**Supplemental Table S1. Restaurant disclosures of the trans fatty acid content of menu items in 2010**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Restaurant-types in the Database** | | | | | |
| **Sit-Down** | **Fast-Food/Quick-Service** | | | **Coffee/Bakery** | **Ice Cream/Beverage** |
| **Disclosed TFA information** | **Disclosed TFA information** | | | **Disclosed TFA information** | **Disclosed TFA information** |
| Baton Rouge  Boston Pizza  Denny’s  Earl’s Restaurant  East Side Marios  Jack Astors  Kelsey’s  Mike’s Restaurant  Milestones  Montanas  Mr. Greek  Pizza Hut  Scores Rotisserie  Shoeless Joes  Swiss Chalet  White Spot Legendary Restaurant | 241 Pizza  A&W  Arby’s  Bento Nouveau  Burger King  Captain Sub  Druxy’s Deli  Edo Japan  Extreme Pita  Freshslice  Harvey’s  Jimmy the Greek  Jugo Juice  Kentucky Fried Chicken  Manchu Wok  Mary Browns  McDonalds  Mega Wraps |  | Mr. Sub  Mrs. Vanellis  Mucho Burrito  New Orleans Pizza  New York Fries  Opa Greek Cuisine  Panago  Pizza Delight  Pizza 73  Pizza Nova  Pizzaville  Quiznos  Subway  Taco Bell  Taco Time  Teriyaki Experience  Wendy’s  White Spot Triple O’s | Blenz Coffee  Coffee Time  Country Style  Esquires Coffee House  Good Earth Coffeehouse and Bakery  Mmmuffins  Second Cup  Robin’s Donuts  Tim Hortons  Treats  Van Houtte Bistro | Baskin Robbins  Dairy Queen  Dairy Queen  Orange Julius  TCBY  Yogen Fruz |
| **Did not disclose TFA information** | **Did not disclose TFA information** | | | **Did not disclose TFA information** | **Did not disclose TFA information** |
| Casey’s  Joey’s Restaurant  Smitty’s  The Keg | Dagwood Sandwiches and Subs  Flying Wedge Pizza  Freshly Squeezed  Licks  Little Caesars  Nando’s Flame Grilled Chicken  Pita Pit  Pizza Pizza  Pizza Salvatore Taco Del Mar  Topper’s Pizza | | | Starbucks  The Great Canadian Bagel | Booster Juice  Marble Slab Creamery |

TFA =Trans fatty acid

**Supplemental Table S2. Industrial trans fatty acids (TFA) and Saturated Fat levels (SFA) in packaged foods sold in Canada in 2010-11**

| **Grocery** | **n** | **Total Fat (g)** | **Fat**  **(% by**  **weight (g)** | **SFA (% of**  **Total Fat)** | **TFA + SFA (%**  **of Total Fat)** | **TFA (% of**  **Total Fat)** | **% exceeding TFA limits\*** | **% energy from TFA** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **BAKERY PRODUCTS** |  |  |  |  |  |  |  |  |
| Packaged Bread Products | 379 | 2.2 ± 2.0 | 3.7 ± 3.4 | 17.7 ± 12.3 | 17.8 ± 12.4 | 0.1 ± 0.9 | 2 (0.5%) | 0.0 ± 0.2 |
| Bagels | 39 | 2.0 ± 1.2 | 2.9 ± 1.8 | 18.5 ± 8.7 | 18.5 ± 8.7 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Flatbreads | 66 | 2.1 ± 2.4 | 3.3 ± 3.0 | 15.1 ± 12.0 | 15.1 ± 12.0 | 0.0 ± 0.3 | 0 (0.0%) | 0.0 ± 0.1 |
| Pantry Bread | 81 | 2.1 ± 0.9 | 3.4 ± 1.7 | 20.5 ± 11.9 | 20.5 ± 11.9 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Pantry Rolls and Buns | 48 | 2.3 ± 1.6 | 3.7 ± 2.3 | 18.6 ± 10.5 | 18.6 ± 10.5 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Hearth Bread | 70 | 1.3 ± 1.1 | 2.6 ± 1.9 | 10.2 ± 11.2 | 10.2 ± 11.2 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| English Muffins | 25 | 1.0 ± 0.7 | 1.8 ± 1.1 | 18.6 ± 14.4 | 18.6 ± 14.4 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Diet Bread | 8 | 1.1 ± 0.3 | 2.5 ± 0.7 | 32.9 ± 6.0 | 32.9 ± 6.0 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Bread with Raisins | 8 | 2.2 ± 0.8 | 3.7 ± 1.6 | 17.9 ± 11.8 | 17.9 ± 11.8 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Bread with Additions | 23 | 6.6 ± 3.0 | 12.1 ± 4.5 | 25.5 ± 10.5 | 26.6 ± 11.6 | 1.1 ± 3.3 | 2 (8.7%) | 0.3 ± 0.8 |
| Croissants | 2 | 6.3 ± 3.9 | 19.1 ± 3.9 | 33.7 ±7.3 | 35.7 ± 6.1 | 2.0 ± 1.2 | 0 (0.0%) | 0.8 ± 0.6 |
| Pizza Crusts | 9 | 3.4 ± 2.6 | 3.5 ± 1.9 | 23.2 ± 13.7 | 23.5 ± 13.5 | 0.2 ± 0.7 | 0 (0.0%) | 0.0 ± 0.1 |
| Tortillas and Wraps | 27 | 3.8 ± 1.9 | 6.8 ± 1.7 | 17.6 ± 9.0 | 18.6 ± 10.9 | 1.0 ± 4.8 | 1 (3.7%) | 0.2 ± 1.0 |
| Plain | 22 | 3.6 ± 2.0 | 6.9 ± 1.9 | 18.7 ± 9.5 | 20.0 ± 11.6 | 1.3 ± 5.3 | 1 (4.6%) | 0.3 ± 1.1 |
| Flavoured | 5 | 4.7 ± 0.4 | 6.4 ± 0.4 | 12.7 ± 4.2 | 12.7 ± 4.2 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Breadcrumbs and Croutons | 56 | 1.1 ± 0.5 | 13.4 ± 7.9 | 12.7 ± 19.6 | 15.5 ± 24.7 | 2.9 ± 11.1 | 4 (7.1%) | 0.2 ±1.0 |
| Seasoned | 50 | 1.1 ± 0.5 | 14.8 ± 7.1 | 13.2 ± 19.7 | 16.4 ± 25.2 | 3.2 ± 11.7 | 4 (8.0%) | 0.6 ± 2.2 |
| Unseasoned | 6 | 0.5 ± 0.3 | 1.9 ± 1.6 | 8.3 ± 20.4 | 8.3 ± 20.4 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Cookies | 309 | 6.2 ± 2.4 | 20.3 ± 6.7 | 41.8 ± 20.1 | 44.0 ± 20.5 | 2.2 ± 5.4 | 37 (12.0%) | 0.9 ± 2.3 |
| Chocolate Chip Cookies | 46 | 6.7 ± 1.8 | 20.9 ± 4.1 | 42.1 ± 12.8 | 44.9 ± 12.5 | 2.8 ± 5.6 | 7 (15.2%) | 1.2 ± 2.4 |
| Chocolate Covered Cookies | 49 | 8.3 ± 2.4 | 28.0 ± 6.2 | 58.3 ± 10.5 | 60.9 ± 9.6 | 2.6 ± 6.0 | 5 (10.2%) | 1.2 ± 2.7 |
| Fruit Filled Cookies | 2 | 2.0 ± 0.0 | 8.0 ± 0.0 | 50.0 ± 0.0 | 50.0 ± 0.0 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Sandwich Cookies | 38 | 6.6 ± 2.2 | 20.2 ± 3.9 | 39.9 ± 15.5 | 43.7 ± 14.8 | 3.8 ± 8.5 | 6 (15.8%) | 1.5 ± 3.4 |
| Shortbread | 12 | 6.8 ± 1.7 | 27.0 ± 3.5 | 56.0 ± 14.1 | 61.4 ± 11.4 | 5.3 ± 6.5 | 5 (41.7%) | 2.3 ± 2.5 |
| Social Tea/Sugar Type Cookies | 58 | 4.8 ± 1.9 | 16.5 ± 4.5 | 29.0 ± 15.5 | 29.8 ± 15.8 | 0.8 ± 3.0 | 3 (5.2%) | 0.4 ± 1.3 |
| Sugar Wafer | 7 | 6.3 ± 2.1 | 22.5 ± 8.1 | 53.5 ± 17.8 | 57.3 ± 16.6 | 3.8 ± 9.4 | 1 (14.3%) | 1.9 ± 4.8 |
| Other Cookies | 97 | 5.5 ± 2.1 | 17.7 ± 6.3 | 38.9 ± 24.4 | 40.5 ± 25.3 | 1.6 ± 3.7 | 10 (10.3%) | 0.6 ± 1.5 |
| Dough and Pastry | 29 | 5.6 ± 4.8 | 19.5 ± 12.2 | 26.9 ± 16.7 | 32.2 ± 19.2 | 5.2 ± 11.4 | 6 (20.7%) | 2.3 ± 5.6 |
| Pie Dough or Shell | 19 | 6.6 ± 5.5 | 24.5 ± 11.3 | 29.2 ± 15.5 | 31.3 ± 16.8 | 2.1 ± 8.1 | 1 (5.3%) | 1.5 ± 5.7 |
| Refrigerated Dough | 10 | 3.7 ± 2.4 | 10.0 ± 7.5 | 22.6 ± 18.8 | 33.8 ± 24.1 | 11.2 ± 14.7 | 5 (50.0%) | 3.9 ± 5.4 |
| Baked Desserts | 383 | 11.2 ± 6.2 | 14.7 ± 6.3 | 34.0 ± 18.1 | 35.7 ± 18.5 | 1.8 ± 3.7 | 24 (6.3%) | 0.7 ± 1.6 |
| Pies and Crisps | 88 | 14.4 ± 4.1 | 14.9 ± 4.4 | 44.1 ± 8.6 | 45.3 ± 9.2 | 1.2 ± 1.2 | 2 (2.3%) | 0.5 ± 0.5 |
| Cheesecake | 33 | 18.7 ± 5.5 | 18.7 ± 5.5 | 51.3 ± 10.4 | 53.3 ± 10.8 | 2.0 ± 1.4 | 2 (6.1%) | 1.0 ± 0.6 |
| Brownies and Other Squares | 37 | 8.0 ± 2.8 | 17.2 ± 6.2 | 31.3 ± 17.3 | 33.6 ± 16.4 | 2.3 ± 4.0 | 6 (16.2%) | 0.8 ± 1.2 |
| Snack Cakes | 32 | 8.6 ± 3.4 | 17.6 ± 3.3 | 47.8 ± 18.3 | 49.2 ± 18.0 | 1.3 ± 1.2 | 0 (0.0%) | 0.5 ± 0.5 |
| Muffins and Quick Breads | 60 | 6.8 ± 6.6 | 9.4 ± 6.2 | 20.1 ± 11.4 | 20.3 ± 11.3 | 0.2 ± 0.5 | 0 (0.0%) | 0.1 ± 0.3 |
| Cake | 98 | 10.4 ± 5.8 | 13.2 ± 6.1 | 19.2 ± 12.3 | 20.9 ± 13.1 | 1.7 ± 2.5 | 8 (8.2%) | 0.8 ± 1.2 |
| Cakes with Pudding/Mousse | 13 | 14.2 ± 7.8 | 14.3 ± 7.6 | 51.1 ± 15.2 | 56.9 ± 10.1 | 5.8 ± 6.9 | 3 (23.1%) | 1.5 ± 0.9 |
| Doughnuts - Cake | 9 | 8.2 ± 3.2 | 20.6 ± 5.1 | 39.8 ± 10.3 | 47.3 ± 12.9 | 7.5 ± 13.8 | 2 (22.2%) | 3.8 ± 7.3 |
| Doughnuts - Yeast | 3 | 9.7 ± 0.6 | 17.1 ± 4.4 | 41.7 ± 14.4 | 55.8 ± 3.7 | 14.1 ± 18.1 | 1 (33.3%) | 5.3 ± 6.3 |
| Sweet Buns | 1 | 9.0 | 15.8 | 22.2 | 23.3 | 1.1 | 0 (0.0%) | 0.4 |
| Pastries | 9 | 14.1 ± 4.6 | 23.9 ± 5.2 | 54.9 ± 11.8 | 56.2 ± 12.1 | 1.3 ± 1.4 | 0 (0.0%) | 0.8 ± 1.0 |
| Tea Biscuits and Scones | 11 | 8.6 ± 2.3 | 13.0 ± 4.2 | 31.9 ± 7.4 | 36.8 ± 11.3 | 4.9 ± 10.9 | 1 (9.1%) | 1.3 ± 2.4 |
| Pancakes, Waffles, and French Toast | 71 | 5.5 ± 3.1 | 7.4 ± 4.7 | 21.8 ± 12.5 | 22.5 ± 12.7 | 0.7 ± 2.1 | 5 (7.0%) | 0.2 ± 0.6 |
| Crackers | 268 | 3.0 ± 1.7 | 14.0 ± 6.6 | 20.9 ± 20.1 | 21.3 ± 20.8 | 0.4 ± 2.8 | 5 (1.9%) | 0.2 ± 1.0 |
| Bread – Dry | 65 | 2.9 ± 2.5 | 11.4 ± 7.8 | 23.1 ± 23.8 | 24.1 ± 25.1 | 1.0 ± 3.8 | 4 (6.2%) | 0.4 ± 1.7 |
| Granola and Cereal Bars | 172 | 3.9 ± 1.9 | 12.0 ± 5.0 | 29.0 ± 16.8 | 29.1 ± 16.8 | 0.1 ± 0.6 | 1 (0.6%) | 0.0 ± 0.2 |
| Toaster Pastries | 12 | 5.8 ± 0.9 | 11.3 ± 1.4 | 34.8 ± 6.0 | 37.2 ± 9.5 | 2.4 ± 3.5 | 4 (33.3%) | 0.8 ± 1.2 |
| **BREAKFAST CEREAL** |  |  |  |  |  |  |  |  |
| Ready to Eat Breakfast Cereals | 230 | 2.5 ± 2.6 | 5.3 ± 4.6 | 17.0 ±17.3 | 17.0 ±17.3 | 0.0 ± 0.2 | 0 (0.0%) | 0.0 ± 0.0 |
| Flavoured Instant Hot Cereal | 34 | 2.1 ± 0.6 | 5.3 ± 1.4 | 20.8 ± 7.6 | 21.6 ± 8.8 | 0.8 ± 3.4 | 2 (5.9%) | 0.0 ± 0.0 |
| Plain Instant Hot Cereal | 12 | 2.1 ± 1.0 | 5.5 ± 2.4 | 19.4 ± 9.4 | 19.4 ± 9.4 | 0.0 ± 0.0 | 0 (0.0%) | 0.1 ± 0.5 |
| **DAIRY AND DAIRY SUBSTITUTES** |  |  |  |  |  |  |  |  |
| Dessert Topping | 19 | 2.1 ± 1.4 | 14.9 ± 8.7 | 84.0 ± 16.0 | 86.0 ± 14.3 | 2.0 ± 2.5 | 3 (15.8%) | 1.2 ± 1.3 |
| Dairy-Free Cheese and Spreads | 6 | 6.0 ± 1.5 | 23.9 ± 5.7 | 26.3 ± 10.7 | 53.8 ± 22.0 | 27.5 ± 12.4 | 6 (100.0%) | 20.8 ± 9.0 |
| Coffee Whiteners | 6 | 1.2 ± 0.4 | 7.8 ± 2.7 | 48.9 ± 27.1 | 74.4 ± 24.4 | 25.6 ± 32.2 | 4 (66.7%) | 8.7 ± 10.8 |
| **FATS AND OILS** |  |  |  |  |  |  |  |  |
| Margarine | 52 | 7.0 ± 1.6 | 69.8 ± 16.0 | 16.6 ± 7.6 | 19.4 ± 11.0 | 2.7 ± 7.2 | 8 (15.4%) | 2.8 ± 7.4 |
| Salad dressings/Mayo/Sandwich Spreads | 260 | 4.7 ± 3.3 | 28.8 ± 18.7 | 11.9 ± 6.7 | 12.2 ± 6.9 | 0.3 ± 0.6 | 5 (1.9%) | 0.2 ± 0.5 |
| Mayonnaise and Mayonnaise-type Spreads and Dressing, Regular | 24 | 7.2 ± 3.2 | 46.7 ± 21.2 | 12.8 ± 2.8 | 12.9 ± 2.9 | 0.1 ± 0.3 | 0 (0.0%) | 0.1 ± 0.3 |
| Mayonnaise and Mayonnaise-type Spreads and Dressing, Fat Free/Light | 15 | 3.0 ± 2.6 | 19.8 ± 17.6 | 10.9 ± 6.6 | 10.9 ± 6.6 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Salad Dressing, Regular | 164 | 5.7 ± 2.9 | 33.5 ± 14.8 | 13.0 ± 4.3 | 13.4 ± 4.5 | 0.4 ± 0.7 | 5 (3.1%) | 0.3 ± 0.6 |
| Salad Dressing, Fat Free | 57 | 1.5 ± 1.8 | 9.9 ± 11.7 | 8.7 ± 11.3 | 8.7 ± 11.3 | 0.0 ± 0.3 | 0 (0.0%) | 0.0 ± 0.2 |
| Salad Entrée Kits (Dressing + Cooking Sauce) | 6 | 4.8 ± 5.4 | 15.1 ± 16.9 | 8.8 ± 9.6 | 8.9 ± 9.8 | 0.1 ± 0.3 | 0 (0.0%) | 0.1 ± 0.3 |
| Cooking Oil, Spray and Lard | 128 | 9.1 ± 3.4 | 97.1 ± 9.3 | 13.5 ± 10.5 | 14.8 ± 13.1 | 1.2 ± 5.7 | 9 (7.1%) | 1.3 ± 5.8 |
| Cooking Oil | 106 | 10.1 ± 2.0 | 98.0 ± 2.0 | 13.5 ± 8.8 | 13.5 ± 8.9 | 0.1 ± 0.4 | 2 (1.9%) | 0.1 ± 0.4 |
| Cooking Spray | 13 | 0.5 ± 0.3 | 87.7 ± 27.7 | 1.5 ± 5.5 | 3.1 ± 11.1 | 1.5 ± 5.5 | 1 (7.7%) | 1.9 ± 6.5 |
| Lard and Shortening | 9 | 9.6 ± 0.9 | 100.0 ± 0.0 | 31.7 ± 7.9 | 45.9 ± 13.4 | 14.2 ± 16.2 | 6 (66.7%) | 14.2 ± 16.2 |
| **FISH AND SEAFOOD PRODUCTS** |  |  |  |  |  |  |  |  |
| Canned Tuna | 28 | 2.0 ± 2.4 | 3.3 ± 3.9 | 14.5 ± 17.6 | 14.5 ± 17.6 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Canned Salmon, Fish Salad, and  Sauce-Packed Tuna | 67 | 6.1 ± 3.2 | 8.0 ± 4.8 | 19.9 ± 6.4 | 20.0 ± 6.5 | 0.1 ± 0.4 | 0 (0.0%) | 0.0 ± 0.2 |
| Canned Shellfish and Fish in Sauce  (excluding Tuna) | 38 | 5.1 ± 5.7 | 6.2 ± 6.7 | 13.9 ± 13.2 | 13.9 ± 13.5 | 0.3 ± 0.6 | 0 (0.0%) | 0.2 ± 0.4 |
| Kippered Fish | 4 | 8.5 ± 1.0 | 9.5 ± 2.1 | 21.9 ± 3.6 | 21.9 ± 3.6 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Imitation Seafood | 7 | 0.6 ± 0.5 | 0.6 ± 0.6 | 17.1 ± 17.0 | 17.1 ± 17.0 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Frozen Fish and Seafood | 204 | 6.5 ± 5.3 | 7.1 ± 5.9 | 22.2 ± 16.4 | 22.6 ± 16.7 | 0.4 ± 1.3 | 2 (1.0%) | 0.2 ± 0.8 |
| Plain Fish | 33 | 3.1 ± 4.5 | 2.4 ± 3.2 | 25.0 ± 19.7 | 25.1 ± 19.7 | 0.1 ± 0.2 | 0 (0.0%) | 0.0 ± 0.1 |
| Plain Seafood | 28 | 1. ± 0.9 | 0.9 ± 0.7 | 33.7 ± 20.1 | 33.8 ± 20.1 | 0.1 ± 0.4 | 0 (0.0%) | 0.0 ± 0.1 |
| Breaded Fish | 68 | 10.6 ± 4.3 | 10.3 ± 3.9 | 14.5 ± 7.9 | 15.0 ± 8.4 | 0.5 ± 0.9 | 0 (0.0%) | 0.3 ± 0.5 |
| Breaded Seafood | 14 | 9.3 ± 3.5 | 14.1 ± 3.1 | 20.6 ± 10.1 | 21.8 ± 10.3 | 1.2 ± 1.4 | 0 (0.0%) | 0.6 ± 0.6 |
| Fish or Seafood Cake or Burger | 6 | 8.0 ± 4.0 | 6.6 ± 3.2 | 20.1 ± 17.7 | 20.5 ± 18.6 | 0.4 ± 0.9 | 0 (0.0%) | 0.2 ± 0.5 |
| Seasoned and Stuffed Fish and  Seafood | 32 | 4.9 ± 4.5 | 4.5 ± 4.9 | 23.8 ± 20.5 | 24.6 ± 21.5 | 0.8 ± 2.7 | 2 (6.3%) | 0.4 ± 1.8 |
| Smoked Fish | 23 | 6.3 ± 4.2 | 11.4 ± 6.7 | 25.8 ± 11.4 | 26.0 ± 12.0 | 0.3 ± 0.8 | 0 (0.0%) | 0.2 ± 0.6 |
| **MIXED DISHES** |  |  |  |  |  |  |  |  |
| Baked and Refried Beans | 31 | 2.3 ± 2.1 | 1.1 ± 0.8 | 20.9 ± 11.7 | 20.9 ±11.7 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Pasta and Noodles with Sauce, canned and dry | 177 | 7.1 ± 5.3 | 4.2 ± 3.3 | 26.2 ± 13.5 | 27.2 ± 14.6 | 1.1 ± 2.2 | 15 (8.5%) | 0.3 ± 0.7 |
| Seasoned Rice and Grains, canned and dry | 103 | 3.3 ± 2.2 | 2.0 ± 1.1 | 19.4 ± 17.2 | 20.5 ± 18.3 | 1.0 ± 3.4 | 8 (7.8%) | 0.2 ± 0.6 |
| Stuffing Mixes | 14 | 9.4 ± 4.6 | 8.1 ± 2.2 | 27.8 ± 17.2 | 29.6 ± 17.9 | 1.9 ± 1.9 | 2 (14.3%) | 0.8 ± 0.8 |
| Frozen Appetizers/Sides/Entrees |  |  |  |  |  |  |  |  |
| Asian Sides/Entrees | 38 | 8.3 ± 5.0 | 2.6 ± 1.6 | 24.2 ± 16.3 | 24.5 ±16.2 | 0.3 ± 0.7 | 0 (0.0%) | 0.1 ± 0.2 |
| Pasta Dishes | 158 | 9.7 ± 6.1 | 3.6 ± 2.1 | 40.2 ± 12.7 | 42.1 ± 13.6 | 2.0 ± 2.0 | 6 (3.8%) | 0.5 ± 0.5 |
| Stuffed Pasta | 9 | 6.3 ± 3.8 | 6.2 ± 3.8 | 29.2 ± 11.7 | 31.3 ± 12.2 | 2.1 ± 1.6 | 1 (11.1%) | 0.3 ± 0.2 |
| Grain/Potato Sides | 4 | 11.5 ± 2.6 | 9.2 ± 3.0 | 39.7 ± 11.3 | 42.8 ± 10.7 | 3.1 ± 6.3 | 1 (25.0%) | 1.6 ± 3.2 |
| Vegetable Dishes | 10 | 6.4 ± 4.2 | 3.5 ± 4.1 | 30.5 ± 18.7 | 32.2 ± 20.9 | 1.7 ± 2.4 | 2 (20.0%) | 0.5 ± 1.1 |
| Fish/Seafood | 13 | 13.1 ± 8.4 | 7.8 ± 6.5 | 31.9 ± 19.9 | 33.0 ± 21.1 | 1.1 ± 1.3 | 0 (0.0%) | 0.5 ± 0.6 |
| Appetizers – Dumplings | 21 | 4.2 ± 3.0 | 4.0 ± 2.5 | 17.5 ± 8.9 | 17.5 ± 8.9 | 0.0 ± 0.0 | 0 (0%) | 0.0 ± 0.0 |
| Quiche | 9 | 15.3 ± 7.2 | 17.9 ± 2.7 | 44.3 ± 4.8 | 45.2 ± 5.0 | 0.9 ± 0.5 | 0 (0.0%) | 0.5 ± 0.2 |
| Entrees In Puff Pastry | 33 | 20.5 ± 7.0 | 12.0 ± 3.8 | 37.9 ± 10.2 | 39.2 ± 10.6 | 1.4 ± 3.5 | 1 (3.0%) | 0.7 ± 1.8 |
| Mexican Entrée | 10 | 10.3 ± 4.2 | 6.1 ± 2.4 | 28.2 ± 14.1 | 30.0 ± 15.1 | 1.7 ± 1.5 | 0 (0.0%) | 0.5 ± 0.5 |
| Appetizers –Pastry | 48 | 7.2 ± 3.1 | 12.0 ± 5.5 | 29.2 ± 15.0 | 31.4 ± 16.2 | 2.2 ± 3.2 | 6 (12.5%) | 1.0 ± 1.5 |
| Appetizers -Sausage Rolls | 8 | 9.4 ± 1.8 | 17.5 ± 4.0 | 37.5 ± 5.2 | 40.0 ± 4.8 | 2.5 ± 4.6 | 1 (12.5%) | 1.3 ± 2.4 |
| Corn Dogs | 3 | 8.3 ± 1.5 | 11.1 ± 2.0 | 28.6 ± 6.2 | 30.8 ± 8.0 | 2.2 ± 1.8 | 0 (0.0%) | 0.8 ± 0.6 |
| Appetizers - Breaded Cheese | 14 | 7.4 ± 3.8 | 17.4 ± 3.4 | 42.7 ± 6.0 | 44.9 ± 4.9 | 2.2 ± 1.5 | 0 (0.0%) | 1.2 ± 0.8 |
| Potatoes | 76 | 5.2 ± 2.0 | 5.2 ± 2.9 | 15.4 ± 9.1 | 17.2 ± 12.7 | 1.8 ± 7.4 | 7 (9.2%) | 0.6 ± 2.8 |
| French Fries | 34 | 4.6 ± 1.9 | 5.4 ± 2.2 | 9.2 ± 3.8 | 9.2 ± 3.8 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Hash Browns And Potato Patties | 12 | 5.9 ± 2.7 | 8.1 ± 4.2 | 11.9 ± 5.0 | 15.0 ± 13.8 | 3.1 ± 10.8 | 1 (8.3%) | 1.4 ± 4.9 |
| Dry Mashed Or Scalloped Potatoes | 30 | 5.7 ± 1.6 | 3.9 ± 2.0 | 23.4 ± 8.7 | 26.6 ± 12.7 | 3.2 ± 9.4 | 6 (20.0%) | 1.0 ± 3.1 |
| Pizza, Pizza Snacks And Frozen Sandwiches | 154 | 10.7 ± 3.6 | 8.9 ± 3.1 | 40.0 ± 8.4 | 42.6 ± 8.9 | 2.6 ± 2.2 | 12 (7.8%) | 0.9 ± 1.0 |
| Pizza With Meat | 57 | 10.4 ± 3.2 | 8.6 ± 2.6 | 41.3 ± 7.4 | 43.7 ± 7.5 | 2.4 ± 1.3 | 4 (7.0%) | 0.8 ± 0.5 |
| Pizza Without Meat | 34 | 10.1 ± 3.3 | 8.9 ± 3.0 | 40.6 ± 10.5 | 43.0 ± 11.1 | 2.4 ± 1.5 | 3 (8.8%) | 0.8 ± 0.6 |
| Pizza Snacks And Frozen Sandwiches With Meat | 58 | 11.6 ± 4.1 | 9.3 ± 3.6 | 38.5 ± 7.9 | 41.3 ± 8.6 | 2.8 ± 3.1 | 5 (8.6%) | 1.0 ± 1.4 |
| Pizza Snacks And Frozen Sandwiches Without Meat | 5 | 8.8 ± 2.2 | 8.4 ± 1.8 | 38.9 ± 8.9 | 41.2 ± 10.2 | 2.3 ± 1.9 | 0 (0.0%) | 0.7 ± 0.6 |
| Prepared Salads | 44 | 9.6 ± 3.4 | 8.7 ± 3.2 | 14.0 ± 5.0 | 14.4 ± 5.3 | 0.5 ± 0.9 | 0 (0.0%) | 0.3 ± 0.5 |
| Mexican Meal Kits | 8 | 16.6 ± 3.2 | 8.2 ± 1.6 | 36.8 ± 8.9 | 42.3 ± 7.0 | 5.4 ± 3.6 | 5 (62.5%) | 2.1 ± 1.3 |
| **Meat And Meat Substitutes** |  |  |  |  |  |  |  |  |
| Canned Chicken Or Turkey | 17 | 4.3 ± 3.3 | 7.5 ± 4.6 | 24.5 ± 10.6 | 24.6 ± 10.7 | 0.2 ± 0.5 | 0 (0.0%) | 0.1 ± 0.3 |
| Meat Sticks | 8 | 8.9 ± 6.7 | 27.9 ± 13.9 | 36.4 ± 4.3 | 36.9 ± 4.2 | 0.6 ± 0.7 | 0 (0.0%) | 0.4 ± 0.5 |
| Bacon Bits And Shelf Stable Pre-Cooked Bacon | 4 | 1.5 ± 0.4 | 20.5 ± 4.5 | 17.9 ± 14.5 | 21.3 ± 14.6 | 3.3 ± 6.7 | 1 (25.0%) | 1.5 ± 3.0 |
| Marinated or Flavored Meat or Poultry, Cooked and Uncooked | 33 | 3.4 ± 3.6 | 3.4 ± 3.7 | 29.9 ± 7.9 | 30.2 ± 7.8 | 0.3 ± 0.9 | 1 (3.0%) | 0.1 ± 0.2 |
| Breaded Poultry, cooked  and Uncooked | 53 | 11.0 ± 3.6 | 11.1 ± 3.8 | 15.0 ± 3.4 | 16.2 ± 6.8 | 1.2 ± 3.3 | 3 (5.7%) | 0.6 ± 1.9 |
| Chicken Wings, cooked and  Uncooked | 50 | 12.7 ± 2.3 | 12.8 ± 2.4 | 25.5 ± 3.9 | 26.3 ± 4.0 | 0.8 ± 0.6 | 0 (0.0%) | 0.5 ± 0.3 |
| Eggs and Eggs Products | 40 | 3.9 ± 2.6 | 6.8 ± 4.4 | 25.9 ± 15.7 | 26.0 ± 15.8 | 0.0 ± 0.3 | 0 (0.0%) | 0.0 ± 0.1 |
| Nut Butter | 38 | 7.3 ± 1.9 | 44.7 ± 9.7 | 20.0 ± 9.6 | 20.4 ± 9.3 | 0.4 ± 1.3 | 2 (5.3%) | 0.2 ± 0.9 |
| Tofu Products | 42 | 4.3 ± 3.1 | 4.9 ± 3.0 | 11.0 ± 7.5 | 11.4 ± 8.5 | 0.4 ± 1.6 | 1 (2.4%) | 0.1 ± 0.6 |
| Plain Tofu | 11 | 5.5 ± 2.5 | 5.9 ± 2.9 | 14.4 ± 3.4 | 14.4 ± 3.4 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Seasoned Tofu | 1 | 10.0 | 11.4 | 20.0 | 21.0 | 1.0 | 0 (0.0%) | 0.6 |
| Meat Analogues | 27 | 3.8 ± 3.1 | 4.6 ± 2.7 | 8.7 ± 8.1 | 9.2 ± 9.5 | 0.6 ± 1.9 | 1 (3.7%) | 0.2 ± 0.8 |
| Tofu Dessert | 3 | 2.5 ± 0.0 | 1.7 ± 0.0 | 17.3 ± 4.6 | 17.3 ± 4.6 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| **SOUPS** |  |  |  |  |  |  |  |  |
| Bullion and Broth | 48 | 0.1 ± 0.2 | 0.0 ± 0.1 | 1.8 ± 6.9 | 1.7 ± 6.9 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Non-Cream Canned Condensed Soup | 38 | 1.4 ± 0.8 | 0.5 ± 0.3 | 20.5 ± 16.3 | 20.5 ± 16.3 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Non-Cream Ready to Serve Soup | 108 | 2.2 ± 1.6 | 0.9 ± 0.6 | 29.2 ± 19.2 | 30.1 ± 21.4 | 0.9 ± 6.7 | 3 (2.8%) | 0.1 ± 0.8 |
| Non-Cream Soup Dry Soup Mixes | 44 | 3.9 ± 5.4 | 1.3 ± 1.7 | 24.5 ± 20.8 | 24.2 ± 20.8 | 0.1 ± 0.5 | 0 (0.0%) | 0.0 ± 0.1 |
| Oriental Noodles and Instant Light Lunches | 17 | 6.5 ± 4.7 | 2.1 ± 1.4 | 19.9 ± 21.0 | 20.0 ± 21.1 | 0.1 ± 0.5 | 0 (0.0%) | 0.0 ± 0.1 |
| **SNACK FOODS** |  |  |  |  |  |  |  |  |
| Snack Foods | 336 | 11.0 ± 5.4 | 23.8 ± 10.3 | 15.0 ± 12.5 | 15.8 ± 13.9 | 0.9 ± 5.2 | 8 (2.4%) | 0.4 ± 2.7 |
| Plain Chips | 81 | 11.5 ± 4.6 | 24.5 ± 8.6 | 10.1 ± 5.0 | 10.1 ± 5.0 | 0.1 ± 0.4 | 0 (0.0%) | 0.0 ± 0.2 |
| Flavored Chips | 151 | 12.0 ± 4.3 | 25.9 ± 7.5 | 10.9 ± 5.1 | 10.9 ± 5.1 | 0.0 ± 0.2 | 0 (0.0%) | 0.0 ± 0.1 |
| Popcorn | 58 | 8.3 ± 5.5 | 19.2 ± 11.6 | 32.5 ± 16.2 | 37.0 ± 17.4 | 4.4 ± 11.8 | 7 (12.1%) | 2.3 ± 6.3 |
| Pretzel and Snack Mixes | 30 | 6.1 ± 5.5 | 12.9 ± 11.4 | 17.0 ± 17.0 | 17.2 ± 17.1 | 0.2 ± 1.0 | 1 (3.3%) | 0.1 ± 0.3 |
| Extruded Corn Snacks | 16 | 18.1 ± 5.7 | 36.8 ± 9.7 | 10.6 ± 3.5 | 11.9 ± 4.4 | 1.3 ± 1.2 | 0 (0.0%) | 0.7 ± 0.6 |
| Pudding | 54 | 2.4 ± 0.9 | 1.8 ± 0.7 | 56.2 ± 22.2 | 56.4 ± 22.3 | 0.1 ± 0.6 | 0 (0.0%) | 0.0 ± 0.1 |
| Dessert Powder – Other Mixes | 12 | 4.5 ± 5.9 | 4.2 ± 3.7 | 74.5 ± 13.9 | 74.7 ± 14.0 | 0.2 ± 0.6 | 0 (0.0%) | 0.1 ± 0.2 |
| Non-granola Snack Bars | 7 | 6.2 ± 2.5 | 22.8 ± 11.4 | 59.8 ± 13.7 | 60.6 ± 13.3 | 0.9 ± 1.5 | 0 (0.0%) | 0.3 ± 0.4 |
| Snacks – Other | 2 | 3.8 ± 0.4 | 17.0 ± 1.6 | 72.3 ± 21.5 | 72.3 ± 21.5 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| **SAUCES, DIPS, GRAVIES AND CONDIMENTS** |  |  |  |  |  |  |  |  |
| Tomato-based Pasta and Pizza  Sauce | 127 | 1.6 ± 1.5 | 1.3 ± 1.2 | 11.0 ± 12.3 | 11.0 ± 12.4 | 0.0 ± 0.4 | 0 (0.0%) | 0.0 ± 0.2 |
| Pesto | 12 | 21.8 ± 5.7 | 41.6 ± 7.7 | 14.0 ± 3.9 | 14.4 ± 4.0 | 0.4 ± 0.5 | 0 (0.0%) | 0.3 ± 0.4 |
| Soya and Other Oriental Sauces | 14 | 1.1 ± 2.4 | 3.3 ± 7.2 | 3.0 ± 6.0 | 3.0 ± 6.0 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Dips and Salsa | 163 | 3.4 ± 4.8 | 12.5 ± 17.8 | 16.8 ± 21.4 | 17.5 ± 22.4 | 0.7 ± 2.5 | 5 (3.1%) | 0.5 ± 1.6 |
| Hummus and Legume Based Dips | 32 | 4.2 ± 1.1 | 14.9 ± 3.8 | 11.1 ± 3.1 | 11.1 ± 3.1 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Gravy and Cooking Sauces | 59 | 2.8 ± 5.4 | 3.2 ± 5.9 | 19.3 ± 26.3 | 20.7 ± 28.1 | 1.3 ± 6.8 | 4 (6.8%) | 1.0 ± 5.3 |
| Marinades | 42 | 1.1 ± 1.8 | 6.9 ± 11.7 | 4.7 ± 9.5 | 4.9 ± 9.7 | 0.2 ± 0.8 | 1 (2.4%) | 0.1 ± 0.6 |
| Curry Pastes | 6 | 2.2 ± 0.4 | 11.4 ± 2.1 | 0.0 ± 0.0 | 0.0 ± 0.0 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| **SEASONING MIXES** |  |  |  |  |  |  |  |  |
| Breading, Batter and Coatings | 2 | 1.0 ± 0.0 | 8.3 ± 0.0 | 100.0 ± 0.0 | 100.0 ± 0.0 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Dry Seasoning | 35 | 0.4 ± 0.7 | 8.1 ± 12.7 | 2.9 ± 13.8 | 2.9 ± 13.8 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Seasoning for Side and Main Dishes | 34 | 0.4 ± 0.6 | 7.7 ± 12.7 | 2.9 ± 14.0 | 2.9 ± 14.0 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Salad Seasonings | 1 | 1.5 | 21.4 | 0.0 | 0.0 | 0.0 | 0 (0.0%) | 0.0 |
| **OTHER** |  |  |  |  |  |  |  |  |
| Frozen Non-Dairy Dessert | 8 | 3.4 ± 2.0 | 3.0 ± 1.9 | 24.6 ± 10.5 | 24.6 ± 10.5 | 0.0 ± 0.0 | 0 (0.0%) | 0.0 ± 0.0 |
| Frosting | 25 | 5.1 ± 1.1 | 15.2 ± 3.1 | 29.1 ± 6.3 | 49.7 ± 13.7 | 20.6 ± 15.1 | 18 (72.0%) | 7.3 ± 5.6 |
| Syrup | 43 | 1.5 ± 4.2 | 4.3 ± 12.7 | 13.4 ± 26.5 | 15.1 ± 30.8 | 1.8 ± 7.6 | 2 (4.7%) | 0.8 ± 4.3 |

Data presented as mean ± standard deviation and frequency (percentage).

\*Recommended trans fatty acid limits in Canada are <2% total fat for fats and oils and < 5% total fat for all other categories.

Abbreviations: TFA=Trans Fatty Acid; SFA=Saturated Fatty Acid

**Supplemental Table S3. Industrial trans fatty acids (TFA) and Saturated Fat levels (SFA) in restaurant foods sold in Canada in 2010**

| **Restaurant** | **n** | **Total Fat (g)** | **Fat**  **(% by Weight**  **of Food)** | **SFA (% of**  **Total Fat)** | **TFA + SFA (%**  **of Total Fat)** | **TFA (% of**  **Total Fat)** | **% exceeding TFA limits\*** | **% energy from TFA** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **FOODS WITH INDUSTIRAL TFA** | | | | | | | |  |
| **DESSERTS / BAKED GOODS** |  |  |  |  |  |  |  |  |
| Biscuits/Scones | 19 | 12.6 ± 6.5 | 8.6 ± 3.2 | 24.6 ± 7.4 | 34.9 ± 14.3 | 10.3 ± 10.7 | 9 (47.4%) | 2.9 ± 2.8 |
| Pastries | 54 | 19.3 ± 10.6 | 16.6 ± 6.5 | 42.4 ± 14.1 | 44.9 ± 14.6 | 2.5 ± 5.9 | 3 (5.6%) | 1.1 ± 2.4 |
| Muffins | 85 | 19.5 ± 9.6 | 13.6 ± 6.4 | 13.3 ± 5.6 | 15.0 ± 9.2 | 1.6 ± 5.5 | 4 (4.7%) | 0.5 ± 1.6 |
| Cookies | 61 | 11.1 ± 3.6 | 23.8 ± 10.3 | 45.6 ± 14.0 | 49.4 ± 11.6 | 3.7 ± 8.1 | 9 (14.7%) | 1.5 ± 3.2 |
| Donuts | 92 | 14.7 ± 7.1 | 17.3 ± 5.8 | 45.8 ± 4.0 | 47.0 ± 3.9 | 1.1 ± 1.3 | 0 (0%) | 0.4 ± 0.5 |
| Desserts and Other Baked Goods | 138 | 26.1 ± 18.7 | 14.8 ± 7.8 | 41.1 ± 16.3 | 43.2 ± 16.1 | 2.0 ± 3.4 | 14 (10.1%) | 0.9 ± 1.6 |
| **SIDES** |  |  |  |  |  |  |  |  |
| Baked Potato | 4 | 0.7 ± 1.0 | 0.4 ± 0.4 | 26.5 ± 15.8 | 26.5 ± 15.8 | 0.0 ± 0.0 | 0 (0%) | 0.0 ± 0.0 |
| Bread | 29 | 6.9 ± 4.5 | 11.0 ± 8.1 | 23.5 ± 17.3 | 26.5 ± 18.8 | 3.0 ± 5.6 | 8 (27.6%) | 0.8 ± 1.5 |
| Coleslaw | 13 | 16.0 ± 16.9 | 8.2 ± 3.7 | 9.4 ± 6.6 | 10.4 ± 6.2 | 1.0 ± 1.2 | 0 (0%) | 0.7 ± 0.9 |
| Mashed Potatoes | 11 | 13.1 ± 12.5 | 4.9 ± 3.7 | 35.5 ± 20.0 | 38.0 ± 21.5 | 2.5 ± 4.2 | 1 (9.1%) | 0.9 ± 1.4 |
| Medium Fries | 35 | 24.1 ± 11.6 | 11.6 ± 4.0 | 12.7 ± 6.6 | 13.8 ± 6.7 | 1.0 ± 1.1 | 0 (0%) | 0.4 ± 0.4 |
| Other Sides | 77 | 10.3 ± 11.7 | 9.8 ± 11.1 | 27.0 ± 18.9 | 29.4 ± 20.8 | 2.5 ± 9.1 | 8 (10.4%) | 0.6 ± 2.4 |
| Onion Rings | 10 | 22.0 ± 8.2 | 18.0 ± 3.9 | 10.4 ± 5.4 | 11.3 ± 6.2 | 1.0 ± 1.2 | 0 (0%) | 0.5 ± 0.6 |
| Rice | 16 | 4.7 ± 4.7 | 2.9 ± 3.4 | 22.8 ± 20.6 | 24.2 ± 21.6 | 1.3 ± 3.6 | 2 (12.5%) | 0.1 ± 0.4 |
| Vegetables | 31 | 8.9 ± 9.1 | 6.7 ± 7.8 | 21.0 ± 23.5 | 21.7 ± 24.2 | 0.6 ± 1.3 | 1 (3.2%) | 0.3 ± 0.6 |
| **FOODS WITH A MAIN INGREDIENTS CONTAINING RUMINANT TFA** | | | | | | | |  |
| **DESSERTS / BAKED GOODS** |  |  |  |  |  |  |  |  |
| Ice Cream/Sundaes | 194 | 17.8 ± 13.5 | 9.6 ± 3.9 | 59.1 ± 11.0 | 62.3 ± 12.1 | 3.2 ± 6.2 | 7 (3.6%) | 0.9 ± 0.5 |
| Yogurt/Gelato/Sorbet | 30 | 2.4 ± 2.7 | 1.6 ± 2.3 | 54.4 ± 13.8 | 56.3 ± 11.4 | 1.9 ± 5.8 | 3 (10%) | 0.1 ± 0.4 |
| **MEAT / SEAFOOD** |  |  |  |  |  |  |  |  |
| Beef | 63 | 29.6 ± 20.9 | 11.0 ± 6.7 | 37.7 ± 11.4 | 39.9 ± 12.2 | 2.1 ± 2.5 | 5 (7.9%) | 1.1 ± 1.3 |
| Chicken | 128 | 23.4 ± 28.4 | 11.6 ± 6.3 | 20.8 ± 12.0 | 21.3 ± 12.0 | 0.5 ± 0.7 | 0 (0%) | 0.2 ± 0.3 |
| Surf n Turf / Entrées combining multiple meats | 26 | 55.6 ± 30.0 | 16.3 ± 8.1 | 36.5 ± 10.6 | 36.8 ± 10.4 | 0.3 ± 0.6 | 0 (0%) | 0.1 ± 0.2 |
| Pork | 13 | 29.9 ± 11.5 | 14.3 ± 4.0 | 21.4 ± 5.5 | 21.8 ± 5.6 | 0.4 ± 0.5 | 0 (0%) | 0.2 ± 0.3 |
| Ribs | 24 | 85.0 ± 43.7 | 18.9 ± 5.6 | 38.2 ± 2.9 | 38.7 ± 2.7 | 0.5 ± 0.7 | 0 (0%) | 0.3 ± 0.3 |
| Seafood | 45 | 31.4 ± 18.5 | 12.9 ± 8.0 | 24.8 ± 17.5 | 25.4 ± 17.6 | 0.6 ± 0.8 | 0 (0%) | 0.3 ± 0.4 |
| **STIR FRY / PASTA ENTRÉES** |  |  |  |  |  |  |  |  |
| Pasta Entrées | 163 | 37.1 ± 24.4 | 7.2 ± 4.1 | 34.0 ± 14.7 | 35.2 ± 15.3 | 1.2 ± 1.4 | 2 (1.2%) | 0.4 ± 0.5 |
| Stir Fry | 32 | 30.3 ± 25.2 | 4.5 ± 2.5 | 24.1 ± 13.3 | 24.7 ± 13.7 | 0.5 ± 0.9 | 0 (0%) | 0.2 ± 0.3 |
| **SANDWICHES, BURGERS, ETC.** |  |  |  |  |  |  |  |  |
| Cheeseburgers | 91 | 47.6 ± 21.1 | 16.4 ± 4.8 | 40.6 ± 5.7 | 43.3 ± 6.6 | 2.7 ± 1.5 | 6 (6.6%) | 1.4 ± 0.8 |
| Hot Dogs | 17 | 22.2 ± 5.8 | 15.4 ± 2.5 | 40.3 ± 4.7 | 41.9 ± 4.7 | 1.6 ± 1.0 | 0 (0%) | 0.8 ± 0.5 |
| Hamburgers | 60 | 33.4 ± 17.4 | 12.3 ± 4.8 | 33.2 ± 9.3 | 35.3 ± 10.3 | 2.1 ± 1.5 | 2 (3.3%) | 1.0 ± 0.8 |
| Sandwiches/Wraps | 555 | 21.5 ± 15.6 | 7.4 ± 5.1 | 27.9 ± 12.6 | 28.7 ± 12.9 | 0.8 ± 1.3 | 10 (1.8%) | 0.3 ± 0.5 |
| Tacos/Burritos | 107 | 22.1 ± 14.6 | 7.8 ± 4.5 | 39.4 ± 10.9 | 41.1 ± 11.2 | 1.7 ± 2.0 | 6 (5.6%) | 0.7 ± 0.7 |
| **SALADS** |  |  |  |  |  |  |  |  |
| Salad Entrées | 82 | 28.4 ± 18.2 | 10.8 ± 6.5 | 20.7 ± 10.4 | 22.0 ± 10.8 | 1.4 ± 5.6 | 2 (2.4%) | 0.7 ± 1.8 |
| Salad Entrées with Meat | 207 | 31.7 ± 17.9 | 7.8 ± 4.4 | 23.0 ± 11.6 | 24.2 ± 11.5 | 1.2 ± 2.8 | 8 (3.9%) | 0.7 ± 1.6 |
| Other Salads | 31 | 13.8 ± 14.2 | 6.8 ± 4.6 | 16.1 ± 8.3 | 16.5 ± 9.0 | 0.4 ± 1.3 | 1 (3.2%) | 0.2 ± 0.4 |
| **MISCELLANEOUS** |  |  |  |  |  |  |  |  |
| Appetizers | 243 | 33.9 ± 29.7 | 14.4 ± 10.6 | 30.5 ± 16.5 | 1.1 ± 2.8 | 1.1 ± 2.8 | 2 (0.82%) | 0.5 ± 1.2 |
| Breakfast | 279 | 25.7 ± 21.9 | 9.9 ± 5.5 | 30.6 ± 13.2 | 31.5 ± 13.8 | 0.9 ± 1.9 | 3 (1.1%) | 0.4 ± 0.9 |
| Calzones/Stromboli/ Foccacia | 36 | 26.9 ± 10.7 | 9.6 ± 3.4 | 41.2 ± 9.1 | 43.1 ± 9.6 | 1.9 ± 0.8 | 0 (0%) | 0.7 ± 0.3 |
| Sushi | 17 | 10.3 ± 2.7 | 5.0 ± 1.3 | 8.8 ± 4.2 | 8.8 ± 4.2 | 0.0 ± 0.0 | 0 (0%) | 0.0 ± 0.0 |
| Mixed Entrées | 198 | 36.7 ± 22.4 | 8.6 ± 4.8 | 26.7 ± 12.7 | 27.9 ± 13.3 | 1.2 ± 1.8 | 7 (3.5%) | 0.5 ± 0.6 |
| Nachos | 9 | 21.5 ± 17 | 10.8 ± 10.9 | 28.2 ± 9.6 | 28.2 ± 9.6 | 2.6 ± 3.1 | 2 (22%) | 1.4 ± 1.8 |
| Other Entrées | 29 | 23.5 ± 23.5 | 9.5 ± 6.8 | 26.6 ± 12.9 | 32.3 ± 22.9 | 5.6 ±1 5.4 | 4 (13.8%) | 1.3 ± 2.9 |
| Pizza | 396 | 9.0 ± 3.6 | 8.5 ± 2.7 | 43.3 ± 8.8 | 44.6 ± 9.2 | 1.3 ± 1.2 | 0 (0%) | 0.4 ± 0.4 |
| Poutine/Fries with Toppings | 18 | 42.3 ± 15.7 | 12.9 ± 2.7 | 27.5 ± 10.1 | 30.6 ± 9.5 | 3.1 ± 2.4 | 3 (16.7%) | 1.5 ± 1.3 |
| **SIDES** |  |  |  |  |  |  |  |  |
| Baked Potato w/Toppings | 13 | 18.4 ± 8.7 | 6.9 ± 1.8 | 48.1 ± 19.7 | 49.8 ± 20.2 | 1.7 ± 2.0 | 1 (7.7%) | 0.6 ± 1.0 |
| Salad | 90 | 17.8 ± 11.4 | 10.7 ± 6.7 | 17.5 ± 9.1 | 18.3 ± 9.4 | 0.8 ± 1.5 | 1 (1.1%) | 0.6 ± 1.1 |
| Soup | 232 | 6.2 ± 7.1 | 1.9 ± 1.9 | 38.0 ± 18.2 | 40.0 ± 19.6 | 1.8 ± 5.4 | 18 (7.8%) | 0.7 ± 2.1 |
| **KID'S FOODS** |  |  |  |  |  |  |  |  |
| Kid's Meals | 106 | 16.0 ± 10.5 | 9.4 ± 8.3 | 33.7 ± 20.7 | 34.9 ± 21.3 | 1.2 ± 1.8 | 8 (4.7%) | 0.5 ± 1.1 |
| Kid's Side Dish | 35 | 6.8 ± 7.9 | 6.1 ± 7.4 | 25.2 ± 20.2 | 26.1 ± 20.5 | 0.8 ± 1.1 | 0 (0%) | 0.3 ± 0.5 |
| Kid's Dessert | 28 | 9.4 ± 9.6 | 10.5 ± 9.8 | 53.9 ± 29.7 | 55.5 ± 30.0 | 1.6 ± 2.1 | 4 (14.3%) | 0.4 ± 0.5 |

Data presented as mean ± standard deviation and frequency (percentage).

\*Recommended trans fatty acid limits in Canada are <2% total fat for fats and oils and < 5% total fat for all other categories.

Abbreviations: TFA=Trans Fatty Acids; SFA=Saturated Fatty Acids