



SaltSwitch Survey 2017 - Full data

Notes:

Data per 100g and per serving was collected using FoodSwitch database.

Products in this release were collected online and in store from the week commencing 20.02.2017.

See CASH website for further information.

Data sorted by Salt Reduction Targets food category

Colour coding according to DH Front of Pack Guidance: Green $\leq 0.3/100g$, Amber $>0.3 - \leq 1.5g$, Red $>1.5g /100g, >1.8g/serving$ for salt

Per serving nutrition information for salt calculated from per 100g and serving size

Serving size as stated on pack. Where serving size was not stated on pack, this was calculated from pack size and number of servings per pack where given

Where pack size was missing this was calculated from serving size and no. of servings per pack where given

Brand	Main Category, (Subcategory), Product Name	Pack Size (g)	Servings Per Pack	Serving Size (g)	Salt (g) per serving	Salt (g) per 100g/ml	Salt Target	Meets 2017 maximum salt target
1. Meat Products (Burgers and Grill Steaks)								
Sainsbury's	Sainsbury's 8 Beef Burgers with a Hint of Seasoning	454	8	56.8	0.42	1.25	0.88	No
Waitrose	Essential Waitrose 4 Quarter Pounders 100% British Beef	454	4	113.5	0.62	0.77	0.88	Yes
2. Bread (Rolls)								
Morrisons	Morrisons White Sliced Rolls 6 Pack	354	6	59	0.6	0.9	0.9	Yes
Waitrose	Waitrose Love Life 4 Wholemeal Seeded Rolls	285	4	72	0.31	0.43	0.9	Yes
3. Breakfast Cereals (Breakfast Cereals)								
Kellogg's	Kellogg's Crunchy Nut Nuts & Caramel Bites	360	9	40	0.45	1.13	1	No
Jordans	Jordans Country Crisp with Sun-Ripe Strawberries	500	11	45	0.01	0.03	1	Yes
4. Cheese (Cottage Cheese - plain and flavoured)								
Holy Cow	Holy Cow Organic Cottage Cheese	200	10	20	0.2	1	0.53	No
Iceland	Iceland Cottage Cheese with Pineapple	250	4	62.5	0.13	0.2	0.53	Yes
5. Butter (Salted butters and buttery spreads)								
Sainsbury's	Sainsbury's Taste the Difference West Country Farmhouse Butter with Cornish Sea Salt	250	25	10	0.12	2.13	1.68	No
Marks & Spencer	Marks & Spencer Salted Farmhouse Goat's Butter	125	Not stated	Not Stated	Not Stated	1	1.68	Yes
6. Fat Spreads (Margarines/other spreads)								
Bertolli	Bertolli Spread with Butter	400	40	10	0.15	1.5	1.38	No
Lurpak	Lurpak Lighter Spreadable with Olive Oil	500	Not stated	Not Stated	Not Stated	0.9	1.38	Yes
7. Baked Beans (Baked beans in tomato sauce without accompaniments)								
Branston	Branston Baked Beans	410	2	205	1.85	0.9	0.56	No
Sainsbury's	Sainsbury's Basics Baked Beans in Tomato Sauce	420	2	210	1.1	0.53	0.56	Yes
8. Ready Meals (Ready Meals and Meal Centres - fish)								
Aldi	The Fishmonger Smoked Mackerel Fillets with a Piri Piri Flavouring	200	2	100	3.8	3.8	0.95	No
Marks & Spencer	Marks & Spencer Scottish Lochmuir Lemon & Herb Salmon Fillets	180	2	90	0.55	0.61	0.95	Yes
9. Soups (Soups, as consumed)								
Baxters	Baxters Chef Selections Cullen Skink	400	1	400	4.4	1.1	0.63	No
Tesco	Tesco Chunky Soup Beef & Vegetable	400	2	200	0.8	0.4	0.63	Yes
10. Pizzas (All Pizzas, as consumed)								
Pizza Express	Pizza Express Diavolo Romana	365	2	182.5	2.76	1.56	1.25	No
Aldi	Carlos Stone Baked Sourdough Thin & Crispy Chicken & Chorizo	351	2	165	1.5	0.89	1.25	Yes
11. Crisps and Snacks (Salt and Vinegar Products)								
Marks & Spencer	M&S Salt & Vinegar Chiplets	100	4	25	0.7	2.8	2.5	No
Walkers	Walkers Baked Salt & Vinegar Flavour	150	6	25	0.22	0.88	2.5	Yes
12. Cakes, Pastries, Fruit Pies and Other Pastry-Based Desserts (Pastries)								
Brioche Pasquier	Brioche Pasquier 6 Pains Au Chocolate	270	6	45	0.47	1.05	0.45	No
Tesco	Tesco All Butter Pains Au Chocolat 4	232	4	58	0.4	0.6	0.45	No
13. Bought Sandwiches (Sandwiches with high salt fillings)								
Waitrose	Heston from Waitrose Salt Beef Pretzel Sub	215	1	215	3.55	1.65	1.5	No
Marks & Spencer	M&S Free Range Egg & Bacon on Soft Malted Brown Bread	206	1	206	1.9	0.93	1.5	Yes
14. Table Sauces (Salad dressing)								
Hellmann's	Hellmann's French Dressing	235 ml	15	15 ml	0.27	1.8	1.5	No
Tesco	Tesco Healthy Living French Dressing	250 ml	16	15 ml	0.12	0.8	1.5	Yes
15. Cook-in and Pasta Sauces, Thick Sauces and Pastes (except pesto and other thick sauces/pastes)								
Dolmio	Dolmio Pasta Sauce Stir-In Tomato & Chilli	150	2	75	1.1	1.47	0.93	No
Tesco	Tesco Finest Tomato & Mascapone Pasta Sauce	340	4	85	0.6	0.7	0.93	Yes
16. Biscuits (Sweet Biscuits)								
Asda	Asda Extra Special 8 White Chocolate, Cranberry and Pistachio Cookies	200	8	25	0.31	1.3	0.95	No
Sainsbury's	Sainsbury's Sultana Flapjack Soft Baked Cookies	200	9	22.2	0.07	0.3	0.95	Yes
17. Pasta (Pasta and noodles, plain and flavoured)								
Ko-Lee	Ko-Lee Special Chicken Special Flavour Noodles	85	1	85	1.11	1.31	0.88	No
Tesco	Tesco Instant Noodles Chow Mein Flavour	85	2	167	0.6	0.4	0.88	Yes
18. Rice (Flavoured rice, as consumed - cous cous)								
Ainsley Harriott	Ainsley Harriott Wild Mushroom Cous Cous	125	2	162	1.36	0.84	0.58	No
The Co-operative	The Co-operative Tomato and Mediterranean Herb Cous Cous	110	2	138	0.42	0.31	0.58	Yes
19. Other Cereals (Other cereals -Yorkshire puddings)								
Aunt Bessie's	Aunt Bessie's 12 Golden Yorkshires	220	12	18	0.14	0.72	0.63	No
Waitrose	Waitrose 8 Light and Crispy Yorkshire puddings	124	8	15	0.07	0.46	0.63	Yes
20. Processed Puddings (Sponge-based Processed Puddings)								
Aunt Bessie's	Aunt Bessie's 2 Sticky Toffee Puddings	320	2	160	1.5	0.93	0.63	No
Asda	Asda Baker's Selection Sticky Toffee Pudding	210	2	105	0.46	0.44	0.63	Yes
21. Quiche (Quiches)								
Sainsbury's	Sainsbury's Deliciously FreeFrom Cheese & Bacon Quiche	170	1	170	1.45	0.85	0.68	No
Asda	Asda Cheese and Bacon Quiche	330	2	165	0.67	0.41	0.68	Yes
22. Scotch Eggs (Scotch Eggs)								
Iceland	Iceland 20 Mini Savoury Eggs	240	20	12	0.1	0.9	0.78	No
Asda	ASDA 4 Scotch Eggs	452	4	113	0.66	0.58	0.78	Yes
23. Canned Fish (Canned tuna)								
Asda	Asda 4 Pack Skip Jack Tuna Chunks	640	8	56	0.67	1.2	0.9	No
Aldi	Ocean Rise Tuna Chunks in Brine	640	8	56	0.45	0.8	0.9	Yes

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24. Canned Vegetables (Canned processed, marrowfat and mushy peas)								
Harry Ramsdens	Harry Ramsden's Mushy Peas	300	2	150	0.78	0.52	0.45	No
Sainsbury's	Sainsbury's Basics Mushy Peas	300	2	150	0.34	0.23	0.45	Yes
25. Meat Alternatives (Meat free products)								
Quorn	Quorn 4 Southern Fried Chicken Burgers	252	4	63	1.26	2	1.25	No
Tesco	Tesco 4 Mexican Style Bean Burgers	454	4	106	0.7	0.7	1.25	Yes
26. Other Processed Potatoes (Other processed potato products)								
Sainsbury's	Sainsbury's Lightly Spiced Fries with a Southern Style Coating	900	7	125	0.94	0.75	0.69	No
McCain	McCain Original Oven Chips 5% Fat Crinkle	1500	15	100	0.1	0.1	0.69	Yes
27. Beverages (Dried Beverages, as consumed - drinking chocolate)								
Galaxy	Galaxy Ultimate Marshmallow Hot Chocolate	275	11	25	0.8	2.5	0.15	No
Morrisons	Morrisons Drinking Chocolate	500	27	18	0.3	0.1	0.15	Yes
28. Stocks and Gravies (Stocks, as consumed)								
Oxo	Oxo Vegetable Stock Cubes x12	71	24	100ml	1.06	1.06	0.95	No
Kallo	Kallo Organic Very Low Salt Organic Vegetable 6 Stock Cubes	60	Not stated	100ml	0.1	0.1	0.95	Yes