

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

Special Purpose Table No. 1

NOTE: The samples analyzed for this table were collected between 1989 and 1993. As the formulations for these products may have changed, caution should be exercised when using these values.

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This table provides analytical data on selected foods containing trans-fatty acids. All of the data presented were obtained under USDA contract. The samples were analyzed by capillary gas-liquid chromatography, and the studies were monitored for quality control. More detailed information on the analytical methodology and quality control can be obtained from the authors at the above address.

Codes indicating the source of the data, descriptions of food items, and listings of the fat added as declared on the food labels are given in file below. Codes for sources of data are given for each item. Generic descriptions are provided for all food items reported. The items are arranged by major food category that correspond to the sections of Agriculture Handbook No. 8. A list of the categories is given below. For a given food description, all items bearing the same alphabetic brand designation are the same brand name item. The letter "h" in the fat added field indicates that the fat was either hydrogenated or partially hydrogenated.

Major food categories (in alphabetical order)

- Baby food
- Baked products
- Breakfast cereal
- Dairy products

Fast foods
Fats and oils
Meat
Poultry
Sausages and luncheon meats
Snacks
Soups
Sweets
Vegetables

Nutrient values in file datafile.tfa are linked to food descriptions by unique item numbers. The total fat is given as g/100 g of food. The lipid conversion factor is a measure of the g total fatty acids/g total fat and is used to convert data on a methyl ester weight percent basis to a g/100 g fat basis. Data for individual fatty acids, other fatty acids not listed individually, and fatty acid classes are all given as g/100 g of food. A separate column gives the total trans-fatty acid as a percent of total fatty acids. A file, fields.tfa, giving the descriptions of the fields or column headings is also included.

The designation for reporting fatty acids is in one of the following formats:

18:1t where the number before the colon indicates the number of carbon atoms in the fatty acid chain, the number after the colon indicates the number of double bonds, and the letter indicates whether the bond is cis or trans.

18:2 n-6 where the number before the colon indicates the number of carbon atoms in the fatty acid chain, the number after the colon indicates the number of double bonds, and the n- number indicates the position of the first double bond counted from the methyl terminal end of the carbon chain.

Fatty acid profiles of similar food items may vary considerably due to the type of fat added. To provide maximum information to the user, data in this table are reported for individual items as analyzed rather than as aggregated among brands. In a few cases where the same sample was analyzed more than once by the same source, the data were aggregated. Data have not been, and should not be, linked to Nutrient Data Bank (NDB) numbers.

Documentation for data sources used in preparation of trans-fatty acid table

Quality control:

All contracts were awarded after the offerors were evaluated on their written technical proposals and their performance in analyzing unlabeled reference materials. Some contracts had monitoring samples sent for analysis during the period of performance.

2017600 University of Maryland 53-3198-9-014
89 food items

Sampling:

11/89 - 6/91
local supermarkets and fast food restaurants
poultry from various processors
2 shortenings from UMD Dining Services

Sample handling:

conditions that would be used in the home
most stored at room temperature
refrigeration or freezing as needed

Sample preparation:

Entire packages or random sampling within a package
homogeneous preparation
subsamples frozen for later use

Moisture:

AOAC method 110! C overnight in air oven

Fat:

methylene chloride w/BHT
chloroform-MeOH (2:1) w/BHT
1st lot of potato chips used Bligh & Dyer w/methylene chloride instead of chloroform

margarines were dried followed by Soxhlet extraction

Fatty acid:

transesterification of lipid extract w/MeOH-HCl
direct transesterification (lipid not extracted)
some samples by both procedures
transesterification of margarine oil phase
FAME purified on TLC
SP-2340 liquid phase on 25m fused silica capillary column
standards used to identify components and calculate response factors
separate procedure used for samples containing short chain fatty acids

2017601 Southern Testing & Research Lab. 53-3198-0-038
49 food items

Sampling:

11/90 - 6/91
NC or MD supermarkets
ground beef from U of GA

Sample handling:

Sample preparation:

homogenized, flushed with N and stored in freezer
entire package, portion from package, or composite of samples

Moisture:

All from 15th Ed. (1990) of AOAC (food dependent)

Fat:

AOAC 983.23 (1990) - Chloroform-MeOH extraction

Fatty acid:

FAME by boron trifluoride
30m DB23 capillary column

2017610 Ratnayake, W.M.N./Canada (1991)

2 food items analyzed for use as quality control reference material

2017623 National Food Laboratory/NFPA (1992)

1 food item analyzed for use as quality control reference material

2017624 Southern Testing & Research Lab. (1992)

1 food item analyzed for use as quality control reference material

2017625 University of Maryland 53-3198-2-008
48 food items

Sampling:

8/92 - 4/93

local supermarkets, army commissary or thrift store

milk samples: nationwide composites (14 or 15 locations in 5 regions)

Sample handling:

stored under conditions used in the home

Sample preparation:

aliquots taken from homogenized samples, agitated fluid fats and oils, or 50 ml sample from each milk container for pooled sample

Moisture:

drying overnight in air oven at 110! C

Fat:

methylene chloride-MeOH (2:1) w/BHT

Fatty acid:

FAME by transesterification of fat extract
repeat analysis using direct transesterification
daily use of commercially available standards or previously
characterized samples
methyl esters and butyl esters used for dairy products
ref.: J. Chromatog.,249:254(1982)

2017628 University of Maryland 53-3198-2-027
14 food items

Sampling:

10/92-1/93
local supermarkets or army commissary
Southern Testing & Research Lab.: companion contract for
proximates, minerals, and vitamins

Sample handling:

stored under conditions used in the home

Sample preparation:

core samples for lard and shortening
samples from STRL were used as is or further processed
aliquots taken from homogenized samples

Moisture:

drying overnight in air oven at 110! C

Fat:

methylene chloride-MeOH (2:1) w/BHT
lard and shortening were dissolved in hexane

Fatty acid:

ref.: J. Chromatog.,249:254(1982)
some FAME on 12.5m capillary column with cross-linked
phenylmethylsilicone as nonpolar liquid phase
some samples analyzed before and after separation of FAME on
silver nitrate TLC
daily use of commercial FAME standards or FAME from
previously characterized samples

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
1	2017625	Baby food, vegetable beef dinner, strained, brand a	No Added Fat
2	2017625	Baby food, vegetable beef dinner, strained, brand b	No Added Fat
3	2017601	Baked products, biscuits, buttermilk, dry mix (add water), brand a	hVegetable Shortening (Contains one or both of the following hOils: Soybean, Cottonseed)
4	2017601	Baked products, biscuits, plain, refrigerated dough, higher fat (11 to 26%), brand b	hSoybean Oil
5	2017601	Baked products, bread crumbs, dry, grated, plain, brand a	hVegetable Oil (Soybean and/or Cottonseed Oils), Butter, Mono and Diglycerides
6	2017601	Baked products, bread, cracked-wheat, commercially prepared, brand a	hSoybean Oil, Mono and Diglycerides (From hVegetable Oil) and Soy Lecithin
7	2017601	Baked products, bread, rye, seedless, commercially prepared, brand a	hSoybean Oil, Mono and Diglycerides (From hVegetable Oil)
8	2017600	Baked products, bread, white, commercially prepared, firm crumb, brand a	hSoybean Oil, Mono and Diglycerides, Butter
9	2017625	Baked products, bread, white, commercially prepared, firm crumb, brand a	hSoybean Oil, Mono and Diglycerides
10	2017600	Baked products, bread, white, commercially prepared, firm crumb, brand b	hSoybean Oil, Mono and Diglycerides (from hVegetable Oil), Butter
11	2017600	Baked products, bread, white, commercially prepared, soft crumb, buttertopy, brand b	hVegetable Shortening (May contain Soybean Oil and/or Cottonseed Oil, Butter, Mono and Diglycerides)
12	2017601	Baked products, cake, pound, commercially prepared, cholesterol-free, brand a	Vegetable Oil Blend (hSoybean Oil and Cottonseed Oils), Mono and Diglycerides from hVegetable Oils
13	2017625	Baked products, cake, pound, commercially prepared, fat-free, brand b	Mono and Diglycerides from hVegetable Oils
14	2017601	Baked products, cake, yellow, commercially prepared, with chocolate frosting, brand a	hVegetable Shortening (Soybean and Cottonseed Oils), Mono and Diglycerides from hVegetable Oils, Soy Lecithin
15	2017601	Baked products, cake, yellow, dry mix, regular (add egg and water), brand a	Shortening (Made from hSoybean Oil with Propylene Glycol Monoesters, Mono and Diglycerides and Soybean Lecithin added)
16	2017601	Baked products, cheesecake, commercially prepared, plain, brand a	hVegetable Shortening (Soybean and/or Cottonseed Oils)
17	2017600	Baked products, cookies, chocolate chip, commercially prepared, regular, higher fat (18 to 28%), brand a	Vegetable Shortening (hSoybean Oil)
18	2017600	Baked products, cookies, chocolate chip, commercially prepared, regular, higher fat (18 to 28%), brand b	hVegetable Shortening (Soybean and/or Cottonseed and Coconut Oils)
19	2017600	Baked products, cookies, chocolate chip, commercially prepared, regular, higher fat (18 to 28%), brand c	hVegetable Oils: (Cottonseed and Soybean)
20	2017600	Baked products, cookies, chocolate sandwich with creme filling, brand a	Vegetable and Animal Shortening (hSoybean Oil with hCottonseed Oil, Lard), Soy Lecithin
21	2017625	Baked products, cookies, chocolate sandwich with creme filling, brand a	Vegetable and Animal Shortening (hSoybean Oil and Lard), Soy Lecithin (Emulsifier)
22	2017600	Baked products, cookies, vanilla sandwich with creme filling, brand a	Vegetable Shortening (hSoybean Oil with hCottonseed Oil)

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
1	2.73	0.93	0.08	0.63	0.36	0	0.05	1.13
2	2.97	0.93	0.09	0.66	0.41	0	0.07	1.23
3	14.77	0.94	0.02	1.71	1.95	0.05	0.08	3.81
4	11.99	0.93	0.01	1.43	1.22	0.04	0.06	2.76
5	5.15	0.91	0.01	0.61	0.42	0.01	0.03	1.08
6	5.51	0.9	0	0.67	0.6	0.02	0.02	1.31
7	3.52	0.84	0.01	0.44	0.25	0.01	0.02	0.72
8	5.2	0.87	0.02	0.55	0.43	0	0.01	1.02
9	1.4	0.87	0	0.14	0.09	0.01	0.01	0.25
10	6.26	0.87	0.02	0.68	0.66	0.02	0.05	1.43
11	4.48	0.87	0.12	0.68	0.44	0.01	0.14	1.38
12	20.51	0.94	0	2.44	1.71	0.08	0.07	4.29
13	1.51	0.94	0.01	0.19	0.13	0	0.02	0.34
14	19.59	0.95	0.03	2.68	2.23	0.07	0.11	5.12
15	9.27	0.94	0.01	1.16	1.67	0.03	0.05	2.91
16	15.79	0.92	1.02	3.7	2.87	0.05	0.95	8.6
17	25.28	0.95	0.02	3.77	4.02	0.06	0.02	7.89
18	22.48	0.95	0.8	3.74	3.84	0.06	2.16	10.6
19	26.23	0.95	0.05	3.64	3.24	0.08	0.1	7.11
20	22.37	0.92	0.14	3.85	2.79	0.06	0.06	6.9
21	20.31	0.92	0.01	2.02	1.74	0.09	0.12	4
22	20.37	0.93	0.02	2.1	2.05	0.02	0	4.19

ID	14:1	16:1c	16:1lt	18:1lc	18:1lt	20:1	Mono FA Other	Mono FA Total
1	0.03	0.12	0	1.05	0.08	0.01	0.02	1.3
2	0.02	0.1	0	1.12	0.12	0.01	0.03	1.41
3	0	0	0	5.62	2.91	0.02	0	8.54
4	0	0	0	3.71	3.82	0.01	0	7.54
5	0	0.01	0	1.43	0.06	0.02	0.01	1.54
6	0	0.01	0	1.56	0.86	0.01	0	2.44
7	0	0.01	0	1.11	0.11	0.01	0	1.24
8	0	0	0	1.39	0.61	0	0	2
9	0	0	0	0.31	0.09	0	0	0.42
10	0	0	0	1.85	1.26	0	0	3.11
11	0.01	0.02	0	0.93	0.75	0.01	0	1.72
12	0	0	0	7.5	5.01	0	0	12.51
13	0	0	0	0.47	0.36	0	0	0.84
14	0	0.04	0	6.42	2.87	0.03	0	9.35
15	0	0.01	0	3.72	1.03	0.01	0	4.77
16	0.07	0.14	0.01	4.4	0.43	0.02	0	5.07
17	0	0.02	0	8.61	5.41	0	0	14.05
18	0	0.04	0	5.54	3.84	0	0	9.42
19	0	0.02	0	6.95	8.15	0.02	0	15.14
20	0	0.25	0	7.31	4.78	0	0	12.34
21	0	0.01	0	6.78	5.66	0.05	0	12.5
22	0	0	0	6.75	6.73	0	0	13.47

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
1	0.06	0.03	0.02	0	0	0	0	0	0	0.11	0.12	4.71
2	0.08	0.03	0.01	0	0	0	0	0	0	0.12	0.15	5.55
3	1.25	0.27	0.05	0	0	0	0	0	0	1.57	3.18	22.85
4	0.56	0.24	0.03	0	0	0	0	0	0	0.83	4.06	36.46
5	1.83	0.01	0.21	0	0	0	0	0	0	2.05	0.07	1.54
6	1.04	0.13	0.05	0	0	0	0	0	0	1.23	0.99	19.98
7	0.9	0.03	0.05	0	0	0	0	0	0	0.98	0.14	4.82
8	1.33	0.1	0.07	0	0	0	0	0	0	1.5	0.71	15.61
9	0.48	0.02	0.05	0	0	0	0	0	0	0.55	0.11	9.24
10	0.74	0.13	0.02	0.02	0	0	0	0	0	0.91	1.39	25.46
11	0.69	0.07	0.03	0	0	0	0	0	0	0.79	0.82	21.02
12	2.03	0.42	0.05	0	0	0	0	0	0	2.5	5.43	28.13
13	0.19	0.04	0.01	0	0	0	0	0	0	0.24	0.4	28.27
14	3.44	0.34	0.26	0	0	0	0	0	0	4.04	3.21	17.32
15	1.01	0.03	0.03	0	0	0	0	0	0	1.07	1.06	12.11
16	0.62	0.11	0.04	0	0.02	0	0	0	0.02	0.81	0.56	3.88
17	1.59	0.42	0.05	0	0	0	0	0	0	2.06	5.84	24.31
18	1.13	0.16	0.04	0	0	0	0	0	0	1.33	4	18.74
19	1.76	0.89	0.02	0	0	0	0	0	0	2.66	9.04	36.28
20	1.29	0.09	0.04	0	0	0	0	0	0	1.43	4.87	23.57
21	1.59	0.63	0.06	0	0	0	0	0	0	2.27	6.28	33.48
22	0.81	0.37	0	0	0	0	0	0	0	1.18	7.09	37.65

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
23	2017601	Baked products, cookies, vanilla wafers, lower fat (12 to 17%), brand a	Vegetable Shortening (hSoybean Oil), Butter, Mono and Diglycerides
24	2017601	Baked products, crackers, cheese sandwich-type with peanut butter filling, brand e	Vegetable Shortening (Contains one or more of the following hVegetable Oils: Soybean, Cottonseed, Sunflower, Canola)
25	2017601	Baked products, crackers, cheese, regular, brand c	Vegetable Shortening (Contains one or more of the following hOils: Soybean, Cottonseed, Canola)
26	2017600	Baked products, crackers, saltine, regular, brand a	Animal and Vegetable Shortening (Lard and hSoybean Oil with hCottonseed Oil)
27	2017625	Baked products, crackers, saltine, regular, brand a	Vegetable Shortening (hSoybean Oil)
28	2017600	Baked products, crackers, saltine, regular, brand b	Vegetable Shortening (hSoybean and Cottonseed Oils)
29	2017600	Baked products, crackers, standard snack-type, regular, brand a	Vegetable and Animal Shortening (hSoybean Oil and Lard)
30	2017625	Baked products, crackers, standard snack-type, regular, brand a	Vegetable Shortening (hSoybean Oil), Soy Lecithin
31	2017600	Baked products, crackers, standard snack-type, regular, brand b	Vegetable Shortening (hSoybean and Cottonseed Oils)
32	2017600	Baked products, crackers, standard snack-type, regular, brand c	Vegetable Shortening (Contain one or more of the following hoils: Soybean, Cottonseed, Canola)
33	2017600	Baked products, crackers, standard snack-type, regular, brand d	Not Available
34	2017600	Baked products, crackers, standard snack-type, regular, store brand	hVegetable Oil Shortening (Contains one or more of the following: Soybean Oil, Cottonseed Oil, Coconut Oil)
35	2017601	Baked products, danish pastry, pecan, brand a	hSoybean and Cottonseed Oil, Mono and Diglycerides
36	2017601	Baked products, doughnuts, cake-type, plain, sugared or glazed, brand a	Not Available
37	2017601	Baked products, doughnuts, cake-type, plain, sugared or glazed, brand b	Not Available
38	2017601	Baked products, doughnuts, cake-type, plain, sugared or glazed, brand c	Not Available
39	2017601	Baked products, doughnuts, cake-type, plain, sugared or glazed, brand d	hVegetable and/or Animal Shortening (Contains one or more of Canola Oil, Corn Oil, Cottonseed Oil, Soybean Oil, Beef Fat), Mono and Diglycerides
40	2017601	Baked products, doughnuts, cake-type, plain, sugared or glazed, store brand	Not Available
41	2017601	Baked products, doughnuts, yeast-leavened, glazed, brand a	Not Available
42	2017601	Baked products, doughnuts, yeast-leavened, glazed, brand b	Not Available
43	2017601	Baked products, doughnuts, yeast-leavened, glazed, brand c	Not Available
44	2017601	Baked products, doughnuts, yeast-leavened, glazed, store brand	Not Available
45	2017601	Baked products, muffins, corn, dry mix (add milk and egg), brand a	hVegetable Shortening (Soybean Oil)
46	2017600	Baked products, rolls, dinner, plain, brand a	Soybean Oil and/or Corn Oil and/or Cottonseed Oil and/or Canola Oil
47	2017600	Baked products, rolls, dinner, plain, store brand	Soybean Oil, Margarine (Soybean Oil, Vegetable Lecithin), Vegetable Mono and Diglycerides

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
23	15.19	0.87	0.06	1.62	1.03	0.04	0.11	2.86
24	32.16	0.93	0	2.65	1.76	0.28	0.59	5.28
25	31.32	0.92	0.13	3.68	1.9	0.11	0.13	5.94
26	14.38	0.91	0.12	2.76	1.5	0.04	0.04	4.47
27	10.97	0.91	0.01	1.05	0.8	0.04	0.06	1.95
28	11.55	0.91	0.02	1.27	1.04	0	0	2.33
29	24.54	0.95	0.14	3.86	2.31	0.06	0.06	6.43
30	22.33	0.95	0.02	2.14	1.59	0.06	0.14	3.95
31	19.94	0.95	0.01	2.08	1.36	0.04	0.02	3.52
32	23.05	0.95	0.01	2.44	1.57	0.02	0	4.04
33	21.79	0.95	0.01	2.2	1.14	0.02	0	3.37
34	21.84	0.95	0.02	2.11	1.07	0.04	0	3.24
35	26.72	0.94	0.04	2.71	1.88	0.07	0.1	4.79
36	25.22	0.94	0	2.9	3.39	0.09	0.13	6.51
37	22.27	0.94	0.03	3.18	2.74	0.09	0.21	6.24
38	15.75	0.94	0	2.18	2.06	0.07	0.07	4.37
39	15.13	0.94	0.38	3.56	2.54	0.03	0.23	6.73
40	19.18	0.94	0.01	2.41	1.91	0.04	0.05	4.42
41	21.34	0.95	0.02	2.57	3.1	0.07	0.1	5.86
42	30.57	0.95	0.03	4.22	4.11	0.16	0.26	8.79
43	19.46	0.95	0.03	2.29	1.66	0.05	0.06	4.09
44	32.44	0.95	0.04	3.86	2.75	0.11	0.25	7.01
45	12.15	0.92	0	1.45	1.22	0.04	0.03	2.74
46	5.55	0.91	0	0.63	0.25	0.02	0.02	0.92
47	4.78	0.91	0	0.57	0.22	0.01	0	0.8

ID	14:1	16:1c	16:1lt	18:1lc	18:1lt	20:1	Mono FA Other	Mono FA Total
23	0	0.03	0	5.47	3.9	0.03	0	9.43
24	0	0	0	16.04	2.75	0.24	0	19.03
25	0	0.03	0	12.08	6.72	0.05	0.04	18.92
26	0	0.23	0	5.07	1.42	0.06	0	6.78
27	0	0	0	3.46	3.79	0.02	0	7.27
28	0	0.01	0	3.57	2.58	0.01	0	6.17
29	0	0.22	0	8.81	5.32	0.06	0	14.42
30	0	0.01	0	8.16	7.88	0.03	0	16.09
31	0	0	0	7.1	4.84	0.04	0	11.98
32	0	0	0	8.45	7.67	0	0	16.11
33	0	0.01	0	7.51	7.49	0.01	0	15.02
34	0.01	0	0	7.62	7.36	0.02	0	15.01
35	0	0.04	0	11.8	1.98	0.04	0	13.86
36	0	0.02	0	7.72	6.25	0.04	0	14.03
37	0	0.03	0	7.03	3.91	0.02	0	11
38	0	0	0	4.82	1.85	0	0	6.67
39	0.06	0.28	0	5.02	0.5	0.07	0.01	5.93
40	0	0.03	0	6.48	4.08	0.01	0	10.6
41	0	0.01	0	6.82	5.77	0.03	0	12.63
42	0	0.03	0	16.98	0	0.07	0	17.08
43	0	0	0	5.62	2.19	0	0	7.81
44	0	0.03	0	11.16	1.75	0.03	0	12.96
45	0	0	0	3.74	3.32	0	0	7.05
46	0	0.01	0	1.31	0.23	0.01	0	1.56
47	0	0	0	0.98	0.25	0	0	1.23

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
23	0.6	0.35	0.02	0	0	0	0	0	0	0.97	4.25	32.08
24	5.41	0.26	0	0	0	0	0	0	0	5.67	3.01	10.03
25	3.15	0.71	0.07	0	0	0	0	0	0	3.93	7.43	25.81
26	1.58	0.1	0.05	0	0	0	0	0	0.04	1.77	1.51	11.63
27	0.5	0.17	0.03	0	0	0	0	0	0	0.71	3.96	39.92
28	1.47	0.42	0.06	0	0	0	0	0	0	1.95	3	28.74
29	1.81	0.55	0.06	0	0	0	0	0	0	2.42	5.87	25.24
30	0.52	0.53	0.04	0	0	0.04	0	0	0	1.13	8.41	39.74
31	2.32	1.02	0.06	0	0	0	0	0	0	3.4	5.87	31.03
32	1.03	0.67	0	0	0	0	0	0	0	1.7	8.34	38.15
33	1.57	0.69	0.01	0	0	0	0	0	0	2.27	8.18	39.62
34	1.59	0.82	0.03	0	0	0	0	0	0	2.44	8.18	39.52
35	6.17	0.15	0.23	0	0.02	0	0	0	0	6.57	2.13	8.45
36	2.24	0.67	0.2	0	0	0	0	0	0	3.11	6.91	29.22
37	2.94	0.52	0.18	0	0	0	0	0	0	3.64	4.44	21.23
38	3.24	0.17	0.33	0	0	0	0	0	0	3.74	2.01	13.63
39	1.34	0.04	0.14	0	0	0	0	0	0	1.53	0.54	3.81
40	2.39	0.37	0.2	0	0	0	0	0	0	2.96	4.45	24.75
41	1.14	0.52	0.04	0	0	0	0	0	0	1.71	6.3	31.17
42	2.38	0.65	0.05	0	0	0	0	0	0	3.08	0.65	2.25
43	5.68	0.26	0.58	0	0	0	0	0	0	6.52	2.45	13.3
44	9.42	0.34	0.99	0	0	0	0	0	0	10.75	2.09	6.79
45	1.1	0.24	0.03	0	0	0	0	0	0	1.37	3.55	31.85
46	2.28	0.1	0.16	0.03	0	0	0	0	0	2.57	0.33	6.45
47	2.1	0.01	0.19	0.01	0	0	0	0	0	2.31	0.25	5.87

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
48	2017600	Baked products, rolls, hamburger or hotdog, plain, brand a	Soybean Oil, Cottonseed Oil
49	2017600	Baked products, rolls, hamburger or hotdog, plain, brand b	hSoybean Oil, Mono and Diglycerides (from hVegetable Oil)
50	2017625	Baked products, snack cakes, creme-filled, sponge, light, brand a	hVegetable Shortening (Contains one or more of: Canola Oil, Corn Oil, Cottonseed Oil, Soybean Oil), Mono and Diglycerides, Lecithin
51	2017601	Baked products, sweet rolls, cinnamon, brand a	hCorn, Soybean and Cottonseed Oil, Mono and Diglycerides
52	2017601	Baked products, taco shells, baked, brand a	hSoybean Oil
53	2017601	Baked products, tortillas, ready-to-bake-or -fry, wheat flour, brand a	Vegetable shortening (hSoybean and Cottonseed Oils)
54	2017625	Breakfast cereal, ready-to-eat, corn and oat, sweetened	No Added Fat
55	2017625	Breakfast cereal, ready-to-eat, corn and oat, sweetened, with fruit-flavored pieces	hCottonseed Oil, hSoybean Oil, Mono and Diglycerides
56	2017625	Breakfast cereal, ready-to-eat, corn flakes	hSunflower Oil
57	2017625	Breakfast cereal, ready-to-eat, crisp rice, sweetened, fruit-flavored	hSunflower Oil
58	2017625	Breakfast cereal, ready-to-eat, wheat and bran flakes, dried fruit and oat clusters	hSunflower Oil, Coconut Oil
59	2017625	Breakfast cereal, ready-to-eat, wheat and bran flakes, raisins and nuts	hVegetable Oil (Soybean, Cottonseed)
60	2017625	Dairy products, cheese food, american, pasteurized process, brand a	No Added Fat
61	2017625	Dairy products, cheese food, american, pasteurized process, brand c	No Added Fat
62	2017625	Dairy products, cheese spread, pasteurized process, brand a	No Added Fat
63	2017625	Dairy products, cheese spread, pasteurized process, brand d	No Added Fat
64	2017625	Dairy products, cheese, american, pasteurized process, brand a	No Added Fat
65	2017625	Dairy products, cheese, american, pasteurized process, brand b	No Added Fat
66	2017600	Dairy products, cheese, cheddar, brand a	No added fat
67	2017625	Dairy products, milk, whole, composite, April	Not Available
68	2017625	Dairy products, milk, whole, composite, January	Not Available
69	2017625	Dairy products, milk, whole, composite, July	Not Available
70	2017625	Dairy products, milk, whole, composite, November	Not Available
71	2017625	Dairy products, yogurt, lowfat, plain, brand a	No Added Fat
72	2017625	Dairy products, yogurt, lowfat, plain, brand b	No Added Fat
73	2017625	Fast foods, milk shake, chocolate, lowfat, brand a	Not Available
74	2017625	Fast foods, milk shake, chocolate, lowfat, brand b	Not Available
75	2017625	Fast foods, milk shake, vanilla, lowfat, brand a	Not Available
76	2017625	Fast foods, milk shake, vanilla, lowfat, brand b	Not Available
77	2017600	Fast foods, potatoes, french-fried, brand a	(Probably contains animal fat)
78	2017600	Fast foods, potatoes, french-fried, brand a	(Probably contains some residual animal fat)

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
48	4.67	0.9	0	0.5	0.21	0.03	0	0.75
49	5.58	0.9	0.01	0.6	0.54	0.03	0.01	1.18
50	3.34	0.94	0.01	0.35	0.48	0.02	0.02	0.87
51	17.6	0.94	0.12	2.31	1.69	0.05	0.2	4.38
52	26.71	0.95	0	2.9	1.92	0.12	0.07	5.01
53	6.71	0.95	0	0.99	0.85	0.03	0.03	1.89
54	1.88	0.92	0	0.19	0.35	0.01	0.03	0.58
55	3.26	0.95	0.02	0.6	0.19	0.01	0.01	0.83
56	1.4	0.82	0	0.08	0.06	0.01	0.02	0.16
57	2.82	0.94	0	0.23	0.4	0.01	0.04	0.67
58	5.58	0.82	0.4	0.43	0.15	0.01	1.42	2.42
59	6.18	0.92	0	0.5	0.3	0.01	0.02	0.83
60	23.29	0.95	2.14	6.27	2.74	0.04	3.43	14.62
61	25.1	0.95	2.56	6.97	2.8	0.05	4.22	16.6
62	20.97	0.95	2.18	5.73	2.44	0.04	3.49	13.88
63	21.31	0.95	1.94	5.49	2.86	0.05	3.32	13.65
64	29.65	0.95	2.89	8.35	3.32	0.05	4.75	19.36
65	30.32	0.95	3.1	8.38	3.46	0.06	5.09	20.09
66	36.36	0.95	4.31	10.96	3.62	0.12	5.79	24.79
67	3.24	0.95	0.31	0.86	0.41	0.01	0.49	2.08
68	3.32	0.95	0.32	0.89	0.42	0.01	0.51	2.14
69	3.13	0.95	0.29	0.8	0.4	0.01	0.46	1.96
70	2.72	0.95	0.26	0.75	0.34	0	0.43	1.78
71	1.43	0.95	0.15	0.4	0.16	0.01	0.24	0.95
72	0.88	0.95	0.08	0.24	0.11	0	0.13	0.57
73	0.18	0.95	0.01	0.04	0.04	0	0.02	0.12
74	1.88	0.95	0.18	0.49	0.24	0	0.28	1.19
75	0.23	0.95	0.02	0.05	0.05	0	0.03	0.15
76	2.38	0.95	0.24	0.64	0.28	0	0.37	1.55
77	15.63	0.88	0.48	3.76	2.72	0.09	0.36	7.4
78	14.45	0.88	0.24	2.66	1.94	0.05	0.2	5.09

ID	14:1	16:1c	16:1lt	18:1lc	18:1lt	20:1	Mono FA Other	Mono FA Total
48	0	0	0	0.86	0.05	0	0	0.92
49	0	0	0	1.74	1.12	0.01	0	2.87
50	0	0	0	1.23	0.58	0.01	0	1.83
51	0.01	0.06	0.01	5.17	2.24	0	0.01	7.5
52	0	0	0	9.8	7.48	0.02	0	17.29
53	0	0	0	1.8	0.97	0	0	2.76
54	0	0	0	0.38	0.34	0.01	0	0.72
55	0	0	0	0.73	1.23	0.01	0	1.96
56	0	0	0	0.62	0.15	0	0	0.77
57	0	0	0	0.67	0.84	0.01	0	1.51
58	0	0	0	1.29	0.19	0.01	0	1.5
59	0	0.02	0	2.83	0.84	0.01	0	3.7
60	0.18	0.4	0.01	5.2	0.56	0.09	0.14	6.57
61	0.22	0.47	0.01	4.91	0.41	0.1	0.16	6.27
62	0.18	0.38	0	4.09	0.31	0.04	0.22	5.21
63	0.15	0.36	0.02	4.56	0.44	0.06	0.12	5.7
64	0.23	0.51	0.01	6.14	0.52	0.07	0.18	7.65
65	0.26	0.55	0.01	5.97	0.42	0.05	0.19	7.44
66	0.36	0.71	0.02	6.34	0.57	0.07	0.11	8.18
67	0.02	0.05	0	0.69	0.06	0	0.02	0.85
68	0.02	0.06	0	0.69	0.06	0.01	0.02	0.86
69	0.02	0.05	0	0.71	0.07	0	0.02	0.87
70	0.02	0.05	0	0.54	0.05	0	0.01	0.67
71	0.01	0.03	0	0.27	0.02	0.01	0.01	0.35
72	0.01	0.02	0	0.18	0.01	0	0.01	0.23
73	0	0	0	0.03	0	0	0	0.04
74	0.01	0.03	0	0.41	0.05	0	0.01	0.51
75	0	0	0	0.05	0.01	0	0	0.06
76	0.02	0.04	0	0.48	0.05	0.01	0.01	0.61
77	0.09	0.39	0.01	4.09	0.97	0.03	0	5.58
78	0.05	0.19	0.01	3.59	2.95	0.03	0	6.82

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
48	2.24	0.04	0.22	0.03	0	0	0	0	0	2.53	0.09	2.15
49	0.75	0.17	0.03	0.03	0	0	0	0	0	0.96	1.29	25.63
50	0.28	0.09	0.05	0	0	0	0	0	0	0.42	0.68	21.62
51	4.1	0.11	0.39	0	0.02	0	0	0	0.03	4.66	2.36	14.31
52	2.45	0.5	0.04	0	0	0	0	0	0	2.99	7.98	31.54
53	1.55	0.09	0.07	0	0	0	0	0	0	1.72	1.06	16.61
54	0.41	0	0.01	0	0	0	0	0	0	0.42	0.34	19.64
55	0.26	0.02	0.01	0	0	0	0	0	0	0.29	1.24	40.32
56	0.2	0	0.01	0	0	0	0	0	0	0.22	0.15	12.97
57	0.45	0	0.02	0	0	0	0	0	0	0.46	0.84	31.58
58	0.62	0	0.05	0	0	0	0	0	0	0.66	0.19	4.15
59	1.09	0.02	0.03	0	0	0	0	0	0.01	1.15	0.87	15.26
60	0.5	0.19	0.12	0	0.04	0	0	0	0.03	0.89	0.77	3.49
61	0.47	0.22	0.17	0	0.03	0	0	0	0.03	0.93	0.64	2.69
62	0.43	0.17	0.12	0	0.04	0	0	0	0.03	0.79	0.48	2.41
63	0.5	0.19	0.09	0	0.04	0	0	0	0.03	0.85	0.65	3.22
64	0.64	0.21	0.15	0	0.05	0	0	0	0.04	1.09	0.74	2.64
65	0.62	0.28	0.2	0	0.05	0.02	0	0	0.04	1.21	0.71	2.46
66	0.71	0.29	0.17	0	0.07	0	0.03	0	0.23	1.5	0.87	2.54
67	0.09	0.03	0.02	0	0.01	0	0	0	0.01	0.14	0.09	2.94
68	0.09	0.02	0.02	0	0.01	0	0	0	0	0.14	0.09	2.79
69	0.08	0.03	0.01	0	0.01	0	0	0	0	0.13	0.1	3.39
70	0.07	0.02	0.01	0	0	0	0	0	0.01	0.12	0.07	2.7
71	0.04	0.01	0.01	0	0	0	0	0	0	0.06	0.03	2.08
72	0.02	0.01	0	0	0	0	0	0	0	0.03	0.02	2.39
73	0.01	0	0	0	0	0	0	0	0	0.01	0.01	3.18
74	0.06	0.02	0.01	0	0	0	0	0	0	0.09	0.06	3.57
75	0.01	0	0	0	0	0	0	0	0	0.01	0.01	4.85
76	0.07	0.02	0	0	0	0	0	0	0	0.1	0.07	3.03
77	0.73	0.01	0.02	0	0	0	0	0	0	0.77	1	7.25
78	0.71	0.08	0.01	0	0	0	0	0	0	0.8	3.04	23.94

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
79	2017601	Fast foods, potatoes, french-fried, brand a	(Probably all vegetable oil)
80	2017600	Fast foods, potatoes, french-fried, brand b	(Probably contains animal fat)
81	2017601	Fast foods, potatoes, french-fried, brand d	Vegetable Oil
82	2017601	Fast foods, potatoes, french-fried, brand e	(Probably all vegetable oil)
83	2017601	Fast foods, potatoes, french-fried, brand f	(Probably all vegetable oil)
84	2017628	Fats and oils, lard, brand a	Lard
85	2017628	Fats and oils, lard, brand b	Lard
86	2017628	Fats and oils, lard, brand c	Lard
87	2017600	Fats and oils, margarine, stick, brand a	hCorn and Liquid Corn Oil, Canola Oil, Lecithin, Mono and Diglycerides
88	2017600	Fats and oils, margarine, stick, brand a	Liquid and hSoybean Oil
89	2017600	Fats and oils, margarine, stick, brand b	Vegetable Oil Blend (hSoybean and Cottonseed Oil), Vegetable Mono and Diglycerides and Soy Lecithin
90	2017600	Fats and oils, margarine, stick, brand c	Liquid Corn Oil, hCorn Oil, Vegetable Mono and Diglycerides and Soy Lecithin
91	2017600	Fats and oils, margarine, stick, brand d	Liquid Sunflower Oil, hSoybean Oil, hCottonseed Oil, Vegetable Mono and Diglycerides, Soy Lecithin
92	2017600	Fats and oils, margarine, stick, brand e	Vegetable Oil Blend (hSoybean and Cottonseed Oils), Vegetable Mono and Diglycerides, Soy Lecithin
93	2017600	Fats and oils, margarine, stick, brand f	Liquid Corn Oil, hCorn Oil, Vegetable Mono and Diglycerides and Lecithin
94	2017610	Fats and oils, margarine, stick, brand j	hSoybean Oil and hCottonseed Oil
95	2017610	Fats and oils, margarine, stick, brand k	hSoybean Oil and hCottonseed Oil
96	2017625	Fats and oils, margarine, stick, brand l	Liquid Canola Oil, hSoybean Oil, hCanola Oil, hCottonseed Oil, Mono and Diglycerides, Soy Lecithin
97	2017600	Fats and oils, margarine, tub, brand a	Liquid and hCorn Oil, Canola Oil, Mono and Diglycerides
98	2017600	Fats and oils, margarine, tub, brand a	hSoybean Oil, Soybean Oil, Mono and Diglycerides, Lecithin
99	2017601	Fats and oils, margarine, tub, brand a	Liquid and hSoybean Oil, Mono and Diglycerides, Lecithin
100	2017600	Fats and oils, margarine, tub, brand b	Liquid Soybean Oil, hSoybean Oil, Vegetable Lecithin
101	2017600	Fats and oils, margarine, tub, brand c	Liquid Sunflower Oil, hSoybean Oil
102	2017601	Fats and oils, margarine, tub, brand c	hCorn Oil, Mono and Diglycerides, and Soy Lecithin
103	2017600	Fats and oils, margarine, tub, brand d	Liquid Soybean Oil, hSoybean Oil, Vegetable Mono and Diglycerides, Soy Lecithin
104	2017600	Fats and oils, margarine, tub, brand i	Not Available
105	2017600	Fats and oils, mayonnaise, brand a	Soybean Oil, hSoybean Oil
106	2017600	Fats and oils, mayonnaise, brand b	Not Available

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
79	18.25	0.88	0.04	2.37	2.01	0.09	0.13	4.64
80	12.1	0.88	0.3	2.52	1.84	0.06	0.22	4.95
81	17.84	0.88	0	1.92	2.05	0.06	0.11	4.14
82	17.42	0.88	0.03	1.95	1.04	0.07	0.1	3.19
83	16.49	0.88	0.02	1.89	1.72	0.06	0.12	3.8
84	99.84	0.96	1.32	22.21	13.91	0.25	0.52	38.21
85	99.93	0.96	1.36	22.82	14.66	0.23	0.49	39.56
86	98.64	0.96	1.37	23.33	14	0.28	0.4	39.39
87	65.64	0.96	0	4.9	3.39	0.26	0.85	9.4
88	82.3	0.96	0.04	8.78	5.51	0.26	0.51	15.1
89	80.28	0.96	0	8.33	6.02	0.25	0.54	15.14
90	81.98	0.96	0	8.99	5.16	0.19	0.6	14.95
91	67.62	0.96	0.03	5.37	5.15	0.25	0.5	11.3
92	80.75	0.96	0	8.43	5.1	0.26	0.55	14.33
93	78.69	0.96	0	8.82	4.9	0.17	0.34	14.23
94	82.9	0.96	0.02	9.3	5.54	0.24	0	15.1
95	81.5	0.96	0.05	10.59	5.72	0.19	0	16.55
96	79.31	0.96	0.08	5.69	3.81	0.63	0.46	10.66
97	67.51	0.96	0	5.1	2.97	0.27	0.87	9.21
98	70.06	0.96	0.07	7.11	4.63	0.19	0.46	12.45
99	40.14	0.96	0.05	4.62	2.61	0.16	0.33	7.76
100	80.05	0.96	0.04	7.96	5.05	0.19	0.38	13.63
101	56.55	0.96	0.05	4.19	4.06	0.19	0.41	8.9
102	40.32	0.96	0	4.13	2.34	0.14	0	6.61
103	43.81	0.96	0.02	4.42	2.58	0.11	0.22	7.36
104	81.07	0.96	0	8.12	5.13	0.24	0.47	13.97
105	79.96	0.95	0.02	7.94	2.86	0.15	0.46	11.43
106	79.01	0.95	0.04	7.91	3.01	0.15	0.45	11.57

ID	14:1	16:1c	16:1lt	18:1lc	18:1lt	20:1	Mono FA Other	Mono FA Total
79	0	0.04	0	4.95	4.98	0.01	0	9.97
80	0.07	0.26	0.01	3.27	1.09	0.03	0	4.73
81	0	0	0	5.53	2.88	0.02	0	8.43
82	0	0.02	0	5.45	1.96	0.03	0	7.46
83	0	0.01	0	4.67	4.65	0	0	9.33
84	0	2.1	0	38.48	1.16	0.76	0	42.5
85	0	2.08	0	38.45	1.19	0.71	0	42.42
86	0	2.35	0	41.35	0.38	1.02	0	45.11
87	0	0.06	0	24.36	16.48	0.5	0.51	41.92
88	0	0	0	24.73	22.56	0.16	0	47.45
89	0	0	0	22.21	19.09	0	0	41.3
90	0	0	0	16.97	19.63	0.16	0	36.76
91	0	0.03	0	13.44	12.63	0.05	0	26.14
92	0	0.02	0	23.54	21.22	0.12	0	44.89
93	0	0.04	0	18.44	16.1	0.15	0	34.73
94	0	0.02	0	23.64	19.32	0	0.09	43.07
95	0	0.05	0	21.29	16.51	0	0.05	37.9
96	0	0.11	0	33.62	15.31	0.69	0.36	50.09
97	0	0.06	0	24.11	10.39	0.58	0.59	35.73
98	0	0.03	0	19.31	9.35	0.13	0	28.83
99	0	0.03	0	11.71	3.49	0.07	0	15.3
100	0	0.04	0	17.84	7.81	0	0	25.69
101	0	0.03	0	10.66	7.79	0.05	0	18.53
102	0	0	0	10.47	3.05	0	0	13.52
103	0	0.02	0	9.58	4.63	0.08	0	14.32
104	0	0.04	0	19.01	9.29	0.16	0	28.49
105	0	0.08	0	19.92	2.71	0.15	0	22.86
106	0	0.08	0	18.47	0	0.15	0	18.69

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
79	1.02	0.24	0.18	0	0	0	0	0	0	1.44	5.22	32.51
80	0.81	0.11	0.05	0	0.01	0	0	0	0	0.97	1.21	11.37
81	2.58	0.42	0.13	0	0	0	0	0	0	3.13	3.3	20.99
82	4.23	0.2	0.24	0	0	0	0	0	0	4.67	2.15	14.05
83	1.02	0.31	0.05	0	0	0	0	0	0	1.38	4.96	34.16
84	13	0.4	0.62	0	0.21	0	0	0	0.5	14.73	1.56	1.64
85	12.37	0.09	0.54	0	0.09	0	0	0	0.47	13.55	1.28	1.33
86	8.87	0	0.42	0	0	0	0	0	0.51	9.8	0.38	0.41
87	8.22	0.83	1.82	0.57	0	0	0	0	0	11.44	17.31	27.58
88	12.36	2.5	1.26	0	0	0	0	0	0	16.12	25.06	31.86
89	15.54	3.49	1.12	0.15	0	0	0	0	0	20.31	22.58	29.42
90	25.69	0.5	0.47	0	0	0	0	0	0	26.66	20.13	25.69
91	26.55	0.39	0.26	0	0	0	0	0	0	27.2	13.02	20.14
92	13.84	2.88	1	0	0	0	0	0	0.26	17.98	24.1	31.22
93	23.98	1.73	0.3	0.08	0	0	0	0	0.17	26.26	17.83	23.71
94	17.26	1.79	1.98	0.05	0	0	0	0	0	21.08	21.11	26.64
95	20.24	0.57	2.53	0.12	0	0	0	0	0	23.46	17.08	21.92
96	10.16	0.89	3.77	0.24	0	0	0	0	0	15.07	16.2	21.37
97	15.97	0.91	2.26	0.45	0	0	0	0	0	19.6	11.3	17.52
98	21.49	1.94	1.88	0.2	0	0	0	0	0.19	25.7	11.29	16.86
99	13.73	0.56	1.03	0	0	0	0	0	0	15.31	4.05	10.55
100	32.12	0.31	4.44	0.15	0	0	0	0	0.19	37.21	8.12	10.61
101	25.89	0.27	0.27	0	0	0	0	0	0.19	26.63	8.06	14.91
102	18.18	0	0.24	0	0	0	0	0	0	18.42	3.05	7.91
103	17.41	0.21	2.39	0.08	0	0	0	0	0.11	20.2	4.84	11.57
104	30.2	0.94	3.73	0.16	0	0	0	0	0	35.03	10.23	13.2
105	36.34	0.69	4.73	0.15	0	0	0	0	0	41.91	3.4	4.46
106	39.57	0.23	5.01	0.23	0	0	0	0	0	45.03	0.23	0.3

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
107	2017600	Fats and oils, salad dressing, french, brand a	Soybean Oil
108	2017600	Fats and oils, salad dressing, french, brand b	Soybean Oil
109	2017600	Fats and oils, salad dressing, italian, brand a	Not Available
110	2017600	Fats and oils, salad dressing, italian, brand c	Soybean Oil
111	2017625	Fats and oils, salad dressing, italian, reduced calorie, brand a	Soybean and Olive Oil
112	2017600	Fats and oils, salad dressing, ranch, brand a	hSoybean Oil
113	2017625	Fats and oils, salad dressing, ranch, reduced calorie, brand b	hSoybean Oil
114	2017625	Fats and oils, salad dressing, ranch, reduced calorie, brand d	hSoybean Oil
115	2017600	Fats and oils, shortening, brand a	hSoybean and Cottonseed Oil, Mono and Diglycerides
116	2017623	Fats and oils, shortening, brand a	hVegetable Oils (soybean and cottonseed), Mono and Diglycerides
117	2017624	Fats and oils, shortening, brand a	hVegetable Oils (soybean and cottonseed), Mono and Diglycerides
118	2017628	Fats and oils, shortening, brand a	hSoybean Oil and Cottonseed Oil, Monoglycerides, Diglycerides
119	2017600	Fats and oils, shortening, brand b	hSoybean and Palm Oil, Mono and Diglycerides
120	2017600	Fats and oils, shortening, brand c	hBlend of Meat Fats and Vegetable Oils, Mono and Diglycerides
121	2017600	Fats and oils, shortening, brand d	Not Available
122	2017600	Fats and oils, shortening, brand e	Vegetable Oils (hSoybean and hPalm), Mono and Diglycerides
123	2017600	Fats and oils, shortening, brand e	hSoybean Oil and hCottonseed Oils with Mono and Diglycerides
124	2017600	Fats and oils, shortening, brand f	hSoybean Oil
125	2017600	Fats and oils, shortening, brand g	Soybean Oil, Cottonseed Oil
126	2017628	Fats and oils, shortening, brand h	hSoy and Cottonseed Oil, Mono and Diglycerides
127	2017600	Fats and oils, shortening, butter flavored, brand a	hSoybean and Cottonseed Oils, Mono and Diglycerides
128	2017600	Fats and oils, spread, brand a	Vegetable Oil Blend (Liquid and hSoybean Oils), Vegetables Mono and Diglycerides, Soy Lecithin
129	2017600	Fats and oils, spread, brand b	hSoybean and Liquid Soybean Oil, Butter, Lecithin, Mono and Diglycerides
130	2017600	Fats and oils, spread, brand c	Liquid Corn Oil, hCorn Oil, Polyglycerol esters of Fatty Acids
131	2017600	Fats and oils, spread, brand d	Butter, Liquid Corn Oil, hCorn Oil, Vegetable Mono and Diglycerides, Soy Lecithin
132	2017601	Fats and oils, spread, brand e	Canola Oil, hSoybean Oil, Vegetable Mono and Diglycerides, Lecithin
133	2017625	Fats and oils, spread, extra light, brand f	Liquid Corn Oil, hCorn Oil, Vegetable Monoglycerides and Soy Lecithin (Emulsifiers)
134	2017600	Fats and oils, spread, light, brand d	Butter, Liquid Corn Oil, hCorn Oil, Vegetable Mono and Diglycerides, Soy Lecithin

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
107	39.76	0.96	0	4.01	1.45	0.12	0.38	5.97
108	39.02	0.96	0.02	3.82	1.49	0.1	0.29	5.72
109	40.66	0.96	0.08	4.24	1.58	0.11	0.37	6.37
110	54.75	0.96	0.03	5.43	1.99	0.11	0.33	7.89
111	21.96	0.96	0.05	2.17	0.94	0.16	0.2	3.53
112	43.35	0.96	0.04	4.2	1.73	0.12	0.8	6.9
113	2.29	0.96	0.01	0.21	0.1	0.01	0.02	0.36
114	23.62	0.96	0.03	2.28	0.87	0.18	0.15	3.51
115	100	0.96	0.19	12.63	10.86	0.36	0.72	24.75
116	97	0.96	0.26	15.11	11.49	0.34	0.37	27.57
117	99.8	0.96	0.19	12.75	11.56	0.31	0.62	25.43
118	99.48	0.96	0.19	12.72	11.17	0.24	0.68	25
119	100	0.96	0.19	13.03	10.4	0.31	0.66	24.59
120	100	0.96	3.2	23.55	17	0.09	0.35	44.19
121	100	0.96	0.19	12.14	11.66	0.32	0.95	25.24
122	100	0.96	0.29	15.05	11.04	0.26	0.82	27.45
123	100	0.96	0.14	11.08	11.08	0.46	1.38	24.15
124	100	0.96	0.05	10.15	8.71	0.46	1.39	20.76
125	100	0.96	0.19	12.5	12.5	0.32	0.95	26.46
126	99.89	0.96	0.14	11.6	11.47	0.46	0.49	24.16
127	100	0.96	0.19	12.49	11.16	0.38	0.76	24.98
128	80.31	0.96	0.04	8.07	5.54	0.29	1.07	15.01
129	73.34	0.96	0.25	8.28	4.81	0.17	0.84	14.33
130	19.47	0.96	0	2.03	0.83	0.04	0.13	3.03
131	83.27	0.96	3.85	15.09	6.47	0.26	5.64	31.33
132	70.1	0.96	0.03	4.68	4.51	0.39	0.32	9.92
133	38.83	0.96	0.02	3.91	2.44	0.19	0.17	6.72
134	52.97	0.96	2.1	8.99	3.98	0.13	3.32	18.51

ID	14:1	16:1c	16:1lt	18:1lc	18:1lt	20:1	Mono FA Other	Mono FA Total
107	0	0.02	0	8.41	0	0.11	0	8.54
108	0	0.02	0	8.58	0	0.11	0	8.71
109	0	0.04	0	9.02	0.08	0.08	0	9.22
110	0	0.03	0	11.95	0.01	0.1	0	12.1
111	0	0.03	0	6.4	0.08	0.05	0	6.56
112	0	0.08	0	12.43	2.72	0.08	0.12	15.44
113	0	0	0	0.7	0.19	0.01	0.01	0.91
114	0	0.03	0	7.32	1.55	0.05	0	8.95
115	0	0.05	0	26.26	15.88	0.38	0	42.56
116	0	0.07	0	29.57	9.64	0.08	0	39.36
117	0	0.05	0	32.67	9.15	0.13	0	42
118	0	0	0	31.06	13.73	0.08	0	44.86
119	0	0.1	0	28.56	16.24	0.19	0	45.09
120	0.59	2.66	0.1	33.99	9.71	0.25	0.09	47.38
121	0	0.05	0	27.28	17.44	0.19	0	44.96
122	0	0.05	0	24.32	15.34	0.19	0	39.89
123	0	0.05	0	29.14	14.14	0.19	0	43.52
124	0	0.05	0	30.69	9.38	0.19	0.46	40.77
125	0	0.05	0	32.23	28.93	0	0	61.21
126	0	0.07	0	30.39	20.82	0.21	0	51.5
127	0	0.05	0	25.37	15.93	0.29	0	41.63
128	0	0.04	0	18.76	23.95	0.08	0	42.83
129	0	0.04	0	20.34	20.76	0.11	0.17	41.41
130	0	0.01	0	4.75	2.69	0.04	0	7.49
131	0.32	0.72	0	14.1	17.04	0.08	0.26	32.52
132	0	0.05	0	34.64	8.65	0.66	0	44.01
133	0	0.02	0	9.44	5.2	0.07	0	14.73
134	0.2	0.41	0	11.39	8.76	0	0.13	20.89

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
107	20.38	0.27	2.7	0.15	0	0	0	0	0	23.5	0.27	0.72
108	19.83	0.21	2.72	0.11	0	0	0	0	0	22.87	0.21	0.56
109	20.19	0.46	2.39	0.23	0	0	0	0	0	23.27	0.54	1.39
110	28.29	0.24	3.62	0.21	0	0	0	0	0	32.36	0.25	0.49
111	9.71	0.11	1.09	0	0	0	0	0	0	10.91	0.19	0.91
112	16.75	0.99	1.32	0.04	0	0	0	0	0	19.1	3.71	8.95
113	0.74	0.11	0.06	0.01	0	0	0	0	0	0.91	0.3	13.8
114	8.27	1.29	0.53	0.03	0	0	0	0	0	10.12	2.83	12.54
115	21.28	5.38	1.63	0	0	0	0	0	0	28.29	21.26	22.24
116	20.95	3.34	1.51	0	0	0	0	0	0	25.79	12.98	13.99
117	23.67	2.86	1.44	0	0	0	0	0	0	27.98	12.01	12.59
118	20.31	3.42	1.5	0	0	0	0	0	0	25.23	17.15	18.03
119	19.93	4.33	1.34	0	0	0	0	0	0.31	25.92	20.58	21.52
120	2.86	0.87	0.3	0	0	0	0	0	0	4.03	10.68	11.17
121	19.83	4.28	1.1	0.19	0	0	0	0	0	25.4	21.72	22.72
122	23.08	3.6	1.29	0.29	0	0	0	0	0	28.25	18.94	19.81
123	23.22	3.28	1.34	0.1	0	0	0	0	0	27.93	17.42	18.22
124	27.62	4.63	1.82	0	0	0	0	0	0	34.07	14.01	14.66
125	4.17	3.62	0.14	0	0	0	0	0	0	7.93	32.55	34.05
126	14.23	5.03	0.47	0	0	0	0	0	0.1	19.83	25.86	27.08
127	22.22	4.91	1.86	0	0	0	0	0	0	28.99	20.84	21.8
128	15.42	1.83	1.69	0	0	0	0	0	0	18.94	25.78	33.58
129	11.4	1.71	1.26	0	0	0	0	0	0	14.37	22.47	32.05
130	7.82	0.1	0.17	0	0	0	0	0	0	8.09	2.79	15
131	14.66	0.58	0.52	0	0	0	0	0	0	15.75	17.62	22.14
132	9.18	0.43	3.49	0	0	0	0	0	0	13.1	9.09	13.56
133	14.9	0.46	0.26	0.05	0	0	0	0	0	15.67	5.66	15.24
134	10.46	0.33	0.46	0	0	0	0	0	0	11.24	9.09	17.95

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
135	2017600	Fats and oils, vegetable oil, brand a	Canola Oil
136	2017600	Fats and oils, vegetable oil, brand c	Sunflower Oil
137	2017601	Fats and oils, vegetable oil, brand d	Canola Oil
138	2017601	Fats and oils, vegetable oil, brand e	Olive Oil
139	2017601	Meat, beef, ground, 20.8% fat, cooked, broiled	No added fat
140	2017601	Meat, beef, ground, 20.8% fat, raw,	No added fat
141	2017601	Meat, beef, ground, 22.1% fat, cooked, broiled	No added fat
142	2017601	Meat, beef, ground, 22.1% fat, raw	No added fat
143	2017600	Poultry, chicken, broiler, composite, fat, raw	No added fat
144	2017600	Poultry, chicken, broiler, composite, skin, raw	No added fat
145	2017600	Poultry, turkey, breast meat, raw	No added fat
146	2017600	Poultry, turkey, burger, plain, cooked	No added fat
147	2017600	Poultry, turkey, burger, seasoned, cooked	No added fat
148	2017600	Poultry, turkey, composite, skin	No added fat
149	2017600	Poultry, turkey, composite, visible fat	No added fat
150	2017600	Poultry, turkey, dark meat, raw	No added fat
151	2017600	Poultry, turkey, ground, brand a, raw	No added fat
152	2017600	Poultry, turkey, ground, brand b, raw	No added fat
153	2017600	Poultry, turkey, ground, brand c, raw	No added fat
154	2017600	Poultry, turkey, ground, brand d, raw	No added fat
155	2017600	Poultry, turkey, ground, brand e, raw	No added fat
156	2017600	Poultry, turkey, ground, brand f, raw	No added fat
157	2017600	Poultry, turkey, ground, brand g, raw	No added fat
158	2017600	Poultry, turkey, ground, brand h, raw	No added fat
159	2017600	Poultry, turkey, ground, brand i, raw	No added fat
160	2017600	Poultry, turkey, ground, dark meat, raw	No added fat
161	2017625	Sausages and luncheon meats, bologna, beef, brand a	No Added Fat
162	2017625	Sausages and luncheon meats, bologna, beef, brand b	No Added Fat
163	2017625	Sausages and luncheon meats, bologna, pork and beef, brand a	No Added Fat
164	2017625	Sausages and luncheon meats, bologna, pork and beef, brand b	No Added Fat
165	2017625	Sausages and luncheon meats, frankfurter, beef, brand a	No Added Fat
166	2017625	Sausages and luncheon meats, frankfurter, beef, brand b	No Added Fat
167	2017625	Sausages and luncheon meats, frankfurter, beef, pork and veal	No Added Fat
168	2017625	Sausages and luncheon meats, frankfurter, pork and beef	No Added Fat
169	2017601	Sausages and luncheon meats, kielbasa, beef, cured	No added fat

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
135	100	0.96	0	3.73	1.82	0.3	0.64	6.48
136	100	0.96	0	6.12	4.78	0.43	0.86	12.2
137	100	0.96	0.03	4.02	1.91	0.66	0.41	7.03
138	100	0.96	0	12.1	2.84	0.41	0.19	15.54
139	17.64	0.88	0.48	4.06	2.37	0.02	0.31	7.23
140	21	0.89	0.61	4.9	2.77	0.02	0.37	8.67
141	20.66	0.88	0.56	4.7	2.6	0.02	0.38	8.26
142	22.13	0.89	0.63	5.05	2.57	0.02	0.4	8.67
143	68.14	0.95	0.52	15.72	3.37	0.1	0.47	20.19
144	34.32	0.91	0.25	7.5	1.59	0.04	0.16	9.54
145	2.02	0.76	0.01	0.33	0.16	0.01	0.04	0.54
146	16.98	0.88	0.15	2.88	1.01	0.02	0.07	4.13
147	17.08	0.88	0.15	2.99	1.17	0.02	0.07	4.39
148	39.8	0.92	0.36	7.92	2.42	0.06	0.21	10.97
149	68.09	0.95	0.65	14.05	4.54	0.11	0.35	19.7
150	5.15	0.86	0.04	0.96	0.41	0	0.07	1.49
151	7.4	0.88	0.07	1.42	0.49	0.01	0.03	2.03
152	7.18	0.88	0.08	1.3	0.57	0.01	0.02	1.98
153	9.42	0.88	0.09	1.73	0.65	0.01	0.04	2.52
154	5.92	0.88	0.06	1.23	0.43	0	0.02	1.74
155	10.59	0.88	0.1	2	0.77	0.01	0.04	2.91
156	8.72	0.88	0.08	1.64	0.65	0.01	0.03	2.41
157	10.77	0.88	0.09	1.59	0.65	0.01	0.05	2.39
158	8.71	0.88	0.08	1.34	0.55	0.01	0.03	2
159	8.26	0.88	0.08	1.59	0.62	0.01	0.04	2.34
160	8.71	0.88	0.08	1.72	0.62	0.01	0.04	2.47
161	29.43	0.95	0.83	6.38	4	0.03	0.86	12.11
162	23.39	0.95	0.75	5.56	3.83	0.04	0.85	11.03
163	29.14	0.95	0.36	6.24	3.35	0.06	0.16	10.17
164	28.28	0.95	0.42	6.14	3.11	0.05	0.2	9.92
165	28.67	0.93	0.84	6.61	3.63	0.03	0.76	11.87
166	33.8	0.93	1.01	7.43	4.05	0	0.88	13.38
167	27.24	0.93	0.54	5.75	3.19	0.04	0.43	9.95
168	27.79	0.93	0.36	5.83	3.01	0.05	0.17	9.41
169	29.39	0.95	0.85	6.96	3.69	0	0.49	12

ID	14:1	16:1c	16:1lt	18:1c	18:1lt	20:1	Mono FA Other	Mono FA Total
135	0	0.19	0	59.1	0.1	1.58	1.01	61.97
136	0	0.05	0	16.17	0.05	0.05	0	16.32
137	0	0.16	0.03	57.4	0	1.73	0.72	60.04
138	0	1.08	0.09	69.27	0	0.29	0	70.72
139	0.11	0.52	0.03	6.49	0.58	0.03	0	7.77
140	0.15	0.65	0.03	7.76	0.68	0.06	0.01	9.35
141	0.13	0.62	0.04	7.69	0.91	0.02	0.01	9.42
142	0.16	0.74	0.04	8.55	0.8	0.04	0.01	10.35
143	0.19	5.45	0.03	25.54	0.58	0.23	0.1	32.13
144	0.09	2.73	0.02	12.2	0.3	0.12	0.04	15.5
145	0	0.06	0	0.42	0.03	0	0.01	0.53
146	0.03	0.73	0.01	5.26	0.45	0.04	0.02	6.55
147	0.03	0.73	0.01	5.11	0.42	0.04	0.02	6.37
148	0.07	2.04	0.02	12.97	1.04	0.15	0.06	16.34
149	0.13	3.31	0.03	23.24	2.08	0.23	0.11	29.12
150	0.01	0.18	0	1.35	0.13	0.01	0.02	1.71
151	0.01	0.34	0.01	2.12	0.14	0.01	0.01	2.64
152	0.01	0.2	0.01	2.12	0.26	0.03	0.01	2.63
153	0.02	0.35	0.01	2.8	0.21	0.02	0.01	3.42
154	0.01	0.29	0.01	1.69	0.15	0.01	0.01	2.16
155	0.01	0.39	0.01	3.18	0.35	0.03	0.01	3.98
156	0.02	0.31	0.01	2.53	0.12	0.02	0.01	3.02
157	0.02	0.32	0.01	3.17	0.38	0.03	0.01	3.95
158	0.02	0.26	0.01	2.64	0.33	0.02	0.01	3.28
159	0.01	0.33	0.01	2.58	0.14	0.02	0.01	3.1
160	0.02	0.37	0.01	2.67	0.13	0.02	0.01	3.22
161	0.22	1.03	0	11.67	1.31	0.19	0.41	14.83
162	0.19	0.93	0	8.01	0.78	0.16	0.35	10.41
163	0.01	0.76	0	13.05	0.16	0.27	0.21	14.47
164	0.03	0.82	0	12.28	0.21	0.25	0.22	13.81
165	0.28	1.24	0	11.15	0.72	0.16	0.35	13.91
166	0.35	1.46	0	13.2	1.17	0.19	0.48	16.85
167	0.09	0.85	0	11.46	0.96	0.2	0.18	13.73
168	0.02	0.74	0	12.23	0.18	0.25	0.08	13.5
169	0.23	1.05	0	12.42	1.21	0.07	0.09	15.07

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
135	18.69	0.12	8.03	0	0	0	0	0	0.3	27.14	0.22	0.23
136	66.27	0.43	0.38	0	0	0	0	0	0	67.08	0.48	0.5
137	20.4	0.13	7.82	0	0	0	0	0	0.17	28.53	0.16	0.17
138	8.86	0	0.48	0	0	0	0	0	0	9.34	0.09	0.09
139	0.35	0.08	0.03	0	0.03	0	0	0	0.02	0.52	0.7	4.48
140	0.43	0.08	0.04	0	0.03	0	0	0	0.02	0.61	0.79	4.25
141	0.33	0.09	0.02	0	0.03	0	0	0	0.02	0.5	1.04	5.71
142	0.42	0.09	0.04	0	0.03	0	0	0	0.03	0.6	0.93	4.74
143	11.38	0.13	0.58	0	0.19	0.13	0	0	0.2	12.62	0.75	1.15
144	5.51	0.06	0.28	0	0.14	0.03	0.02	0.03	0.11	6.19	0.37	1.2
145	0.32	0	0.01	0	0.08	0	0.01	0.01	0.03	0.46	0.04	2.3
146	3.63	0.1	0.16	0.01	0.15	0.01	0.01	0.03	0.08	4.18	0.56	3.76
147	3.57	0.09	0.18	0.01	0.16	0.01	0.03	0.04	0.08	4.18	0.52	3.5
148	8.12	0.22	0.47	0	0.15	0	0	0	0.17	9.13	1.28	3.5
149	14.22	0.43	0.78	0	0.23	0.1	0	0	0.32	16.07	2.54	3.91
150	1.01	0.01	0.05	0	0.13	0	0	0	0.04	1.24	0.14	3.2
151	1.59	0.02	0.07	0	0.08	0	0	0	0.02	1.81	0.17	2.55
152	1.39	0.06	0.06	0	0.09	0	0.01	0.03	0.02	1.67	0.32	5.15
153	1.97	0.04	0.09	0	0.12	0	0.02	0.03	0.03	2.3	0.26	3.1
154	1.07	0.04	0.05	0	0.08	0	0.01	0	0.02	1.28	0.19	3.76
155	2.03	0.07	0.09	0	0.12	0	0.01	0.01	0.04	2.37	0.43	4.66
156	1.92	0.02	0.13	0	0.08	0	0.01	0	0.03	2.2	0.15	2
157	2.66	0.07	0.17	0	0.1	0	0.01	0.03	0.03	3.08	0.46	4.9
158	2.03	0.06	0.12	0	0.07	0	0.01	0.02	0.02	2.34	0.4	5.19
159	1.56	0.02	0.06	0.01	0.08	0	0.01	0.01	0.03	1.78	0.17	2.3
160	1.7	0.03	0.07	0	0.08	0	0	0.01	0.02	1.93	0.16	2.15
161	0.59	0.22	0.1	0	0	0	0	0	0	0.9	1.52	5.48
162	0.26	0.29	0.12	0	0	0	0	0	0	0.68	1.07	4.85
163	2.57	0	0.14	0	0.08	0	0	0	0.14	2.93	0.16	0.56
164	2.65	0	0.17	0	0.07	0	0	0	0.13	3.02	0.21	0.78
165	0.51	0.27	0.1	0	0	0	0	0	0	0.88	0.99	3.71
166	0.85	0.23	0.13	0	0	0	0	0	0	1.21	1.4	4.44
167	1.36	0.05	0.1	0	0.06	0	0	0	0.08	1.65	1.01	3.97
168	2.56	0	0.14	0	0.08	0	0	0	0.14	2.92	0.18	0.7
169	0.69	0.06	0.07	0	0.03	0	0	0	0	0.85	1.27	4.55

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
170	2017625	Sausages and luncheon meats, link sausage, pork, raw	No Added Fat
171	2017601	Sausages and luncheon meats, pepperoni, pork and beef	No added fat
172	2017625	Sausages and luncheon meats, pork sausage, fresh, raw	No Added Fat
173	2017625	Snacks, granola bar, chewy, chocolate chip, brand a	hVegetable Oil (Soybean and/or Cottonseed Oil)
174	2017601	Snacks, popcorn, microwave-popped, brand a	hSoybean Oil
175	2017601	Snacks, popcorn, microwave-popped, brand b	hSoybean Oil
176	2017601	Snacks, popcorn, microwave-popped, low fat, brand a	hSoybean Oil
177	2017625	Snacks, popcorn, oil-popped, brand a	hSoybean Oil
178	2017625	Snacks, popcorn, oil-popped, brand b	No Information Given
179	2017628	Snacks, pork rinds, brand a	No Added Fat
180	2017628	Snacks, pork rinds, brand b	No Added Fat
181	2017628	Snacks, pork rinds, brand c	No Added Fat
182	2017600	Snacks, potato chips, brand a	Vegetable Oil (Contains one or more of the following: Sunflower Oil, Corn Oil, Cottonseed Oil, hSunflower Oil, hSoybean Oil, Peanut Oil and/or hCottonseed Oil)
183	2017600	Snacks, potato chips, brand a	Vegetable Oil (Contains one or more of the following: Sunflower Oil, Canola Oil, Corn Oil, Cottonseed Oil, hSunflower Oil, hCanola Oil, hSoybean Oil, Peanut Oil and/or hCottonseed Oil)
184	2017601	Snacks, potato chips, brand a	Information Not Given
185	2017600	Snacks, potato chips, brand b	Cottonseed Oil
186	2017601	Snacks, potato chips, brand b	Cottonseed Oil
187	2017600	Snacks, potato chips, brand c	Not Available
188	2017600	Snacks, potato chips, brand c	Cottonseed Oil
189	2017601	Snacks, potato chips, brand c	Vegetable Oil (May contain one or more of the following: Cottonseed, Corn, Peanut, Canola, hSoybean, hCottonseed)
190	2017601	Snacks, potato chips, brand d	Vegetable Oil (Contains one or more of the following: hCottonseed Oil, hSoybean Oil, Peanut Oil or Corn Oil)
191	2017601	Snacks, potato chips, brand e	hVegetable Oil (Contains one or more of the following: Cottonseed, Peanut, Corn, Soybean)
192	2017600	Snacks, potato chips, store brand	Cottonseed Oil, Safflower Oil
193	2017600	Snacks, potato chips, store brand	Vegetable Oil (Contains one or more of the following oils: Cottonseed, Corn, Soybean)
194	2017601	Snacks, tortilla chips, brand a	Vegetable Oil (Contains one or more of the following: Corn Oil, Sunflower Oil, Cottonseed Oil, hSunflower Oil, hSoybean Oil, and/or Canola Oil and hCanola Oil)

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
170	28.9	0.94	0.36	6.16	2.97	0.07	0.12	9.67
171	41.34	0.95	0.8	9.79	5.46	0.06	0.42	16.53
172	28.26	0.94	0.33	6.01	3.14	0.07	0.11	9.67
173	11.63	0.95	0.31	1.39	1.37	0.05	1.18	4.3
174	25.58	0.94	0	3.02	2.76	0.09	0.1	5.97
175	24.36	0.94	0	2.8	2.38	0.09	0.11	5.37
176	11.02	0.94	0	1.3	1.16	0.04	0.05	2.56
177	37.22	0.94	0	3.91	3.89	0.15	0.23	8.18
178	23.67	0.94	0.04	2.73	2.47	0.08	0.12	5.45
179	32.21	0.95	0.44	6.61	2.46	0.05	0.16	9.72
180	36.76	0.95	0.51	8.03	3.82	0.07	0.23	12.66
181	35.35	0.95	0.48	7.52	2.85	0.06	0.22	11.12
182	31.93	0.96	0.24	7.22	0.76	0.06	0	8.29
183	37.48	0.96	0.02	4.29	1.56	0.18	0.18	6.23
184	34.75	0.96	0.22	7.99	0.84	0.09	0.05	9.19
185	36.46	0.96	0.28	8.21	0.79	0.06	0.02	9.36
186	35.22	0.96	0.16	8.28	0.82	0	0	9.26
187	28.97	0.96	0.19	6.07	0.76	0.07	0	7.1
188	32.28	0.96	0.22	6.67	0.77	0.06	0	7.72
189	39.15	0.96	0.32	8.96	1.12	0.13	0.19	10.73
190	38.21	0.96	0.28	8.88	1.23	0.14	0.1	10.63
191	33.51	0.96	0	3.74	1.64	0.06	0.06	5.51
192	31.75	0.96	0.23	6.4	0.74	0.06	0	7.43
193	30.74	0.96	0.21	6.66	0.77	0.09	0	7.72
194	25.63	0.92	0	2.55	1.02	0	0	3.57

ID	14:1	16:1c	16:1lt	18:1lc	18:1lt	20:1	Mono FA Other	Mono FA Total
170	0	0.89	0	13.43	0.09	0.36	0.08	14.85
171	0.13	1.15	0	18.01	0.36	0.18	0	19.83
172	0	0.82	0	12.86	0.09	0.38	0.07	14.21
173	0	0.01	0	3.77	1.77	0.02	0	5.58
174	0	0	0	7.72	7.25	0.03	0	14.99
175	0	0	0	7.4	6.97	0.02	0	14.38
176	0	0	0	3.33	2.99	0.01	0	6.33
177	0	0.62	0	11.73	11.48	0.07	0	23.9
178	0	0.02	0	8.57	5.25	0.04	0	13.88
179	0	1.2	0	15.39	0.21	0.3	0.12	17.23
180	0	1.02	0	16.34	0.41	0.37	0.14	18.27
181	0	1.38	0	16.99	0.18	0.33	0.18	19.05
182	0	0.15	0	5.14	0	0	0	5.29
183	0	0.02	0	11.42	8.04	0.07	0	19.55
184	0	0.17	0	6.27	0	0	0	6.44
185	0	0.2	0	5.74	0.03	0	0	5.97
186	0	0.15	0	5.87	0	0	0	6.02
187	0.01	0.14	0	5.13	0	0	0	5.28
188	0	0.15	0	5.74	0.03	0	0	5.93
189	0	0.18	0	9.8	3.85	0.03	0	13.85
190	0	0.16	0	8.88	1.96	0	0	11
191	0	0	0	11.85	3.26	0	0	15.11
192	0.02	0.15	0	5.29	0.02	0.01	0	5.48
193	0	0.15	0	5.57	0.01	0.01	0	5.74
194	0	0	0	10.46	3.55	0	0	14.01

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
170	2.35	0	0.09	0	0.08	0	0	0	0.09	2.61	0.09	0.35
171	2.43	0	0.11	0	0.1	0	0	0	0.11	2.75	0.36	0.93
172	2.3	0.02	0.08	0	0.07	0	0	0	0.18	2.65	0.11	0.41
173	0.88	0.19	0.03	0	0	0	0	0	0	1.11	1.96	17.88
174	2.66	0.41	0.09	0	0	0	0	0	0	3.16	7.65	31.74
175	2.71	0.44	0.07	0	0	0	0	0	0	3.22	7.4	32.23
176	1.3	0.17	0.03	0	0	0	0	0	0	1.5	3.16	30.37
177	2.03	0.89	0.09	0	0	0	0	0	0	3.01	12.37	35.24
178	2.18	0.75	0.05	0	0	0	0	0	0	2.98	6	26.89
179	3.17	0.03	0.13	0	0.1	0.02	0	0	0.24	3.7	0.25	0.81
180	3.45	0.17	0.15	0	0.07	0	0	0	0.23	4.07	0.58	1.66
181	3.03	0	0.12	0	0.09	0	0	0	0.23	3.47	0.18	0.55
182	16.7	0.15	0.09	0	0	0	0	0	0	16.94	0.15	0.5
183	7.02	2.6	0.2	0.23	0	0	0	0	0	10.05	10.64	29.71
184	17.51	0	0.07	0	0	0	0	0	0	17.58	0	0
185	19.19	0.29	0.05	0	0	0	0	0	0	19.52	0.31	0.9
186	18.39	0	0	0	0	0	0	0	0	18.39	0	0
187	15.21	0.06	0.06	0	0	0	0	0	0	15.32	0.06	0.2
188	17.07	0.09	0.05	0	0	0	0	0	0	17.21	0.12	0.4
189	12.58	0.1	0.16	0	0	0	0	0	0	12.84	3.95	10.54
190	14.65	0.16	0.09	0	0	0	0	0	0	14.9	2.11	5.79
191	10.47	0.44	0.51	0	0	0	0	0	0	11.42	3.7	11.54
192	17.26	0.12	0.06	0	0	0	0	0	0	17.44	0.14	0.45
193	15.8	0.08	0.05	0	0	0	0	0	0	15.93	0.1	0.33
194	5.37	0.57	0.06	0	0	0	0	0	0	6	4.12	17.48

Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids

ID	Document	Description	Fat added
195	2017628	Soups, bouillon cubes, beef, brand a	Beef Fat, hVegetable Oil (Soybean Oil and/or Palm Oil and/or Cottonseed Oil)
196	2017628	Soups, bouillon cubes, beef, brand b	Beef Fat, hCottonseed Oil
197	2017628	Soups, bouillon cubes, beef, store bulk	Beef Fat
198	2017628	Soups, bouillon cubes, chicken, brand a	Chicken Fat
199	2017628	Soups, bouillon cubes, chicken, brand b	hCottonseed Oil, Chicken Fat
200	2017628	Soups, bouillon cubes, chicken, store bulk	Chicken Fat
201	2017601	Sweets, candies, milk chocolate coated cookie bar with caramel	hSoybean Oil, Cocoa Butter, Soy Lecithin
202	2017601	Sweets, candies, milk chocolate coated nougat with caramel bar, brand a	hSoybean Oil, Cocoa Butter, Soy Lecithin
203	2017601	Sweets, candies, milk chocolate, brand a	Cocoa Butter, Soya Lecithin
204	2017601	Sweets, frostings, chocolate, creamy, ready-to-eat, brand a	hVegetable Oil (Soybean, Cottonseed), Mono and Diglycerides, Lecithin
205	2017601	Sweets, frostings, chocolate, creamy, ready-to-eat, brand b	Margarine (hSoybean and or Cottonseed Oils), Mono and Diglycerides
206	2017601	Sweets, frostings, chocolate, creamy, ready-to-eat, brand c	Not Available
207	2017601	Sweets, frostings, marble, creamy, ready-to-eat, brand a	hVegetable Oil (Soybean, Cottonseed), Mono and Diglycerides
208	2017601	Sweets, frostings, vanilla, creamy, ready-to-eat, brand a	Margarine (hSoybean and or Cottonseed Oils), Mono and Diglycerides
209	2017601	Sweets, frostings, vanilla, creamy, ready-to-eat, brand b	hVegetable Shortening (Soybean and Cottonseed Oils), Soy Lecithin, Mono and Diglycerides
210	2017600	Sweets, frozen desserts, ice cream, vanilla, brand a	Milkfat
211	2017600	Sweets, frozen desserts, ice cream, vanilla, brand b	Milkfat, Mono and Diglycerides
212	2017600	Vegetables, potatoes, french-fried, frozen, unprepared, brand a	hVegetable Oil (Soybean and/or Canola)
213	2017600	Vegetables, potatoes, french-fried, frozen, unprepared, brand a	hVegetable Oil (Soybean and/or Canola)
214	2017600	Vegetables, potatoes, french-fried, frozen, unprepared, brand b	Vegetable Oil (Contains one or more of the following: Palm Oil, hSoybean Oil)

ID	Total fat	Lipid Conv factor	14:0	16:0	18:0	20:0	Sat FA Other	Sat FA Total
195	4.84	0.93	0.16	1.1	0.85	0.01	0.24	2.36
196	20.63	0.93	0.38	4.14	5.34	0.05	0.3	10.22
197	0.7	0.93	0	0.06	0.06	0	0	0.13
198	5.14	0.96	0.04	0.93	0.29	0.01	0.03	1.3
199	22.33	0.96	0.14	4.46	5.56	0.06	0.09	10.32
200	0.83	0.96	0	0.09	0.09	0	0	0.2
201	25.3	0.94	0.06	4.32	4.87	0.13	0	9.38
202	19.65	0.88	0.37	3.9	4.24	0.12	0.41	9.04
203	32.39	0.96	0.71	9.08	6.95	0.23	0.69	17.65
204	18.48	0.96	0.01	2.56	3.08	0.06	0.09	5.79
205	18.23	0.96	0.01	2.33	3.68	0.07	0.09	6.18
206	18.15	0.96	0	2.47	2.71	0.07	0.09	5.34
207	17.08	0.95	0	2.25	2.74	0.06	0.08	5.14
208	16.32	0.95	0	1.92	2.64	0.06	0.03	4.65
209	17.18	0.95	0	2.01	2.2	0.08	0.08	4.37
210	12.35	0.94	1.26	3.39	1.57	0.06	1.69	7.98
211	9.91	0.94	0.99	2.71	1.2	0.05	1.38	6.33
212	10.09	0.9	0	0.99	0.67	0.03	0.1	1.79
213	7.63	0.9	0	0.77	0.47	0.03	0.08	1.35
214	5.12	0.9	0.01	0.68	0.48	0.02	0.04	1.23

ID	14:1	16:1c	16:1lt	18:1lc	18:1lt	20:1	Mono FA Other	Mono FA Total
195	0.02	0.13	0	1.45	0.3	0.01	0.04	1.95
196	0.07	0.33	0	5.17	3.01	0.05	0	8.64
197	0	0	0	0.27	0.22	0	0	0.48
198	0.01	0.21	0	2.25	0.05	0.02	0.02	2.56
199	0.02	0.65	0	4.88	3.82	0.04	0.01	9.42
200	0	0	0	0.22	0.32	0	0	0.55
201	0	0	0	6.92	6.15	0	0	13.07
202	0.02	0.06	0	5.9	1.45	0	0	7.43
203	0.05	0.15	0.01	11.79	0.06	0.02	0	12.08
204	0	0	0	6.63	3.32	0.01	0	9.96
205	0	0	0	6.44	3.19	0.02	0	9.66
206	0	0.01	0	6.81	2.96	0.02	0	9.81
207	0	0	0	5.92	3.51	0.02	0	9.44
208	0	0	0	5.17	3.5	0	0	8.67
209	0	0	0	5.92	3.72	0	0	9.64
210	0.1	0.22	0	2.46	0.31	0	0.06	3.16
211	0.07	0.17	0	2.02	0.29	0.02	0.05	2.62
212	0	0	0	3.04	3.12	0.02	0.03	6.22
213	0	0	0	2.45	2.25	0.01	0.03	4.74
214	0	0	0	1.35	1.48	0.01	0.02	2.86

ID	18:2 n-6	18:2 trans	18:3 n-3	18:3 non n-3	20:4 n-6	20:5 n-3	22:5 n-3	22 6 n-3	Poly FA Other	Poly FA Total	Trans FA total	Trans FA %
195	0.14	0.03	0.02	0	0	0	0	0	0	0.19	0.33	7.44
196	0.12	0.19	0.02	0	0	0	0	0	0	0.33	3.2	16.7
197	0.03	0.01	0	0	0	0	0	0	0	0.04	0.22	34.49
198	1.02	0.01	0.03	0	0	0	0	0	0	1.05	0.05	1.08
199	1.48	0.03	0.07	0	0.03	0	0	0	0	1.62	3.85	18.04
200	0.04	0.01	0	0	0	0	0	0	0	0.05	0.33	41.86
201	0.56	0.77	0	0	0	0	0	0	0	1.33	6.92	29.1
202	0.54	0.15	0.04	0	0	0	0	0	0	0.73	1.6	9.29
203	1.11	0.03	0.09	0	0.01	0	0	0	0	1.23	0.1	0.31
204	1.7	0.2	0.01	0	0	0	0	0	0	1.91	3.52	19.91
205	1.3	0.25	0.03	0	0	0	0	0	0	1.58	3.44	19.72
206	1.63	0.51	0.05	0	0	0	0	0	0	2.2	3.47	20.01
207	1.51	0.12	0.03	0	0	0	0	0	0	1.65	3.62	22.32
208	1.9	0.15	0.14	0	0	0	0	0	0	2.19	3.65	23.54
209	1.9	0.32	0.09	0	0	0	0	0	0	2.3	4.04	24.74
210	0.31	0.12	0.05	0	0.03	0	0	0	0	0.51	0.44	3.76
211	0.25	0.09	0.02	0	0.02	0	0	0	0	0.39	0.39	4.14
212	0.74	0.26	0.06	0	0	0	0	0	0	1.07	3.38	37.29
213	0.49	0.24	0.04	0	0	0	0	0	0	0.77	2.48	36.19
214	0.24	0.25	0.03	0	0	0	0	0	0	0.52	1.72	37.37