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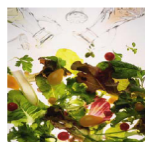
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sécurité... notre priorité.*

## Trans Fat Monitoring Program

Fourth Set of Monitoring Data  
Cafeteria and institution foods  
December 2009



**Canada**

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

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**Table 1: Fatty acid composition of french fries and potato products**

<b>Institution</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>
Cégep	french fries	Feb. 2009	18.2	16.0	17.0	33.0
Cégep	french fries	Feb. 2009	11.4	1.2	7.5	8.7
Children's Hospital	french fries	Feb. 2009	14.6	16.1	14.8	30.9
College	french fries	March 2009	10.6	0.8	10.8	11.6
College	french fries	Jan. 2009	15.0	0.8	7.6	8.4
High School	french fries	March 2009	5.0	1.2	8.1	9.3
High School	french fries	March 2009	17.3	0.8	7.0	7.8
High School	hash browns	March 2009	16.9	0.8	7.0	7.8
Hospital	french fries	Aug. 2008	18.0	6.7	10.0	16.7
Hospital	french fries	Feb. 2009	12.7	1.3	8.6	9.9
Hospital	french fries	Feb. 2009	13.3	16.8	16.9	33.7
Hospital	french fries	Feb. 2009	23.7	5.0	15.1	20.1
Hospital	french fries	Jan. 2009	15.0	1.0	7.5	8.5
Hospital	french fries	Feb. 2009	16.3	0.9	9.3	10.2
Hotel	french fries	March 2009	11.2	1.3	8.2	9.5
Nursing Home	potato wedges	Jan. 2009	1.1	13.0	17.0	30.0
Nursing Home	french fries	Feb. 2009	10.9	13.5	12.5	25.7
University	french fries	March 2009	13.3	2.0	11.0	13.0
University	french fries	Feb. 2009	16.3	1.3	7.8	9.1
University	french fries	Feb. 2009	13.0	1.1	8.5	9.6

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

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

*Table 1: Fatty acid composition of french fries and potato products*

<b>Institution</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>
University	french fries	Feb. 2009	11.7	3.9	10.5	14.4

**Table 2: Fatty acid composition of cookies**

<b>Institution</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>
Cégep	cookies	Feb. 2009	22.7	21.8	29.6	51.4
Cégep	chocolate cookies	Feb. 2009	24.1	2.6	44.0	46.6
Children's Hospital	chocolate chip cookies	Feb. 2009	19.9	0.7	48.1	48.8
Children's Hospital	oatmeal raisin cookies	Feb. 2009	14.9	1.1	38.0	38.9
College	peanut butter chunk cookies	Feb. 2009	22.1	0.4	33.8	34.2
College	chocolate double chunk cookies	March 2009	17.0	0.8	54.0	54.8
College	chocolate triple chunk	March 2009	18.5	13.7	47.2	60.9
College	milk chocolate chunk cookies	March 2009	16.9	0.7	52.6	53.3
College	oatmeal raisin cookies	Jan. 2009	21.0	1.9	57.0	58.9
Science Center	chocolate chip cookies	Aug. 2008	19.0	25.0	30.0	55.0
High School	chocolate chip cookies	March 2009	22.1	0.8	50.7	51.5
High School	chocolate chip cookies	March 2009	20.7	0.8	47.1	47.9
High School	chocolate chip	March 2009	25.6	20.8	35.7	56.5

**Table 2: Fatty acid composition of cookies**

<b>Institution</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>
	cookies					
High School	cookies	March 2009	17.6	1.2	53.9	55.1
Hospital	chocolate chip cookies	Aug. 2008	24.0	1.1	46.0	47.1
Hospital	chocolate cookies	Feb. 2009	17.5	29.0	23.0	52.0
Hospital	jam filled cookies	Feb. 2009	21.2	28.6	24.8	53.4
Hospital	peanut butter cookies	Jan. 2009	30.0	1.1	51.0	52.1
Hotel	chocolate chip cookies	March 2009	20.4	1.2	55.0	56.2
Nursing Home	molasses cookies	Jan. 2009	21.0	20.0	19.0	39.0
Nursing Home	peanut butter cookies	Feb. 2009	25.6	15.7	23.5	39.2
Nursing Home	chocolate chip cookies	Jan. 2009	26.0	1.9	45.0	46.9
Nursing Home	chocolate cookies	Jan. 2009	25.0	0.8	49.0	49.8
Nursing Home	digestive cookies	Jan. 2009	19.0	4.2	40.0	44.2
University	cookies with nuts	March 2009	26.7	1.2	40.9	42.1
University	cookies with Smarties	March 2009	20.4	0.5	53.2	53.7
University	cookies, dark chocolate with white chocolate	March 2009	22.8	1.1	60.8	61.9
University	cookies	Feb. 2009	16.2	0.9	10.6	11.5
University	raisin cookies	Feb. 2009	16.0	1.2	56.8	58.0

**Table 3: Fatty acid composition of muffins**

<b>Institution</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>
Cégep	muffin	Feb. 2009	6.8	0.6	20.7	21.3
Children's Hospital	chocolate chip muffin	Feb. 2009	10.8	0.2	14.3	14.5
College	chocolate muffin	Jan. 2009	18.0	0.2	17.0	17.2
High School	cranberry and blueberry muffin	March 2009	12.8	0.7	12.6	13.3
High School	poppy seed muffin	March 2009	18.8	0.5	10.6	11.1
High School	blueberry muffin	March 2009	2.0	0.2	17.7	17.9
Hospital	cheddar cheese muffin	Feb. 2009	11.9	2.0	33.0	35.0
Hospital	muffin	Feb. 2009	12.5	1.0	9.8	10.8
Hospital	muffin	Feb. 2009	12.2	0.4	9.7	10.1
Hospital	morning glory muffin	Feb. 2009	11.8	0.5	11.4	11.9
Hospital	apple muffin	Jan. 2009	13.0	1.1	18.0	19.1
Hotel	carrot muffin	March 2009	12.1	0.8	9.6	10.4
Hotel	bran muffin	March 2009	13.6	0.6	10.2	10.8
Nursing Home	banana bran muffin	Feb. 2009	7.4	0.6	18.7	19.3
Nursing Home	banana muffin	Feb. 2009	7.2	0.5	18.9	19.4
Nursing Home	blueberry muffin	Jan. 2009	10.0	2.2	12.0	14.2
Nursing Home	bran muffin	Jan. 2009	14.0	2.1	13.0	15.1
Nursing Home	carrot muffin	Jan. 2009	15.0	0.2	11.0	11.2
Train Station	bran muffin	Aug. 2008	15.0	1.3	23.0	24.3
University	muffin	Feb. 2009	14.0	0.5	9.8	10.3



*Table 3: Fatty acid composition of muffins*

<b>Institution</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>
University	muffin	Feb. 2009	7.6	0.7	19.4	20.1
University	chocolate chip muffin	Feb. 2009	11.2	0.2	17.7	17.9

**Table 4: Fatty acid composition of chicken products**

<b>Institution</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>
Cégep	chicken nuggets	Feb. 2009	17.8	1.1	12.0	13.1
Children's Hospital	breaded chicken patties	Feb. 2009	11.1	1.8	18.2	20.0
Children's Hospital	chicken strips	Feb. 2009	7.6	15.6	17.2	32.8
College	chicken fingers	Jan. 2009	15.0	2.8	10.0	12.8
Hospital	chicken fingers	Jan. 2009	13.0	14.0	11.0	25.0
Hospital	chicken strips	Feb. 2009	10.4	4.6	16.6	21.2
Hospital	chicken burger battered	Feb. 2009	19.7	4.0	18.0	22.0
Hospital	chicken fingers	Feb. 2009	10.1	1.0	10.6	11.6
Hospital	chicken burger	Jan. 2009	24.0	1.4	10.0	11.4
Hotel	chicken fingers	March 2009	12.0	1.0	8.9	9.9
Nursing Home	chicken fingers	Jan. 2009	12.0	47.0	15.0	62.0
University	breaded chicken patties	March 2009	14.2	1.7	11.8	13.5
University	chicken strips	Feb. 2009	13.4	0.8	9.0	9.8

*Table 5: Fatty acid composition of onion rings and fish*

<b>Institution</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>
College	onion rings	March 2009	19.2	0.6	10.9	11.5
College	breaded fish fillet	March 2009	18.4	0.6	10.4	11.0
Hospital	onion rings	Feb. 2009	26.1	5.3	16.8	22.1
Hotel	onion rings	March 2009	19.0	1.0	9.5	10.5
Nursing Home	battered fish	Feb. 2009	12.4	13.4	12.1	12.1

**Table 6: Fatty acid composition of bakery products and desserts**

<b>Institution</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>
High School	chocolate chip scone	March 2009	13.5	0.6	59.8	60.4
High School	cinnamon bun	March 2009	9.9	8.9	23.0	31.9
High School	bagels	March 2009	15.3	0.6	10.4	11.0
High School	blueberry scones	March 2009	10.2	28.6	26.9	55.5
High School	croissants	March 2009	19.0	0.7	44.7	45.4
Hospital	cinnamon rolls	Feb. 2009	15.3	14.8	19.0	33.8
Train Station	banana bread	Aug. 2008	14.0	3.0	28.0	31.0
University	cheese biscuits	March 2009	12.7	1.3	42.2	43.5

*Table 7: Fatty acid composition of miscellaneous foods*

<b>Institution</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>
College	samosa	March 2009	12.6	0.4	46.6	47.0
High School	taco chips	March 2009	23.3	1.0	8.6	9.6

***Table 8: Fatty acid composition of margarines***

<b>Institution</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>
College	margarine	Jan. 2009	79.0	24.0	17.0	41.0
Hospital	margarine	Jan. 2009	81.0	0.8	15.0	15.8
Nursing Home	margarine	Jan. 2009	79.0	4.4	15.0	19.4
Nursing Home	margarine	Jan. 2009	73.0	26.0	17.0	43.0

*Table 9: Fatty acid composition of popcorn and snacks from movie theatres*

<b>Institution</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>
movie theatre	popcorn (plain)	Aug. 2008	27.0	0.5	8.7	9.2
movie theatre	popcorn with margarine	Aug. 2008	40.0	0.7	9.6	10.3
movie theatre	popcorn with butter	Aug. 2008	40.0	2.7	33	35.7
movie theatre	popcorn (plain)	Aug. 2008	12.0	0.4	10	10.4
movie theatre	popcorn with margarine	Aug. 2008	21.0	0.6	11.0	11.6
movie theatre	popcorn with butter	Aug. 2008	34.0	4.0	49.0	53.0
movie theatre	popcorn (plain)	Aug. 2008	17.0	1.9	9.2	11.1
movie theatre	popcorn with margarine	Aug. 2008	31.0	1.6	8.1	9.7
movie theatre	popcorn (plain)	Aug. 2008	18.0	0.5	8.3	8.8
movie theatre	popcorn with margarine	Aug. 2008	20.0	5.6	11.0	16.6
movie theatre	popcorn with butter	Aug. 2008	26.0	3.4	37.0	40.4
movie theatre	nacho chips	Aug. 2008	17.0	1.1	16.0	17.1
movie theatre	cheese sauce	Aug. 2008	7.6	38.0	27.0	65.0
movie theatre	nacho chips	Aug. 2008	21.0	0.9	29.0	29.9
movie theatre	cheese sauce	Aug. 2008	5.6	1.6	53.0	54.6
movie theatre	nacho chips	Aug. 2008	18.0	1.3	17.0	18.3

*Table 9: Fatty acid composition of popcorn and snacks from movie theatres*

<b>Institution</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>
movie theatre	cheese sauce	Aug. 2008	5.2	1.9	54.0	55.9