	Brand	Parent Company	Product	Trans g/serving
1	White Castle	White Castle System	Haas Chocolate Frosted Donuts*	9
2	Long John Silver's	LJS Partners LLC	Breaded Clam Strips	7
3	Celeste	Pinnacle Food Group, Inc.	Pizza for 1 (Original, Meatball, and Vegetable varieties)	5
4	Marie Callender's	American Pies	Lattice Apple Pie	5
5	Pop Secret	Diamond Foods, Inc.	Butter (Natural & Artificial flavor)	5
6	Pop Secret	Diamond Foods, Inc.	Extra Butter	5
7	Pop Secret	Diamond Foods, Inc.	Homestyle Popcorn	5
8	Pop Secret	Diamond Foods, Inc.	Old Fashioned Kettle Corn	5
9	Pop Secret	Diamond Foods, Inc.	1 Step Cheddar Popcorn	5
10	Utz	Utz Quality Foods, Inc.	Hulless Puff'n Corn - Cheese Flavored	5
11	Celeste	Pinnacle Food Group, Inc.	Pizza for 1 (Sausage & Pepperoni variety)	4.5
12	Pop Secret	Diamond Foods, Inc.	Jumbo Pop Premium Butter Popcorn	4.5
13	Pop Secret	Diamond Foods, Inc.	Movie Theater Butter	4.5
14	Jolly Time	American Pop Corn Company	Blast O Butter Popcorn	4
15	Jolly Time	American Pop Corn Company	Sassy Salsa Popcorn	4
16	Marie Callender's	American Pies	Chocolate Satin Pie	4
17	Marie Callender's	American Pies	Dutch Apple Pie	4
17	Celeste	Pinnacle Food Group, Inc.	Pizza for 1 (Pepperoni and Deluxe varieties)	3.5
19	Marie Callender's	American Pies	Peach Cobbler	3.5
20	Marie Callender's	American Pies	Pumpkin Pie	3.5
21	Marie Callender's	American Pies	Razzleberry Pie	3.5
22	Pillsbury	General Mills	Grands! Biscuits 12 (Southern Style and Buttermilk varieties)Freezer to Oven	3.5
23	Pillsbury	General Mills	Grands! Homestyle Biscuits (Butter Tastin', Southern Style, and Reduced Fat Wheat varieties)	3.5
24	Safeway	Safeway Inc.	Vanilla Crème Wafer Cookies,	3.5
25	Shore Lunch	Sportsman's Recipes, Inc.	Creamy Potato Soup Mix (Made from Scratch Quality)	3.5
26	Utz	Utz Quality Foods, Inc.	Hulless Puff'n Corn	3.5
27	Aunt Jemima	Pinnacle Food Group, Inc.	Biscuit Sandwiches Sausage, Egg & Cheese On A Biscuit	3
28	Betty Crocker	General Mills	Helper Complete Meals (Chicken & Buttermilk biscuits)	3
29	Gardetto's	General Mills	Roasted Garlic Rye Chips	3
30	Giant	Giant Brands Inc.	Jumbos Buttermilk Biscuits	3
31	Giant	Giant Brands Inc.	Graham Cracker Pie Crust	3
32	Great Value	Wal-Mart Stores, Inc.	Stick Margarine	3
33	Jimmy Dean	Sara Lee Corporation	Croissant Sandwiches (Ham & Cheese variety)	3
34	Jimmy Dean	Sara Lee Corporation	Croissant Sandwiches (Sausage, Egg and Cheese variety)	3
35	Marie Callender's	American Pies	Cherry Crunch Pie	3

36	Martin's	Martin's Potato Chips Inc.	Kettle-Cook'd Hand Cooked Potato Chips	3
37	Pepperidge Farm	Pepperidge Farm, Inc.	Lemon 3-Layer Cake (Luscious Lemon Flavor)	3
38	Sara Lee	Sara Lee Corporation	Chocolate Mint Crème Pie	3
39	Southeastern Mills	Southeastern Mills, Inc.	Buttermilk Biscuit Mix - Just Add Water	3
40	Betty Crocker	General Mills	Pie Crust Mix	2.5
41	DiGiorno	Kraft Foods, Inc.	For One Traditional Crust (Pepperoni Pizza made with Pork, Chicken, and Beef)	2.5
42	Giant	Giant Brands Inc.	Stick Margarine	2.5
43	Jimmy Dean	Sara Lee Corporation	Biscuit Sandwiches (Sausage Egg & Cheese, Ham & Cheese, Bacon Egg & Cheese varieties)	2.5
44	Jimmy Dean	Sara Lee Corporation	Chicken Biscuit Sandwiches (Breaded Chicken Breast Patty on a Biscuit)	2.5
45	Land O'Lakes	Land O'Lakes, Inc.	Stick Margarine	2.5
46	Marie Callender's	ConAgra Foods, Inc.	Deep Dish Pie Shells (frozen)	2.5
47	Pillsbury	General Mills	Grands! Cinnamon Rolls with Icing	2.5
48	Pillsbury	General Mills	Crescent Rolls (Big and Flakey)	2.5

\*White Castle's Haas Chocolate Frosted Donuts are regionally marketed