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

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| --- |
| **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 PizzaDenny’sEarl’s RestaurantEast Side MariosJack AstorsKelsey’sMike’s RestaurantMilestonesMontanasMr. GreekPizza HutScores RotisserieShoeless JoesSwiss ChaletWhite Spot Legendary Restaurant | 241 Pizza A&W Arby’s Bento NouveauBurger KingCaptain SubDruxy’s DeliEdo JapanExtreme PitaFreshsliceHarvey’sJimmy the GreekJugo JuiceKentucky Fried ChickenManchu WokMary BrownsMcDonaldsMega Wraps |  | Mr. SubMrs. VanellisMucho BurritoNew Orleans PizzaNew York FriesOpa Greek CuisinePanagoPizza DelightPizza 73Pizza NovaPizzavilleQuiznosSubwayTaco BellTaco TimeTeriyaki ExperienceWendy’sWhite Spot Triple O’s | Blenz Coffee Coffee TimeCountry StyleEsquires Coffee HouseGood Earth Coffeehouse and BakeryMmmuffinsSecond CupRobin’s DonutsTim HortonsTreatsVan Houtte Bistro | Baskin RobbinsDairy QueenDairy QueenOrange JuliusTCBYYogen Fruz |
| **Did not disclose TFA information** | **Did not disclose TFA information** | **Did not disclose TFA information** | **Did not disclose TFA information** |
| Casey’sJoey’s RestaurantSmitty’sThe Keg | Dagwood Sandwiches and SubsFlying Wedge PizzaFreshly SqueezedLicksLittle CaesarsNando’s Flame Grilled ChickenPita PitPizza PizzaPizza SalvatoreTaco Del MarTopper’s Pizza | StarbucksThe Great Canadian Bagel | Booster JuiceMarble 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, andSauce-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 andSeafood  | 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, cookedand 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 andUncooked  | 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 PizzaSauce  | 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