

## Salt Levels in children's meal from four major fast food retailers, 2019

March 2019

**Table 1: Top 5 highest salt children's meals and foods**

Retailer/ Brand	Meal name	Portion size (g)	Total salt per serving (g)	Total sodium per serving (mg)
<b>Kids Meals</b>				
<b>Hungry Jacks</b>	6 Nuggets Kid's Pack (including Dipping Sauce, Small Chips and Water)	288	3.78	1510
<b>Hungry Jacks</b>	3 Nuggets Kid's Pack (including Dipping Sauce, Small Chips and Water)	174	2.75	1100
<b>Hungry Jacks</b>	Cheeseburger Kid's Pack (including Small Chips and Water)	210	2.75	1100
<b>McDonalds</b>	Happy Meal (Cheeseburger, Fries and Water)	440	2.32	928
<b>McDonalds</b>	Happy Meal (Wholemeal Snack Wrap Crispy, Fries and Water)	433	1.94	774
<b>Meal components (burgers and similar, nuggets and similar, fries)</b>				
<b>KFC</b>	6 Nuggets (with sweet n'sour sauce)	127	2.08	830
<b>Hungry Jacks</b>	6 Nuggets	108	2.06	824
<b>McDonalds</b>	Cheeseburger	118	1.82	729
<b>KFC</b>	3 Wicked Wings (3 pieces)	115	1.55	619
<b>Hungry Jacks</b>	Cheeseburger	121	1.54	614
<b>Fries only</b>				
<b>Hungry Jacks</b>	Small Chips	Small	1.22	489
<b>KFC</b>	Regular Seasoned Chips	120	0.51	203
<b>McDonalds</b>	Small fries	72	0.49	194

Snacks and sides				
KFC	Go Bucket 2 Baked Tenders	233	2.11	842
KFC	Go Bucket Popcorn	194	1.60	639
KFC	Go Bucket 2 Wicked Wings	197	1.54	616
KFC	Go Bucket 3 Nuggets	168	1.16	462
KFC	Go Bucket 1 Original Tender	157	1.11	443

**Table 2: Top 5 lowest salt children's meals and foods**

Retailer/ Brand	Meal name	Portion size (g)	Total salt per serving (g)	Total sodium per serving (mg)
<b>Kids Meals</b>				
Subway	Veggie Delite Mini Sub, SPC puree snack and Water	217	0.44	175
McDonalds	Happy Meal (3 McNuggets, Apple slices and Water)	360	0.56	223
Subway	Roast Beef Mini Sub, SPC puree snack and Water	224	0.87	349
Subway	Ham Mini Sub, SPC puree snack and Water	213	0.98	392
Subway	Turkey Mini Sub, SPC puree snack and Water	225	1.00	398
<b>Meal components (burgers and similar, nuggets and similar, fries)</b>				
Subway	Veggie Delite Mini Sub	127	0.41	164
McDonalds	3 Nuggets	50	0.55	128
Subway	Roast Beef Mini Sub	134	0.85	203
Hungry Jacks	Whopper Beef Junior	147	0.93	372
Subway	Ham Mini Sub	123	0.95	381
<b>Snacks and sides</b>				
McDonalds	Apple slices	60	0	0
McDonalds	Grape Tomatoes	63	0.01	5
Subway	SPC Puree & Simple Apple Strawberry	90	0.03	11
McDonalds	Miam Strawberry Yoghurt	70	0.08	32
McDonalds	McDonaldland Cookies	60	0.38	150

Please note some values calculated due to data availability. Data correct as per 21st February 2019.

\*Drinks excluded as all drinks contained <0.3g salt per serving

\*\*Only 3 products were collected for Fries, presented in the top 5 highest salt table.