

Trans Fat in French Fries

Center for Science in the Public Interest

Hospital	Standard Serving *
Hospital of the University of Pennsylvania, Philadelphia	5.3
University of Michigan Medical Center, Ann Arbor	4.9
UCLA Medical Center, Los Angeles	4.6
University of Washington Medical Center, Seattle	4.5
University of California San Francisco Medical Center, CA	4.1
Children's National Medical Center, Washington, DC	4.1
St. Louis Children's Hospital, MO	3.9
Stanford Medical Center and Clinic, Palo Alto, CA	3.4
Barnes-Jewish Hospital, St. Louis, MO	3.2
Duke University Medical Center, Durham, NC	3.0
Brigham and Women's Hospital, Boston	2.1
Children's Medical Center Dallas	2.0
Children's Hospital of Boston	1.9
New York Presbyterian University Hospital of Columbia and Cornell	1.8
University of Pittsburgh Medical Center	1.8
Rainbow Babies and Children's Hospital, Cleveland	1.4
University of Chicago Hospital	1.3
Children's Hospital of Pennsylvania, Philadelphia	1.2
Others	
McDonald's fries, large (company data)	8
United States Department of Agriculture, Washington	5.8
National Institutes of Health, Bethesda, MD	0.2
Ruth's Chris Steakhouse, Washington	0.1
Food and Drug Administration, Rockville, MD	0.1

* Since serving sizes varied widely, from 13 ounces to 3 ounces, CSPI used a standardized serving size of 6 ounces to make an apples-to-apples comparison. That's the size of a large McDonald's French fries and is actually slightly smaller than the 6.3-ounce average of CSPI's samples. The Dietary Guidelines Advisory Committee advises Americans to get no more than 1 percent of calories from trans fat, or about 2 grams per day.