

Table 1. Label information of analyzed products: Energy values (kcal/100g), fat content (g/100g product), main lipid fractions (g/100g product), source of lipids and weight of serving.

| | Energy values | Total Fat | SFA | MUFA | PUFA | Observations | Serving size ^a |
|---------------------------------|---------------|-----------|-------|-------|------|--|---------------------------|
| Sobaos | | | | | | | |
| Brand 1 <i>store brand</i> | 446 | 25.3 | 11.4 | 8.1 | 5.3 | - | |
| Brand 2 <i>store brand</i> | 457 | 25.9 | 11.8 | - | - | No partially hydrogenated vegetable fats | 2 units (40g) |
| Brand 3 <i>premium brand</i> | 463 | 23.8 | - | - | - | No hydrogenated fats | |
| Mini Ensamadas | | | | | | | |
| Brand 1 <i>store brand</i> | 428 | 23.9 | 12.2 | 8.8 | 2.9 | No trans fats | 1 unit (37g) |
| Brand 2 <i>store brand</i> | 475 | 27.0 | 13.0 | - | - | - | |
| Brand 3 <i>premium brand</i> | 467 | 27 | - | - | - | No hydrogenated fats | |
| Mini Puff Pastry Palms | | | | | | | |
| Brand 1 <i>store brand</i> | 554 | 35.8 | 19.4 | - | - | - | |
| Brand 2 <i>store brand</i> | 498 | 26 | - | - | - | Web information: No trans fats | 2 units (30g) |
| Brand 3 <i>premium brand</i> | 553 | 33.32 | 15.79 | 10.40 | 7.13 | - | |
| Mini Croissant | | | | | | | |
| Brand 1 <i>store brand</i> | - | - | - | - | - | - | |
| Brand 2 <i>store brand</i> | 486 | 30.5 | 15.6 | 10.6 | 4.1 | No partially hydrogenated vegetable fats | 1 unit (20g) |
| Brand 3 <i>premium brand</i> | 434 | 22.5 | 11.6 | 7.8 | 2.9 | - | |
| Mini Chocolate Croissant | | | | | | | |
| Brand 1 <i>store brand</i> | 510 | 32.0 | 14.0 | - | - | - | 1 unit (45g) |
| Brand 2 <i>store brand</i> | 513 | 32.0 | 13.0 | - | - | - | |
| Brand 3 <i>premium brand</i> | 523 | 33 | - | - | - | No hydrogenated fats | |
| Chocolate Nut Spread | | | | | | | |
| Brand 1 <i>store brand</i> | 563 | 36.3 | - | - | - | - | |
| Brand 2 <i>store brand</i> | 575 | 36.4 | 9.8 | 20.0 | 6.2 | - | 30g |
| Brand 3 <i>premium brand</i> | 530 | 31 | 10.3 | - | - | - | |

SFA: saturated fatty acids; MUFA: monounsaturated fatty acids; PUFA: polyunsaturated fatty acids; - not shown in labels. ^aAccording to labels or food composition tables (Moreiras, Carbajal, Cabrera & Cuadrado, 2011)