

# LOW SALT EXAMPLES FOR FOOD MANUFACTURERS & CHANGES IN SALT LEVELS IN AUSTRALIA 2010 - 2018



PRODUCT CATEGORY	OVERALL FINDINGS	FOOD HEALTH DIALOGUE TARGET (2010)	HEALTHY FOOD PARTNERSHIP DRAFT TARGET (2018)*	KEY INSIGHTS FOR FOOD MANUFACTURERS	LOW SALT EXAMPLES IN AUSTRALIA FOR BENCHMARKING PURPOSES**
<b>SAUCES</b> AMBIENT PASTA SAUCES	<ul style="list-style-type: none"> <li>Average sodium content decreased by 27% from 472mg/100g in 2010 to 342mg/100g in 2017.</li> <li>Cream-based &amp; tomato-based sauces had the greatest reductions 27% and 28% respectively from 2010-2017.</li> </ul>	420mg sodium/100g	360mg sodium/100g	<ul style="list-style-type: none"> <li>Huge range in sodium content from highest 750mg/100g to lowest 8mg/100g highlights potential for further reductions to be made.</li> <li>Tomato-based sauces had lowest average sodium content of all pasta sauces (334mg/100g) but there's a huge range in sodium content - some contain almost 100 times more sodium than lowest product.</li> <li>Largest increase in the setting of targets occurred between 2010 and 2015, suggesting that the setting of targets may be effective in motivating the food manufacturing industry, get in and reformulate early before your competitors align with new HFP targets.</li> </ul>	<ol style="list-style-type: none"> <li>Tenuta Fragassi Sugo Pronto Napoletana Neapolitan Style Pasta Sauce 8mg sodium/100g</li> <li>Tenuta Fragassi Sugo Pronto Melanzane Tomato &amp; Eggplant Pasta Sauce 8mg sodium/100g</li> <li>Remano Passata Traditional Tomato Cooking Sauce 15mg sodium/100g</li> <li>Tenuta Fragassi Sugo Pronto Tartufo Tomato &amp; Truffle Pasta Sauce 16mg sodium/100g</li> <li>Global Organics Passata Con Basilico Tomato Puree with Basil 16mg sodium/100g</li> </ol>
<b>SAUCES</b> AMBIENT MEAL BASED SAUCES	<ul style="list-style-type: none"> <li>Average sodium content increased by 29% from 542mg sodium/100g in 2010 to 696mg sodium/100g in 2015.</li> </ul>	680mg sodium/100g	680mg sodium/100g	<ul style="list-style-type: none"> <li>Huge range in sodium content from 120-2250mg/100g with some products containing more than 10 times the amount of sodium than others.</li> </ul>	<ol style="list-style-type: none"> <li>Asia Specialties Asia Sweet &amp; Sour Stir Fry Sauce 120mg sodium/100g</li> <li>KanTong Sweet &amp; Sour Cooking Sauce, 200mg sodium/100g</li> <li>KanTong Pineapple Sweet &amp; Sour Cooking Sauce 214mg sodium/100g</li> <li>Simmer Sensations Red Wine &amp; Peppercorn Simmer Sauce 220mg sodium/100g</li> <li>Ayam Satay Sauce 251mg sodium/100g</li> </ol>
<b>SAUCES</b> POWDERED MEAL BASED SAUCES	<ul style="list-style-type: none"> <li>Powdered based meal sauces had the highest mean sodium content (5011mg/100g) amongst all meal based sauces in 2017.</li> </ul>	No target	360mg sodium/100g	<ul style="list-style-type: none"> <li>Whilst these products are diluted with water, the huge range from highest 8950mg/100g to lowest 715mg/100g demonstrates that manufacturers can make these products with far less sodium.</li> </ul>	<ol style="list-style-type: none"> <li>Maggi Tomato &amp; Onion Sausages 715mg sodium/100g</li> <li>McCormick Sausage Hot Pot 920mg sodium/100g</li> <li>Chef's Cupboard Devilled Sausages Recipe Base 1240mg sodium/100g</li> <li>Chef's Cupboard Shepherd's Pie Recipe Base 2100mg sodium/100g</li> <li>Maggi Devilled Sausages 2110mg sodium/100g</li> </ol>

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<b>READY-MADE MEALS</b>	<ul style="list-style-type: none"> <li>Overall, there has been no reduction in the average sodium content of ready-made meals from 2010-2017.</li> </ul>	No target	250mg sodium/100g	<ul style="list-style-type: none"> <li>In 2017, the average sodium content of ready-made meals was 282mg/100g.</li> <li>In 2017, the average serving size of a ready-made meal was 350g. Therefore, the average sodium per meal is around 1000mg sodium per serve. This is 2.5g of salt – half the WHO daily recommended maximum daily salt intake of 5g of salt in one meal.</li> <li>Ambient ready meals had the highest average sodium content in all years (345mg, 349mg, 422mg and 334mg/100g respectively).</li> <li>Chilled ready meals had the lowest average sodium content in 2010 (232mg/100g), however average sodium content of chilled ready meals has increased by 31% to 303mg/100g in 2015. There was no significant change from 2015-2017.</li> <li>Only 42% of products in 2017 met the 2017 UK average sodium target (250mg/100g).</li> <li>There is a wide range in the sodium content of products (37mg sodium/100g My Pasta Box Classic Tomato and Basil Penne) – 828mg sodium/100g Brubecks Organic Soba Noodle Salad which had 22 times more sodium.</li> <li>This wide range in sodium from lowest to highest suggests that food manufacturers can make these products with less sodium.</li> </ul>	<p><b>AMBIENT</b></p> <ol style="list-style-type: none"> <li>Sun Rice Street Snack Chicken Satay 170mg sodium/100g</li> <li>Asia Specialties Hokkien Noodles with Peanut Satay Sauce 179mg sodium/100g</li> <li>Sun Rice Thai Style Chicken Satay Curry with Rice 193mg sodium/100g</li> <li>John West Tuna and Rice Chilli and Tomato 194mg sodium/100g</li> <li>John West Tuna Brown Rice &amp; Quinoa Thai Red Curry 195mg sodium/100g</li> </ol> <p><b>CHILLED</b></p> <ol style="list-style-type: none"> <li>My Pasta Box Classic Tomato and Basil Penne 37mg sodium/100g</li> <li>Fresh Fodder Mild Chicken and Rice Curry 65mg sodium/100g</li> <li>Woolworths Delicious Nutritious Michelle Bridges Beef and Barley Casserole with Roasted Chickpeas and Brown Rice Pilaf 102mg sodium/100g</li> <li>My Pasta Box Rich Bolognese Rigatoni 104mg sodium/100g</li> <li>Fresh Fodder Beef and Pasta Bolognese with Red wine 133mg sodium/100g</li> </ol> <p><b>FROZEN</b></p> <ol style="list-style-type: none"> <li>The Sultan's Kitchen Butter Chicken 84mg sodium/100g</li> <li>McCain Healthy Choice Lemon Chicken with Asian Veg &amp; Rice 90mg sodium/100g</li> <li>The Good Meal Co. Gluten Free Risotto Primavera 94mg sodium/100g</li> <li>Super Nature Beef, Kale and Red Quinoa 129mg sodium/100g</li> <li>International Cuisine Beef in Red Wine Sauce with Mash 130mg sodium/100g</li> </ol>

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<b>DIPS</b>	<ul style="list-style-type: none"> <li>Average sodium content increased by 14% from 443mg sodium/100g in 2013 to 496mg sodium/100g in 2017.</li> </ul>	No target	No target	<ul style="list-style-type: none"> <li>Huge range in sodium content with highest (taramosalata) containing 1930mg sodium/100g almost 400 times more sodium than the lowest (avocado) with 5mg sodium/100g.</li> <li>Olive based dips had the highest average sodium content 849mg sodium/100g with a range of 411-1200mg sodium/100g.</li> <li>Tzatziki had the lowest average sodium content 351mg sodium/100g with a range of 105-715mg sodium/100g.</li> <li>The increase in sodium levels of dips since 2009 indicates the need for targets.</li> <li>In 2011, the Australian Division of World Action on Salt and Health (AWASH) recommended a sodium target of 410mg/100g, only 40% of current products would meet this target.</li> </ul>	<ol style="list-style-type: none"> <li>Pilpel Avocado 5mg sodium/100g</li> <li>The Olive Branch – Tuna Pate 79mg sodium/100g</li> <li>Fresh Fodder Baba Ganoush 104mg sodium/100g</li> <li>Yalla Tzatziki 105mg sodium/100g</li> <li>Fresh Fodder – Tzatziki 122mg sodium/100g</li> </ol>
<b>CRACKERS</b>		850mg sodium/100g	630mg sodium/100g	<ul style="list-style-type: none"> <li>Greatest reduction in average sodium level occurred between 2010 and 2015, 11.8% reduction in average salt level, in line with set FHD targets.</li> <li>Huge variation in sodium content from 1mg sodium/100g (Sunrice Original Thin Rice Cakes) to 2100mg sodium/100g (Kurrajong Kitchen Lavosh Thins Original).</li> <li>86.8% of products meet the Australian FHD maximum sodium target.</li> <li>On average, plain crackers had the highest adherence to FHD targets of 850mg sodium/100g with 93.5% complying, whereas flavoured rice crackers/cakes/corn cakes had the lowest adherence to FHD target of 1000mg sodium/100g.</li> <li>Wide range in sodium from highest to lowest indicates that manufacturers can make these products with less sodium.</li> </ul>	<ol style="list-style-type: none"> <li>Sunrice Original Thin Rice Cakes 1mg sodium/100g</li> <li>Sunrice Original Thick Rice Cakes 1mg sodium/100g</li> <li>Ceres Organics – Organic Brown Rice Cakes (no added salt) 1.4mg sodium/100g</li> <li>Sunrice Thin Rice Cakes – Rice &amp; Corn 2mg sodium/100g</li> <li>Pure Harvest Thin Quinoa Rice Cakes 2.1mg sodium/100g</li> </ol>

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<b>PROCESSED MEAT</b> BACON, HAM SLICED MEAT & SAUSAGES	<ul style="list-style-type: none"> <li>Bacon: average salt content decreased from 3.1g salt/100g in 2010 to 2.6g salt/100g in 2017.</li> </ul>	2.7g salt/100g	1005mg sodium/100g	<ul style="list-style-type: none"> <li>In 2017, 63% of bacon products, 70% of sliced ham and 82% of whole ham products met the FHD target of less than 2.7g of salt/100g.</li> <li>In 2017 bacon had the highest salt content with an average salt content of 2.6g/100g, meeting the FHD target. However, there are huge ranges of salt content ranging from 1.65g salt/100g to 3.7g salt/100g.</li> <li>In 2017, 78% of sausages exceeded the UK maximum salt target of 1.4g/100g and the mean salt content of sausages exceeded the mean target by 54%.</li> <li>There is a wide range in salt content of processed meats, namely within the sausages, bacon, sliced meats and ham categories which indicates that manufacturers can make these products with less salt.</li> </ul>	<ol style="list-style-type: none"> <li>Cleaver's Organic Beef Sausages 383mg sodium/100g</li> <li>Beak and Sons Classics Tuscan Pork Gourmet Pork Sausages 397mg sodium/100g</li> <li>K-roo Kanga Bangas 400mg sodium/100g</li> <li>Woolworths Lamb Sausages Mint &amp; Rosemary 410mg sodium/100g</li> <li>Woolworths Chicken Sausages Chives, Thyme &amp; Rosemary 430mg sodium/100g</li> </ol>
	<ul style="list-style-type: none"> <li>Ham: no significant changes in salt content of whole hams and similar products from 2013-2017.</li> </ul>	2.7g salt/100g	1005mg sodium/100g		
	<ul style="list-style-type: none"> <li>Sliced meat: no overall decrease in salt content from 2010-2017, but there was an 18% decrease in average salt content of sliced meats between 2010 and 2015.</li> </ul>	2.7g salt/100g	720mg sodium/100g		
	<ul style="list-style-type: none"> <li>Sausages: no significant decrease in average salt content between 2010-2017.</li> </ul>	No target	540mg sodium/100g		

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<b>ASIAN STYLE SAUCES</b>	<ul style="list-style-type: none"> <li>Average sodium content of Asian style sauces in 2018 was 5817mg sodium/100ml.</li> </ul>	No target	No target	<ul style="list-style-type: none"> <li>Fish sauce, oyster sauce and soy sauce were included in the research. There were no significant changes in the average sodium content of Asian style sauces overall, or any of the categories of Asian style sauces between 2010 and 2018.</li> <li>Fish sauce had the highest average sodium content of 9392mg/100ml (per tablespoon average 1878mg sodium/100ml). Lowest sodium content was found in Poonsin Fish Sauce 6680mg sodium/100ml.</li> <li>Oyster sauce had an average sodium content of 3604 mg sodium/100ml (per tablespoon average 721mg sodium/100ml). Lowest sodium content was found in Pandaroo Oyster Sauce 1803mg sodium/100ml.</li> <li>Tip for food manufacturers in the absence of targets: follow AWASH sodium target of 4840mg/100g.</li> </ul>	<ol style="list-style-type: none"> <li>Pandaroo Oyster Sauce 1803mg sodium/100ml</li> <li>Ong's Oyster Sauce 2550mg sodium/100ml</li> <li>Coles Oyster Sauce 3030mg sodium/100ml</li> <li>Amoy Oyster Sauce 3057mg sodium/100ml</li> <li>Chang's Original Oyster Sauce 3279mg sodium/100ml</li> </ol>
<b>SOY SAUCES</b>	<ul style="list-style-type: none"> <li>Average sodium content of 6124mg sodium/100ml.</li> <li>Per tablespoon average 1225mg sodium/100ml.</li> </ul>	No target	No target	<ul style="list-style-type: none"> <li>Highest sodium content was found in Chang's Light Soy Sauce 8762mg sodium/100ml.</li> <li>Lowest sodium content was found in Kikkoman Naturally Brewed Less Salt Soy Sauce 3808mg sodium/100ml.</li> <li>This huge difference in sodium levels between the highest and lowest – suggests there is plenty of scope for manufacturers to produce lower salt soy sauces.</li> <li>Tip for soy sauce food manufacturers in the absence of targets: follow AWASH sodium target of 4840mg sodium/100g (only 19% of soy sauces currently meet this target).</li> </ul>	<ol style="list-style-type: none"> <li>Kikkoman Naturally Brewed Less Salt Soy Sauce 3808mg sodium/100ml</li> <li>Lee Kum Kee Salt Reduced Soy 4000mg sodium/100ml</li> <li>Abundant Earth Reduced Salt Tamari Soy Salt 4100mg sodium/100ml</li> <li>Spiral Tamari Salt Reduced 4150mg sodium/100ml</li> <li>Ayam Bonito Soy 4297mg sodium/100ml</li> </ol>

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