



Health
Canada

Santé
Canada

Trans Fat Monitoring Program

First Set of Trans Fat Monitoring Data

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Food Directorate
Health Products and Food Branch
Health 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	Crackers	Sept. 2005	16.0	32.5	23.8	56.3
Company A	Crackers	Sept. 2006	15.7	2.7	17.0	19.7
Company B	Crackers	Sept. 2005	19.0	40.7	19.7	60.4
Company B	Crackers	Sept. 2006	18.6	1.0	55.3	56.3

For Companies A and B
From 2005 to 2006, the TFAs were decreased to meet the 5% limit recommended by the Trans Fat Task Force.

For Company A
From 2005 to 2006, 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 2005 to 2006, 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 chicken strips, chicken nuggets, and other chicken products¹ collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA² (% of total fat)	SFA³ (% of total fat)	TFA + SFA (% of total fat)
A&W	Chicken Nuggets	Sept. 2006	11.1	22.5	13.7	36.2
A&W	Chicken Nuggets	Sept. 2006	12.9	25.1	13.6	38.7
A&W	Chicken Nuggets	Oct. 2006	13.8	29.2	16.5	45.7
A&W	Chicken Nuggets	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 Burger	March 2007	13.6	1.0	8.4	9.4
Boston Pizza	Breaded BBQ Wings	March 2007	17.0	12.2	19.8	32.0
Boston Pizza	Breaded BBQ Wings ⁴	Sept. 2007	18.2	0.3	16.1	16.4
Boston Pizza	Chicken Fingers	March 2007	12.9	19.6	11.6	31.2
Boston Pizza	Chicken Fingers ⁴	Sept. 2007	16.0	< 0.1	6.9	6.9

¹ chicken analyzed only

² TFA = trans fat

³ SFA = saturated fat

⁴ 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 1: Fatty acid composition of chicken strips, chicken nuggets, and other chicken products¹ collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA² (% of total fat)	SFA³ (% of total fat)	TFA + SFA (% of total fat)
Burger King	Chicken Nuggets/Crowns	Sept. 2006	19.8	18.6	23.1	41.7
Burger King	Chicken Nuggets/Crowns	Oct. 2006	19.1	34.7	20.8	55.5
Burger King	Chicken Nuggets	March 2007	13.9	23.6	25.0	48.6
Burger King	Original Chicken	March 2007	16.2	35.7	22.9	58.6
Casey's	Fried Chicken Strips	March 2007	11.7	1.0	11.3	12.3
Harvey's	Chicken Strips	March 2007	17.5	1.2	10.8	12.0
KFC	Chicken Fries ⁵	Sept. 2006	16.4	29.8	23.1	52.9
KFC	Chicken Fries ⁵	Oct. 2006	12.2	25.8	24.3	50.1
KFC	Chicken Strips ⁵	Sept. 2006	22.2	33.8	22.3	56.1
KFC	Chicken Strips ⁵	Oct. 2006	13.0	32.9	23.3	56.2
KFC	Crispy Strip Chicken	March 2007	13.6	0.8	9.4	10.2

⁵ 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 1: Fatty acid composition of chicken strips, chicken nuggets, and other chicken products¹ collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA² (% of total fat)	SFA³ (% of total fat)	TFA + SFA (% of total fat)
Kelsey's	Chicken Tenders	March 2007	14.8	0.9	10.0	10.9
Manchu Wok	Chicken Balls	April 2007	16.0	1.5	11.9	13.4
McDonald's	Chicken Nuggets	Sept. 2006	15.6	4.6	16.0	20.6
McDonald's	Chicken Nuggets	Oct. 2006	22.1	2.0	12.3	14.3
McDonald's	Chicken Nuggets	March 2007	19.9	2.5	23.8	26.3
McDonald's	Crispy Chicken	March 2007	10.2	2.9	21.5	24.4
Montana's	Chicken Nuggets	March 2007	14.6	1.0	10.1	10.2
Pizza Pizza	Boneless Chicken Bites	March 2007	14.4	1.9	18.9	20.8
Pizza Pizza	Crispy Breaded Wings	March 2007	14.7	1.7	23.7	25.4
Swiss Chalet	Chicken Strips	March 2007	20.0	0.9	10.0	10.9

Table 1: Fatty acid composition of chicken strips, chicken nuggets, and other chicken products¹ collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA² (% of total fat)	SFA³ (% 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	Oct. 2006	24.4	1.1	18.8	19.9
Wendy's	Chicken Nuggets ⁶	Oct. 2007	17.8	1.8	17.7	18.5

⁶ Data provided by company. The new data reflects the change in frying oils used by Wendy's restaurants.

Table 2: Fatty acid composition of donuts collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

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. 2006	17.2	27.2	23.7	50.9
Coffee Time	Double Chocolate Cake	Oct. 2006	30.6	32.2	26.8	59.0
Coffee Time	Honey Dipped	Oct. 2006	13.5	26.6	23.3	49.9
Coffee Time	Raised Chocolate	Oct. 2006	13.9	26.1	23.3	49.4
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. 2006	20.3	32.5	22.8	55.3
Dunkin' Donuts	Chocolate Glazed	Nov. 2006	28.2	40.1	23.2	63.3
Dunkin' Donuts	Glazed Figure 8 Shaped	Nov. 2006	31.2	39.1	23.1	62.2

Table 2: Fatty acid composition of donuts collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Dunkin' Donuts	Jam Busters	Nov. 2006	21.1	44.9	20.0	64.9
Krispy Kreme	Apple Fritter ⁷	Oct. 2006	13.4	31.3	28.5	59.8
Krispy Kreme	Chocolate Iced Glazed ⁷	Oct. 2006	23.6	32.3	27.7	60.0
Krispy Kreme	Original Glazed ⁷	Oct. 2006	20.6	32.0	28.6	60.6
Krispy Kreme	Glazed Chocolate ⁷	Oct. 2006	13.3	31.2	28.2	59.4
Krispy Kreme	Glazed Chocolate ⁷	Nov. 2006	17.5	29.1	26.7	55.8
Krispy Kreme	Chocolate, Plain ⁷	Nov. 2006	25.0	35.1	23.0	58.1
Krispy Kreme	Jam Buster ⁷	Nov. 2006	12.4	27.9	27.5	55.4
Krispy Kreme	Traditional Cake ⁷	Nov. 2006	23.2	30.1	26.5	56.6
Robin's Donuts	Chocolate	Sept. 2006	26.2	35.6	21.3	56.9
Robin's Donuts	Chocolate	Oct. 2006	29.7	37.1	21.0	58.1

⁷ The company has informed us that have reformulated their products. The data in the table is not reflective of this change.

Table 2: Fatty acid composition of donuts collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

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 with Walnuts	Sept. 2006	24.8	33.4	20.2	53.6
Robin's Donuts	Chocolate with Walnuts	Oct. 2006	27.2	34.1	20.0	54.1
Robin's Donuts	Plain, Vanilla	Sept. 2006	18.9	35.9	21.6	57.5
Robin's Donuts	Plain, Vanilla	Oct. 2006	15.7	35.8	21.9	57.7
Robin's Donuts	Vanilla	Sept. 2006	32.9	36.3	21.1	57.4
Robin's Donuts	Plain, Vanilla	Oct. 2006	31.0	36.1	21.0	57.1
Robin's Donuts	Rainbow Sprinkles	Sept. 2006	12.8	32.9	28.4	61.3
Robin's Donuts	Rainbow Sprinkles	Oct. 2006	11.5	35.0	24.5	59.5
Robin's Donuts	Vanilla Icing with Chocolate Drizzle	Sept. 2006	11.0	36.2	22.0	58.2
Robin's Donuts	Vanilla Icing with Chocolate Drizzle	Oct. 2006	10.8	36.7	21.7	58.4
Tim Hortons	Chocolate	Sept. 2006	8.2	0.4	48.2	48.6
Tim Hortons	Chocolate	Oct. 2006	18.4	0.6	48.4	49.0

Table 2: Fatty acid composition of donuts collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Tim Hortons	Chocolate with Icing, Chocolate Glazed	Sept. 2006	9.7	1.4	47.3	48.7
Tim Hortons	Dutchie	Sept. 2006	9.5	1.4	47.3	48.7
Tim Hortons	Dutchie	Oct. 2006	10.9	0.8	48.4	49.2
Tim Hortons	Old Fashion Plain	Sept. 2006	23.5	0.3	49.9	50.2
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
Tim Hortons	Maple Dip	Sept. 2006	15.7	0.7	48.8	49.5
Tim Hortons	Maple Dip	Oct. 2006	9.5	0.8	48.9	49.7
Tim Hortons	Chocolate with Icing, Double Chocolate Glazed	Oct. 2006	16.4	0.6	49.4	50.0
Tim Hortons	Honey Dip	Oct. 2006	13.0	1.0	47.9	48.9

Table 3: Fatty acid composition of fish products⁸ collected from fast food/restaurant establishments in 2007 (analyzed by Toronto lab)

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	Fish Filet (BK Big Fish)	March 2007	8.0	37.7	23.8	61.5
Casey's	Fish Filet	March 2007	28.5	1.1	7.6	8.7
Kelsey's	Fish Filet	March 2007	19.9	1.5	10.2	11.7
Mandarin	Fried Fish Filet	April 2007	10.2	2.1	13.1	15.1
McDonald's	Filet-O-Fish Sandwich	March 2007	6.7	2.8	16.7	19.5
McDonald's	Filet-O-Fish Sandwich ⁹	Oct. 2007	9.1	1.7	13.9	15.6
Montana's	Fish Filet	March 2007	12.5	1.3	10.9	12.2

⁸ Fish filet analyzed only

⁹ Data provided by company. The new data reflects the change in frying oils used by McDonald's restaurants.

Table 4: Fatty acid composition of French fries collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007(analyzed by Toronto lab)

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	Sept. 2006	13.6	32.9	14.8	47.7
A&W	French Fries	Sept. 2006	15.6	32.4	15.4	47.8
A&W	French Fries	Oct. 2006	17.9	35.1	17.1	52.2
A&W	French Fries	Oct. 2006	16.4	34.9	17.2	52.1
Arby's	French Fries (Curly Fries) ¹⁰	April 2007	15.8	30.2	11.3	41.5
Boston Pizza	French Fries	March 2007	10.5	27.3	10.8	38.1
Boston Pizza	French Fries ¹¹	Sept. 2007	15.7	0.2	6.1	6.3
Burger King	French Fries	Sept. 2006	11.5	42.9	23.0	65.9
Burger King	French Fries	Oct. 2006	13.5	43.8	22.6	66.4
Kelsey's	French Fries	March 2007	15.1	1.3	9.1	10.4

¹⁰ The company has informed us that since September 2007 they have changed their frying oils. The data in the table is not reflective of this change.

¹¹ 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 4: Fatty acid composition of French fries collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007(analyzed by Toronto lab)

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	French Fries	Sept. 2006	18.3	40.1	23.4	63.5
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
Mandarin	French Fries	April 2007	11.1	7.5	10.4	17.9
McDonald's	French Fries	Sept. 2006	16.8	8.3	49.6	57.9
McDonald's	French Fries	Oct. 2006	18.8	8.8	48.7	57.5
McDonald's	French Fries ¹²	Oct. 2007	15.3	4.2	26.0	30.2
Montana's	French Fries	March 2007	11.5	2.9	9.4	12.3
Mrs. Vanelli's Restaurant	French Fries	April 2007	13.0	2.0	17.1	19.1
NewYork Fries	French Fries	March 2007	13.3	1.2	8.5	9.7
NewYork Fries	French Fries ¹³	Oct. 2007	13.5	0.9	8.1	9.0

¹² Data provided by company. The new data reflects the change in frying oils used by McDonald's restaurants.

¹³ Data provided by company.

Table 4: Fatty acid composition of French fries collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007(analyzed by Toronto lab)

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	French Fries	March 2007	11.7	2.3	17.9	20.2
Swiss Chalet	French Fries	March 2007	12.5	0.9	9.4	9.8
Taco Bell	French Fries	April 2007	21.4	1.8	8.0	9.8
Wendy's	French Fries	Sept. 2006	12.0	21.6	16.6	38.2
Wendy's	French Fries	Oct. 2006	12.6	6.6	14.5	21.1
Wendy's	French Fries ¹⁴	Oct. 2007	12.9	6.8	14.7	21.5

¹⁴ Data provided by company. The new data reflects the change in frying oils used by Wendy's restaurants.

Table 5: Fatty acid composition of miscellaneous foods from fast food/restaurant establishments in 2007(analyzed by Toronto lab)

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	Hash Browns	March 2007	19.2	41.9	20.8	62.7
Burger King	Apple Turnover	April 2007	18.9	40.1	23.6	63.7
Casey's	Sweet Potato	March 2007	17.1	1.7	8.9	10.6
Manchu Wok	Fried Egg Rolls	April 2007	12.9	1.6	13.1	14.7
McDonald's	Hash Browns	March 2007	13.1	8.0	45.7	45.8
McDonald's	Hash Browns ¹⁵	Oct. 2007	16.2	4.4	21.8	26.2
McDonald's	Baked Apple Pie	April 2007	17.9	45.6	27.6	73.2
McDonald's	English Muffin (bun analyzed only)	April 2007	0.9	2.1	34.3	36.4
Montana's	Cheese Sticks	March 2007	19.4	3.2	31.2	34.4
Taco Bell	Plain Taco Shell	April 2007	16.7	2.3	23.4	25.7
Tim Hortons	Breakfast Biscuit (biscuit analysed only)	April 2007	15.9	2.2	88.9	91.1

¹⁵ Data provided by company. The new data reflects the change in frying oils used in McDonald's restaurants.

Table 6: Fatty acid composition of muffins collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

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	Blueberry ¹⁶	Oct. 2006	9.3	27.4	24.8	52.2
Coffee Time	Raisin Bran ¹⁶	Oct. 2006	12.9	1.4	11.7	13.1
Country Style	Banana Nut	Oct. 2006	23.6	1.1	17.3	18.4
Country Style	Carrot Cake	Oct. 2006	14.7	1.3	17.4	18.7
Country Style	Blueberry	March 2007	9.6	2.6	9.6	12.2
Dunkin' Donuts	Apple Raisin	Nov. 2006	19.1	0.9	11.5	12.4
Dunkin' Donuts	Honey Raisin Bran	Nov. 2006	17.7	0.5	10.5	11.0
Dunkin' Donuts	Island Fruits	Nov. 2006	17.2	0.7	13.3	14.0
Robin's Donuts	Banana Nut	Sept. 2006	17.2	0.5	9.3	9.8
Robin's Donuts	Banana Nut	Oct. 2006	12.4	0.4	9.2	9.6
Robin's Donuts	Carrot Cake	Sept. 2006	18.0	0.5	8.5	9.0
Robin's Donuts	Carrot Cake	Oct. 2006	18.4	0.5	8.4	8.9

¹⁶ The company has informed us that the product has been reformulated based on the change in muffin batter used by Coffee Time. The data in the table is not reflective of this change.

Table 6: Fatty acid composition of muffins collected from fast food/restaurant establishments in 2006 (analyzed by Winnipeg lab) and 2007 (analyzed by Toronto lab)

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	Coffee Cake	Sept. 2006	11.4	18.5	16.9	35.4
Robin's Donuts	Coffee Cake	Oct. 2006	8.5	16.6	16.7	33.3
Tim Hortons	Banana Nut	Sept. 2006	10.6	0.8	16.6	17.4
Tim Hortons	Banana Nut	Oct. 2006	13.8	0.5	15.4	15.9
Tim Hortons	Chocolate Chip	Sept. 2006	10.6	0.5	30.1	30.6
Tim Hortons	Chocolate Chip	Oct. 2006	11.4	0.5	31.9	32.4
Tim Hortons	Fruit Explosion	Sept. 2006	9.1	0.7	17.8	18.5
Tim Hortons	Fruit Explosion	Oct. 2006	9.8	0.7	17.7	18.4
Tim Hortons	Bran	March 2007	8.5	1.9	17.4	19.3

Table 7: Fatty acid composition of onion rings from fast food/restaurant establishments collected in 2007(analyzed by Toronto lab)

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
Burger King	Onion Rings	March 2007	16.2	36.6	22.5	59.1
Burger King	Onion Rings ¹⁷	May 2007	14.3	19.9	24.6	44.5
Harvey's	Onion Rings	March 2007	18.2	1.3	8.3	9.6
Mandarin	Onion Rings	April 2007	23.6	4.0	10.4	14.4

¹⁷ Data provided by company. The new data reflects the change in frying oils used by Burger King restaurants for onion rings.

Table 8: Fatty acid composition of cookies collected in 2005 and 2006 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Dare Foods Ltd.	Dare, Simple Pleasures, Digestive, Made with Oat Bran	Aug.-Oct. 2005	20.6	1.1	39.1	40.2
Dare Foods Ltd.	Dare, Simple Pleasures, Digestive, Made with Whole Wheat	Sept. 2006	17.8	1.2	38.4	39.6
Dare Foods Ltd.	Dare, Whippet Original	Aug.-Oct. 2005	14.0	7.4	52.9	60.4
Dare Foods Ltd.	Dare, Whippet Original	Sept. 2006	14.2	0.5	57.3	57.8
Dare Foods Ltd.	Vachon, Ah Caramel	Aug.-Oct. 2005	20.9	16.7	65.3	82.0
Dare Foods Ltd.	Vachon, Ah Caramel	Sept. 2006	20.4	14.8	68.2	83.0
Dare Foods Ltd.	Dare, Ultimate Chocolate Fudge	Oct. 2005	19.0	18.4	49.9	68.3
Dare Foods Ltd.	Dare, Ultimate Chocolate Fudge	Sept. 2006	20.7	17.9	50.6	68.5

Table 8: Fatty acid composition of cookies collected in 2005 and 2006 (analyzed by Toronto lab)

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.	Mr. Christie's Arrowroot Cookies	Aug.-Oct. 2005	12.8	0.7	48.2	49.0
Kraft Canada, Inc.	Mr. Christie's Arrowroot Cookies	Sept. 2006	11.0	0.6	48.0	48.6
Kraft Canada, Inc. (Nabisco Ltd.) ¹⁸	Christie, Chips Ahoy	Aug.-Oct. 2005	19.8	1.2	46.9	48.2
Kraft Canada, Inc.	Christie, Chips Ahoy	Sept. 2006	19.6	1.0	45.9	46.9
Kraft Canada, Inc.	Dad's Original Oatmeal	Aug.-Oct. 2005	15.5	35.9	20.5	56.4
Kraft Canada, Inc.	Dad's Original Oatmeal	Sept. 2006	17.6	0.4	31.0	31.4
Kraft Canada, Inc.	David, Original Maple Leaf	Aug.-Oct. 2005	15.5	35.9	20.5	56.4
Kraft Canada, Inc.	David, Original Maple Leaf	Sept. 2006	16.9	0.5	53.8	54.3

¹⁸ Nabisco Ltd. is indicated on the label as the manufacturer when the product was sampled. Kraft Canada, Inc. has informed us that they now own Nabisco Ltd.

Table 8: Fatty acid composition of cookies collected in 2005 and 2006 (analyzed by Toronto lab)

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.	Peak Freans, Fruit Cremes	Aug.-Oct. 2005	19.5	23.1	44.9	68.0
Kraft Canada, Inc.	Peak Freans, Fruit Cremes	Sept. 2006	19.8	0.5	51.4	51.9
Kraft Canada, Inc. (Nabisco Ltd.) ¹⁸	Christie, Oreo Cookies	Oct. 2005	20.3	0.5	72.2	72.7
Kraft Canada, Inc.	Christie, Oreo Cookies	Sept. 2006	17.1	0.4	71.5	71.9
No Name, Loblaws Inc.	No Name, Maple Leaf Creme Sandwich	Aug.-Oct. 2005	19.6	32.6	23.8	56.3
No Name, Loblaws Inc.	No Name, Maple Leaf Creme Sandwich	Sept. 2006	19.0	31.3	25.1	56.4
No Name, Loblaws Inc.	No Name, Mr. Maple Cookie ¹⁹	Jan. 2007	17.9	0.6	46.8	47.4

¹⁹ The company has informed us that the product has been reformulated and renamed “No Name, Mr. Maple Cookie”. The new data was provided by company.

Table 8: Fatty acid composition of cookies collected in 2005 and 2006 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
No Name, Sunfresh Ltd.	No Name, Ginger Snap	Aug.-Oct. 2005	13.1	29.3	23.3	52.6
No Name, Loblaws Inc.	No Name, Ginger Snap	Sept. 2006	14.7	29.5	24.2	53.7
No Name, Sunfresh Ltd.	No Name, Oatmeal Cookies	Aug.-Oct. 2005	16.9	29.3	22.4	51.7
No Name, Loblaws Inc.	No Name, Oatmeal Cookies	Sept. 2006	17.4	28.3	24.0	52.3
No Name, Sunfresh Ltd.	No Name, Vanilla Sugar Wafers	Aug.-Oct. 2005	27.2	47.0	20.7	67.7
No Name, Loblaws Inc.	No Name, Vanilla Sugar Wafers	Sept. 2006	30.4	45.7	20.7	66.4

Table 8: Fatty acid composition of cookies collected in 2005 and 2006 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
President's Choice, Sunfresh Ltd.	President's Choice, Decadent Chocolate Chip	Aug.-Oct. 2005	21.6	2.1	66.4	68.5
President's Choice, Loblaws Inc.	President's Choice, Decadent Chocolate Chip	Sept. 2006	20.8	2.1	65.7	67.8

Table 9: Fatty acid composition of crackers collected in 2005 and 2006 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Biscuits Leclerc Ltd.	Leclerc, Vital Vegetables Mini Crackers ²⁰	Sept. 2005	17.9	0.8	9.6	10.4
Biscuits Leclerc Ltd.	Leclerc, Vital Vegetables Mini Crackers ²⁰	Sept. 2006	19.3	0.9	11.5	12.4
Dare Foods Ltd.	Dare, Breton Original Crackers	Aug.-Sept. 2005	18.0	0.7	60.1	60.8
Dare Foods Ltd.	Dare, Breton Original Crackers	Sept. 2006	18.7	0.6	60.0	60.6
Kraft Canada, Inc.	Christie, Cheese Nips, Snackwiches	Aug. 2005	22.2	1.7	32.8	34.4
Kraft Canada, Inc.	Christie, Cheese Nips, Snackwiches	Sept. 2006	22.5	0.9	31.0	31.9

²⁰ The company has informed us that the product was discontinued in February 2007. The data in the table is reflective of the product sampled in September 2005 and 2006.

Table 9: Fatty acid composition of crackers collected in 2005 and 2006 (analyzed by Toronto lab)

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.	Christie, Crispers Barbecue	Aug.-Sept. 2005	19.0	40.7	19.7	60.4
Kraft Canada, Inc.	Christie, Crispers Barbecue	Sept. 2006	18.6	1.0	55.3	56.3
Kraft Canada, Inc.	Christie, Multigrain Rice Thins	Aug.-Sept. 2005	4.6	0.4	15.0	15.4
Kraft Canada, Inc.	Christie, Multigrain Rice Thins	Sept. 2006	4.5	0.5	15.6	16.1
Kraft Canada, Inc.	Christie, Cheese Nips	Aug.-Sept. 2005	19.2	1.0	56.4	57.4
Kraft Canada, Inc.	Christie, Cheese Nips	Sept 2006	17.1	1.1	55.6	56.7
Kraft Canada, Inc.	Christie, Original Triscuit	Aug-Sept 2005	13.6	3.1	17.6	20.7
Kraft Canada, Inc.	Christie, Original Triscuit	Sept. 2006	20.7	3.1	17.4	20.5

Table 9: Fatty acid composition of crackers collected in 2005 and 2006 (analyzed by Toronto lab)

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.	Christie, Vegetable Thins, Original	Aug.-Sept. 2005	20.3	0.7	56.8	57.5
Kraft Canada, Inc.	Christie, Vegetable Thins, Original	Sept. 2006	19.7	0.6	54.8	55.4
Kraft Canada, Inc.	Christie, Original Wheat Thins	Aug.-Sept. 2005	18.4	0.8	55.4	56.2
Kraft Canada, Inc.	Christie, Original Wheat Thins	Sept. 2006	15.9	0.6	53.5	54.1
Kraft Canada, Inc.	Christie, Premium Plus, Salted Tops	Sept. 2005	11.1	7.1	24.1	31.1
Kraft Canada, Inc.	Christie, Premium Plus, Salted Tops	Sept. 2006	9.8	7.4	24.6	32.0
Kraft Canada, Inc. (Nabisco Ltd.) ²¹	Christie, Ritz Crackers 25% Less Fat ²²	Aug. 2005	17.6	39.0	19.8	58.8

²¹ Nabisco Ltd. is indicated on the label as the manufacturer when the product was sampled. Kraft Canada, Inc. has informed us that they now own Nabisco Ltd.

²² The company has informed us that the product was discontinued in November 2004. The data in the table is reflective of the product sampled in August 2005.

Table 9: Fatty acid composition of crackers collected in 2005 and 2006 (analyzed by Toronto lab)

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.	Christie, Ritz Crackers 30% Less Fat	Sept. 2005	16.2	0.7	55.2	55.9
Kraft Canada, Inc.	Christie, Ritz Crackers 30% Less Fat	Sept. 2006	18.0	0.5	55.0	55.5
Kraft Canada, Inc.	Christie, Ritz Bits Sandwiches	Sept. 2005	24.9	4.7	24.2	28.9
Kraft Canada, Inc.	Christie, Ritz Bits Sandwiches	Sept. 2006	24.9	5.1	24.6	29.7
Kraft Canada, Inc. (Nabisco Ltd.) ²¹	Christie, Ritz Crackers Original	Aug.-Sept. 2005	25.9	40.5	19.6	60.1
Kraft Canada, Inc.	Christie, Ritz Crackers Original	Sept. 2006	21.1	0.6	55.3	55.9
Kraft Canada, Inc.	Christie, Snackwell's Potato Thins Barbecue ²³	Sept. 2005	10.2	38.7	21.9	60.6

²³ The company has informed us that the product was discontinued in April 2006. The data in the table is reflective of the product sampled in September 2005.

Table 9: Fatty acid composition of crackers collected in 2005 and 2006 (analyzed by Toronto lab)

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.	Christie, Sociables	Aug-Sept 2005	22.7	39.8	20.0	59.8
Kraft Canada, Inc.	Christie, Sociables	Sept. 2006	27.7	0.5	57.3	60.0
Kraft Canada, Inc.	Christie, Vegetable Thins 37% Less Fat	Aug.-Sept. 2005	14.6	0.7	55.7	56.4
Kraft Canada, Inc.	Christie, Vegetable Thins 37% Less Fat	Sept. 2006	12.8	0.9	53.5	54.5
Kraft Canada, Inc.	Christie, Wheat Thins 37% Less Fat	Sept. 2005	12.6	0.6	55.6	56.1
Kraft Canada, Inc.	Christie, Wheat Thins 37% Less Fat	Sept. 2006	12.1	0.8	54.5	55.3
Kraft Canada, Inc.	Stoned Wheat Thins Crackers, Original	Sept. 2005	9.5	6.8	24.5	31.3
Kraft Canada, Inc.	Stoned Wheat Thins Crackers, Original	Sept. 2006	9.1	7.3	24.9	32.2

Table 9: Fatty acid composition of crackers collected in 2005 and 2006 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
No Name, Sunfresh Ltd.	No Name, Soda Crackers, Salted Tops	Aug.-Sept. 2005	9.0	27.4	24.3	51.7
No Name, Loblaws Inc.	No Name, Soda Crackers, Salted Tops	Sept. 2006	7.9	0.7	18.4	19.1
Pepperidge Farm Inc, Campbell's Canada	Goldfish Baked Snack Crackers, Cheddar	Sept. 2005	16.4	2.3	22.5	24.8
Pepperidge Farm Inc, Campbell's Canada	Goldfish Baked Snack Crackers, Cheddar	Sept. 2006	15.5	1.8	27.6	29.4
President's Choice, Loblaws Inc.	President's Choice, Rich & Flaky Crackers	Aug.-Sept. 2005	16.0	32.5	23.8	56.3
President's Choice, Loblaws Inc.	President's Choice, Rich & Flaky Crackers	Sept. 2006	15.7	2.7	17.0	19.7

Table 10: Fatty acid composition of French fries/frozen potato products collected in 2006 (analyzed by Winnipeg lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Canada Safeway Ltd.	Shoestring Cut French Fried Potatoes ²⁴	Sept. 2006	4.5	1.9	18.3	20.2
Canada Safeway Ltd.	Shoestring Cut French Fried Potatoes ²⁴	Oct. 2006	5.3	2.5	17.0	19.5
Canada Safeway Ltd.	Tater Treats Potato Nuggets	Oct. 2006	9.4	37.5	13.6	51.1
McCain Foods Canada	Fried Potatoes Hashbrowns, Country Style	Sept. 2006	4.4	44.2	25.6	69.8
McCain Foods Canada	Fried Potatoes Hashbrowns, Country Style	Oct. 2006	3.3	1.3	8.3	9.6
McCain Foods Canada	Potato Patties, Fried Potatoes with Onion	Sept. 2006	8.1	4.5	11.9	16.4
McCain Foods Canada	Potato Patties, Fried Potatoes with Onion	Oct. 2006	10.1	1.4	8.6	10.0

²⁴ The company has informed us that the product has been reformulated. The data in the table is not reflective of this change.

Table 10: Fatty acid composition of French fries/frozen potato products collected in 2006 (analyzed by Winnipeg lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
McCain Foods Canada	Smiles Crispy Mashed Potato Shapes	Sept. 2006	11.1	1.5	8.0	9.5
McCain Foods Canada	Smiles Crispy Mashed Potato Shapes	Oct. 2006	11.3	1.7	11.0	12.7
McCain Foods Canada	Super Quick Fried McCain	Sept. 2006	7.7	1.3	8.2	9.5
McCain Foods Canada	Super Quick Fried McCain	Oct. 2006	8.5	1.6	7.7	9.3
McCain Foods Canada	Tasti Taters Fried Potatoes, Regular	Sept. 2006	10.2	1.9	9.2	11.1
McCain Foods Canada	Tasti Taters Fried Potatoes, Regular	Oct. 2006	9.3	1.9	7.5	9.4
No Name, Loblaws Inc.	Crinkle Cut French Fried Potatoes	Sept. 2006	5.6	7.3	16.3	23.6
No Name, Loblaws Inc.	Crinkle Cut French Fried Potatoes	Oct. 2006	2.3	2.7	34.4	37.1

Table 10: Fatty acid composition of French fries/frozen potato products collected in 2006 (analyzed by Winnipeg lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Valley Farms	Crinkle Cut French Fried Potatoes	Sept. 2006	3.8	3.4	9.3	12.7
Valley Farms	Crinkle Cut French Fried Potatoes	Oct. 2006	4.0	2.3	8.5	10.8
Valley Farms	Straight Cut French Fried Potatoes	Sept. 2006	7.9	1.5	7.7	9.2

Table 11: Fatty acid composition of frozen chicken nuggets/strips collected in 2006 (analyzed by Winnipeg lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Canada Safeway Ltd.	Chicken Nuggets, Breaded Cutlettes	Sept. 2006	12.5	2.5	20.3	22.8
Canada Safeway Ltd.	Chicken Nuggets, Breaded Cutlettes	Oct. 2006	15.9	2.4	19.5	21.9
Canada Safeway Ltd.	Chicken Nuggets	Oct. 2006	12.2	2.1	22.6	24.7
Canada Safeway Ltd.	Gourmet Meat Shoppe, Space-Shaped Breaded Chicken Nuggets	Oct. 2006	12.0	2.9	19.8	22.7
Dunn-Rite Food Products Ltd.	Chicken Breast Strips	Sept. 2006	10.5	19.0	11.3	30.3
President's Choice, Loblaws Inc.	Chicken Strips, Breaded Cutlettes	Sept. 2006	14.7	2.1	11.8	13.9
President's Choice, Loblaws Inc.	Chicken Strips, Breaded Cutlettes	Oct. 2006	13.1	2.4	11.3	13.7
President's Choice, Loblaws Inc.	Chicken Strips, Breaded Cutlettes ²⁵	Sept. 2007	13.2	0.8	12.3	13.1

²⁵ The company has informed us that the product has been reformulated. The new data was provided by company.

Table 11: Fatty acid composition of frozen chicken nuggets/strips collected in 2006 (analyzed by Winnipeg lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Schneiders	Breaded Chicken Breast Fillets, Quick Serve	Sept. 2006	5.8	2.0	17.4	19.4

Table 12: Fatty acid composition of granola bars collected in Spring 2005 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Biscuits Leclerc Ltd.	Chewy Bars, Vital, Fruit Explosion	July 2005	10.1	0.4	11.1	11.5
Biscuits Leclerc Ltd.	Coated Chewy Bars, Chocomax ²⁶	July 2005	15.3	2.0	49.6	51.6
Biscuits Leclerc Ltd.	Chewy Bars, Vital, Banana & Nuts	July 2005	12.2	0.3	24.3	24.6
Canada Safeway Ltd.	Dipped Granola Bars, Caramel Nut ²⁷	July 2005	12.8	1.1	53.4	54.5
Compliments, Sobeys	Granola Bars, Chocolate Chips	June 2005	12.3	17.5	28.0	45.5
Saputo Inc.	Hop & Go Granola Squares, Chocolate	June 2005	14.1	0.9	22.2	23.1

²⁶ The company has informed us that the product was replaced with “Chocomax Coated Chewy Bars, Chocolate Chip” in April 2007. The data in the table is not reflective of this change.

²⁷ The company has informed us that the product has been reformulated. The data in the table is not reflective of this change.

Table 12: Fatty acid composition of granola bars collected in Spring 2005 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
General Mills Canada Corp.	Nature Valley, Crunchy Oats'n'Honey	May 2005	18.0	1.1	10.3	11.4
General Mills Canada Corp.	Nature Valley, Crunchy Oats'n'Honey ²⁸	Aug. 2007	13.8	0.2	11.6	11.8
General Mills Canada Corp.	Nature Valley, Crunchy Peanut Butter	May 2005	24.2	0.8	12.2	13.0
General Mills Canada Corp.	Nature Valley, Crunchy Peanut Butter ²⁸	Aug. 2007	17.3	0.2	12.5	12.7
General Mills Canada Corp.	Nature Valley, Crunchy Roasted Almond	May 2005	17.9	1.0	10.0	11.0
General Mills Canada Corp.	Nature Valley, Crunchy Roasted Almond ²⁸	Aug. 2007	15.2	0.2	10.8	11.0
General Mills Canada Corp.	Nature Valley, Chewy Trail Mix Bars	June 2005	14.8	0.7	11.8	12.5
General Mills Canada Corp.	Nature Valley, Chewy Trail Mix Bars ²⁸	Aug. 2007	9.8	0.1	12.5	12.6

²⁸ Data provided by company.

Table 12: Fatty acid composition of granola bars collected in Spring 2005 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
General Mills Canada Corp.	Nature Valley, Chewy Yogurt and Granola Bars (Strawberry)	May 2005	9.2	0.9	52.2	53.1
General Mills Canada Corp.	Nature Valley, Chewy Yogurt and Granola Bars (Strawberry) ²⁸	Aug. 2007	9.3	0.3	62.8	63.1
Kellogg Canada Inc.	Nutri-Grain Mini Granola Bites, Mixed Berry ²⁹	June 2005	13.3	27.9	33.9	61.8
President's Choice, Loblaws Inc.	Low Fat Chewy, Chocolate Chip & Marshmallow	June 2005	8.3	1.1	23.3	24.4
President's Choice, Loblaws Inc.	Low Fat Chewy, Cranberry Apple	June 2005	8.2	1.1	12.3	13.4
President's Choice, Loblaws Inc.	Low Fat Chewy, Cranberry Apple	June 2005	8.0	1.2	13.0	14.2

²⁹ The company has informed us that the product was discontinued in August 2005. The data in the table is reflective of the product sampled in June 2005.

Table 12: Fatty acid composition of granola bars collected in Spring 2005 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
President's Choice, Loblaws, Inc.	Rich & Chewy, Raisin & Almond	June 2005	33.2	0.9	16.3	17.2
Pepsi-QTG Canada	Chewy Chocolate Chips	April 2005	20.1	0.4	21.6	22.0
Pepsi-QTG Canada	Chewy Chocolate Chips ³⁰	Jan. 2007	12.1	0.1	35.4	35.5
Pepsi-QTG Canada	Chewy S'mores	April 2005	14.4	1.6	21.4	23.0
Pepsi-QTG Canada	Chewy S'mores ³⁰	Jan. 2007	10.3	1.0	25.1	26.1
Pepsi-QTG Canada	Chewy Dipps, Chocolate Chip	May 2005	17.8	2.6	60.0	62.6
Pepsi-QTG Canada	Chewy Dipps, Peanut Butter	April 2005	21.3	8.5	33.3	41.8

³⁰ Data provided by company. The new data reflects the change in oils used to manufacture products by Pepsi-QTG Canada.

Table 12: Fatty acid composition of granola bars collected in Spring 2005 (analyzed by Toronto lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Pepsi-QTG Canada	Chewy Trail Mix, Cranberry & Almond	April 2005	13.3	0.5	17.8	18.3
Pepsi-QTG Canada	Chewy Trail Mix, Cranberry & Almond ³⁰	Oct. 2006	12.8	0.1	13.2	13.3
Pepsi-QTG Canada	Chewy Yogurt, Strawberry	April 2005	11.5	5.5	71.6	77.1
Pepsi-QTG Canada	Chewy Fruit Crumble, Apple	June 2005	9.7	14.1	46.8	60.9

Table 13: Fatty acid composition of muffins collected in 2006 (analyzed by Winnipeg lab)

Company	Product Name/ Description	Sampling Date	Fat (% by weight of food)	TFA (% of total fat)	SFA (% of total fat)	TFA + SFA (% of total fat)
Canada Safeway Ltd.	Gourmet Chocolate, Strawberry, Banana Muffins	Sept. 2006	8.8	1.1	21.2	22.3
Canada Safeway Ltd.	Gourmet Chocolate, Strawberry, Banana Muffins	Oct. 2006	16.1	1.9	14.4	16.3
Farmer's Market, Superstore	Blueberry Grand Muffins	Sept. 2006	25.1	1.9	17.9	19.8
Farmer's Market, Superstore	Blueberry Grand Muffins	Oct. 2006	18.1	0.5	18.6	19.1