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Trans Fat Monitoring Program

Fourth Set of Monitoring Data
Small and medium-sized family and quick service restaurants
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 from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
french fries	Oct. 2008	9.9	9.1	12.0	21.1
french fries	Oct. 2008	13.0	1.5	8.2	9.7
french fries	Oct. 2008	15.0	2.1	8.4	10.5
french fries	Nov. 2008	14.7	1.0	9.6	10.6
french fries	Nov. 2008	17.5	1.6	11.3	12.9
french fries	Oct. 2008	9.8	1.0	9.3	10.3
french fries	Nov. 2008	15.2	13.5	20.3	33.8
fried potatoes	Nov. 2008	7.4	1.4	16.1	17.5
french fries	Nov. 2008	19.7	0.9	10.1	11.0
french fries	Aug. 2008	18.0	20.0	14.0	34.0
french fries	Nov. 2008	14.7	1.0	11.8	12.8
french fries	Nov. 2008	20.3	1.2	9.5	10.7
french fries	Oct. 2008	18.0	21.0	12.0	33.0
french fries	Oct. 2008	11.0	1.4	7.9	9.3
french fries	Nov. 2008	17.7	13.0	16.4	29.4
french fries	Nov. 2008	13.0	0.9	15.8	16.7
french fries	Oct. 2008	15.0	1.1	9.9	11.0
french fries	Oct. 2008	23.0	0.9	10.0	10.9
french fries	Oct. 2008	17.0	1.7	8.2	9.9

¹ TFA = trans fat

² SFA = saturated fat

Table 1: Fatty acid composition of french fries from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
french fries	Nov. 2008	15.0	0.8	12.7	13.6
french fries	Sept. 2008	12.0	25.0	11.0	36.0
french fries	Nov. 2008	9.31	1.8	10.9	12.7
curly fries	Nov. 2008	10.9	1.8	11.4	13.2
french fries	Nov. 2008	15.4	0.8	12.5	13.3
french fries	Nov. 2008	13.0	1.5	12.8	14.3
french fries	Oct. 2008	15.0	1.1	8.6	9.7
french fries	Sept. 2008	15.0	0.7	8.0	8.7
french fries	Sept. 2008	22.0	1.0	9.5	10.5
french fries	Oct. 2008	17.0	5.0	8.5	13.5
french fries	Nov. 2008	12.7	1.0	7.8	8.8
french fries	Nov. 2008	13.2	1.3	9.1	10.4
french fries	Oct. 2008	18.0	1.8	9.9	11.7
french fries	Sept. 2008	21.0	0.9	9.5	10.4
french fries	Sept. 2008	19.0	2.0	8.3	10.3
potato wedges	Oct. 2008	11.0	23.0	12.0	35.0
french fries	Sept. 2008	22.0	1.8	9.9	11.7
french fries	Sept. 2008	23.0	1.0	9.4	10.4
french fries	Nov. 2008	19.5	0.5	7.2	7.7
french fries curly	Oct. 2008	25.0	1.5	8.2	9.7
french fries	Oct. 2008	15.0	1.4	11.0	12.4

Table 1: Fatty acid composition of french fries from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
french fries	Nov. 2008	16.8	20.0	25.6	45.6
french fries	Sept. 2008	2.7	2.5	11.0	13.5
french fries	Aug. 2008	20.0	2.4	10.0	12.4
french fries	Oct. 2008	13.0	21.0	14.0	35.0
french fries	Oct. 2008	12.0	0.9	10.0	10.9
french fries	Oct. 2008	21.0	16.0	13.0	29.0
french fries	Nov. 2008	11.3	1.4	8.5	9.9
french fries	Nov. 2008	14.2	10.8	20.1	30.9
french fries	Sept. 2008	15.0	1.5	8.1	9.6
french fries	Oct. 2008	16.0	1.2	8.9	10.1
french fries	Nov. 2008	20.5	1.4	8.2	9.6
french fries	Sept. 2008	15.0	0.8	11.0	11.8

Table 2: Fatty acid composition of desserts from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% o by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
apple jack	Oct. 2008	15.0	26.0	31.0	57.0
pecan pie	Nov. 2008	26.3	1.0	27.0	28.0
key lime pie	Nov. 2008	20.5	11.6	42.8	54.4
pecan pie	Nov. 2008	23.7	2.3	40.5	42.8
apple float	Sept. 2008	12.0	24.0	31.0	55.0
baklava	Sept. 2008	23.0	0.1	12.0	12.1
raspberry crocetta	Sept. 2008	13.0	20.0	42.0	62.0
pecan pie	Nov. 2008	27.7	1.7	34.0	35.7
apple pie	Nov. 2008	15.7	0.5	46.1	46.7
lemon pie	Nov. 2008	6.7	1.1	24.7	25.8
pumpkin pie	Sept. 2008	10.0	1.0	30.0	31.0
apple blossom pastry	Nov. 2008	17.9	3.6	51.9	55.5
apple pie	Sept. 2008	11.0	24.0	37.0	61.0
apple blossom pastry	Nov. 2008	15.7	0.9	46.2	47.1
cherry cheesecake	Nov. 2008	16.6	7.8	57.8	65.7
white chocolate cheesecake	Nov. 2008	22.3	3.9	59.8	63.6
apple pie	Nov. 2008	11.4	9.0	35.2	44.2
apple pie	Nov. 2008	15.7	13.0	29.5	42.5
apple pie	Sept. 2008	8.1	3.5	28.0	31.5

Table 2: Fatty acid composition of desserts from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% o by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
cherry pie	Sept. 2008	16.0	2.5	45.0	47.5
baklava	Oct. 2008	18.0	13.0	24.0	37.0
apple jack	Oct. 2008	18.0	26.0	31.0	57.0
apple jack	Sept. 2008	19.0	26.0	31.0	57.0
apple pie	Nov. 2008	16.2	1.0	28.3	29.3
apple pie	Sept. 2008	21.0	0.7	45.0	45.7

Table 3: Fatty acid composition of bakery products from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% o by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
butter croissants	Nov. 2008	15.9	44.0	21.5	65.5
plain donuts	Nov. 2008	26.1	36.8	24.9	61.7
danish	Nov. 2008	18.0	1.2	45.0	46.2
donuts	Nov. 2008	14.0	4.6	39.0	43.6
blueberry danish	Nov. 2008	8.8	4.5	63.1	67.6
double chocolate croissants	Nov. 2008	15.7	2.8	63.3	66.1
vanilla donut with chocolate	Oct. 2008	23.0	7.1	41.0	48.1
cinnamon biscuit	Oct. 2008	14.0	13.0	22.0	35.0

Table 4: Fatty acid composition of cookies from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% o by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
chocolate chip cookies	Aug. 2008	25.0	22.0	32.0	54.0
oatmeal cookies with chocolate chip	Oct. 2008	21.0	17.0	33.0	50.0
chocolate chip cookies	Sept. 2008	24.0	3.4	62.0	65.4
chocolate chip cookies	Aug. 2008	25.0	24.0	32.0	56.0
chocolate chip cookies	Sept. 2008	22.0	0.7	29.0	29.7

Table 5: Fatty acid composition of muffins from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% o by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
oatmeal muffin	Aug. 2008	14.0	0.6	9.5	10.1
bran muffin	Aug. 2008	13.0	1.5	14.0	15.5
apple cinnamon muffin	Sept. 2008	14.0	0.9	12.0	12.9
blueberry muffin	Sept. 2008	14.0	0.9	12.0	12.9
raisin muffin	Sept. 2008	8.0	1.4	11.0	12.4

Table 6: Fatty acid composition of chicken products from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
chicken strips	Oct. 2008	15.0	8.2	13.0	21.2
chicken strips	Sept. 2008	12.0	5.3	11.0	16.3
chicken strips	Oct. 2008	15.0	2.6	9.3	11.9
chicken fingers	Nov. 2008	15.7	1.1	8.9	10.0
chicken tenders	Nov. 2008	12.3	12.5	21.2	33.7
chicken strips	Oct. 2008	14.0	0.9	12.0	12.9
chicken tenders	Nov. 2008	11.0	13.5	21.1	34.6
fried chicken	Nov. 2008	11.0	1.1	22.0	23.1
chicken fingers	Nov. 2008	12.2	1.1	9.6	10.7
chicken tenders	Aug. 2008	11.0	19.0	15.0	34.0
chicken nuggets	Nov. 2008	14.2	1.0	15.1	16.1
chicken wings	Nov. 2008	19.1	0.8	25.6	26.4
chicken strips	Oct. 2008	9.2	16.0	24.0	40.0
chicken strips	Oct. 2008	19.0	1.3	9.6	10.9
chicken fingers	Nov. 2008	13.1	11.6	17.9	29.5
chicken fingers	Nov. 2008	12.4	0.9	15.8	16.7
chicken strips	Oct. 2008	16.0	1.4	11.0	12.4
chicken strips	Oct. 2008	17.0	1.3	11.0	12.3
chicken strips	Sept. 2008	9.5	1.6	11.0	12.6

Table 6: Fatty acid composition of chicken products from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
chicken fingers	Nov. 2008	12.8	0.9	14.4	15.3
chicken strips	Sept. 2008	15.0	23.0	13.0	36.0
buffalo chicken strips	Nov. 2008	7.9	1.3	13.7	15.0
chicken wings	Nov. 2008	29.0	0.7	19.4	20.1
chicken fingers	Nov. 2008	18.0	1.6	12.8	14.4
chicken wings	Sept. 2008	14.0	1.1	21.0	22.1
chicken strips	Sept. 2008	7.9	2.0	12.0	14.0
chicken strips	Oct. 2008	15.0	1.1	11.0	12.1
chicken strips	Sept. 2008	7.6	1.1	16.0	17.1
chicken fingers	Nov. 2008	9.7	1.4	9.8	11.1
spicy Thai chicken	Nov. 2008	21.1	0.8	16.8	17.6
chicken strips	Oct. 2008	14.0	1.4	11.0	12.4
chicken strips	Sept. 2008	11.0	1.0	12.0	13.0
chicken strips	Sept. 2008	14.0	0.9	8.4	9.3
chicken pieces	Oct. 2008	19.0	13.0	20.0	33.0
chicken wings	Sept. 2008	13.0	1.1	25.0	26.1
chicken strips	Sept. 2008	13.0	1.6	11.0	12.6
chicken fingers	Nov. 2008	14.4	1.5	9.7	11.2
chicken strips	Oct. 2008	21.0	1.9	8.8	10.7
chicken strips	Oct. 2008	19.0	1.7	12.0	13.7

Table 6: Fatty acid composition of chicken products from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
chicken nuggets	Nov. 2008	10.2	29.6	26.6	56.2
chicken strips	Aug. 2008	9.3	2.4	11.0	13.4
chicken strips	Sept. 2008	14.0	1.5	10.0	11.5
chicken strips	Oct. 2008	16.0	20.0	14.0	34.0
chicken strips	Oct. 2008	13.0	0.9	12.0	12.9
chicken strips	Oct. 2008	16.0	16.0	14.0	30.0
chicken fingers	Nov. 2008	9.2	1.5	10.4	11.0
chicken fingers	Nov. 2008	17.9	10.5	19.8	30.3
chicken strips	Sept. 2008	16.0	1.5	9.8	11.3
chicken strips	Oct. 2008	12.0	1.3	12.0	13.3
chicken fingers	Nov. 2008	8.4	1.5	9.9	11.4
chicken strips	Sept. 2008	12.0	1.5	14.0	15.5

Table 7: Fatty acid composition of miscellaneous fast foods from small and medium-sized family and quick service restaurants

Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA¹ (% of total fat)	SFA² (% of total fat)	TFA+ SFA (% of total fat)
egg rolls	Nov. 2008	18.6	1.0	19.3	20.3
chicken spring rolls	Nov. 2008	18.6	1.2	23.3	24.5
onion rings	Nov. 2008	16.4	1.9	11.2	13.1
fried shrimp	Nov. 2008	19.3	0.8	13.1	13.9
egg rolls	Nov. 2008	18.6	0.8	18.1	18.9
egg rolls	Nov. 2008	12.5	1.2	11.0	12.2