8.0	8.9

Table 14: Fatty acid composition of fish products collected in 2007 and 2008

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Red Lobster	Fried Haddock	Oct. 2007	8.4	42.4	23.3	65.7

Table 15: Fatty acid composition of donuts collected in 2006 and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Coffee Time	Apple fritter	Oct. 2007	15.0	30.0	24.0	54.0
Coffee Time	Double chocolate cake	Oct. 2007	29.0	32.0	27.0	59.0
Coffee Time	Honey dipped	Oct. 2007	17.0	26.0	23.0	49.0
Coffee Time	Raised chocolate	Oct. 2007	17.0	31.0	24.0	55.0
Country Style	Apple fritter	Oct. 2006	23.2	2.0	49.5	51.5
Country Style	French crullers	Oct. 2006	21.4	3.0	46.9	49.9
Country Style	Honey glazed	Oct. 2006	27.3	5.4	45.4	50.8
Country Style	Marble chocolate coated	Oct. 2006	29.0	0.6	51.4	52.0
Country Style	Plain	March 2007	28.2	0.8	50.8	51.6
Dunkin' Donuts	Chocolate cake	Nov. 2007	25.0	37.0	23.0	60.0
Dunkin' Donuts	Chocolate glazed	Nov. 2007	27.0	56.0	16.0	72.0
Dunkin' Donuts	Glazed figure 8 shaped	Nov. 2007	21.0	35.0	22.0	57.0
Dunkin' Donuts	Jam busters	Nov. 2007	16.0	32.0	23.0	55.0

Table 15: Fatty acid composition of donuts collected in 2006 and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Krispy Kreme	Chocolate iced glazed ³³	Dec. 2007	19.0	22.0	34.0	56.0
Krispy Kreme	Chocolate iced with sprinkles ³³	Dec. 2007	19.0	21.0	36.0	57.0
Krispy Kreme	Chocolate iced custard filled ³³	Dec. 2007	16.0	19.0	36.0	55.0
Krispy Kreme	Chocolate iced kreme filled ³³	Dec. 2007	22.0	21.0	34.0	55.0
Krispy Kreme	Maple iced glazed ³³	Dec. 2007	18.0	22.0	34.0	56.0
Krispy Kreme	Glazed chocolate cake ³³	Dec. 2007	27.0	25.0	32.0	57.0
Krispy Kreme	Chocolate, plain ³⁴	Dec. 2007	22.0	3.0	44.0	47.0
Krispy Kreme	Chocolate glazed ³⁴	Dec. 2007	19.0	3.2	49.0	52.2
Krispy Kreme	Jam buster ³⁴	Dec. 2007	18.0	2.8	49.0	51.8
Krispy Kreme	Vanilla, plain ³⁴	Dec. 2007	22.0	2.9	43.0	45.9

³³ product of the USA, however available in some locations in Canada

³⁴ from Krispy Kreme Donuts, Longueuil, QC.

Table 15: Fatty acid composition of donuts collected in 2006 and 2007

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Robin's Donuts	Chocolate cake iced	Sept. 2007	30.0	44.0	8.0	52.0
Robin's Donuts	Vanilla iced	Sept. 2007	19.0	37.0	22.0	59.0
Robin's Donuts	Chocolate dipped	Nov. 2007	14.0	37.0	22.0	59.0
Robin's Donuts	Chocolate with walnuts	Nov. 2007	24.0	35.0	21.0	56.0
Robin's Donuts	Plain, vanilla	Nov. 2007	30.0	35.0	20.0	55.0
Robin's Donuts	Vanilla icing, chocolate drizzle	Nov. 2007	16.0	38.0	21.0	59.0
Tim Hortons	Chocolate	Oct. 2006	18.4	0.6	48.4	49.0
Tim Hortons	Chocolate with icing, double chocolate glazed	Oct. 2006	16.4	0.6	49.4	50.0
Tim Hortons	Dutchie	Oct. 2006	10.9	0.8	48.4	49.2
Tim Hortons	Honey dip	Oct. 2006	13.0	1.0	47.9	48.9
Tim Hortons	Old fashion plain	Oct. 2006	24.0	0.5	50.9	51.4
Tim Hortons	Old fashion plain	March 2007	19.5	0.7	48.3	49.0