

Product name	Serving size	Serving mass(g)	Trans fat per serving (g)
Tim Horton's bran muffin	1 muffin	113	0.49
Pepperridge Farm giant goldfish	4 crackers	29	1.62
Kellog's Blueberry Eggo Waffles	2 waffles	78	2.11
Doritos corn chips	12 chips	28	1.09
Betty Crocker Fruit Roll-ups	1 roll	14	0.35
McCain Pizza	1 pocket	100	0.26
Pockets Blue water frozen fish	1 fillet	74	2.59
Orville Redenbacher's	4 cups of popped corn	44	5.72
Arrow root	1 biscuit	7	0.32
Handisnackpeanut butter crackers	1 package	35	1.75

### **Trans Fat Test on Processed Foods ( Globe and Mail)**

Dr.Anca Martalog,N.D.-survivors' coach

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