

# UK SALT INTAKES: MODELLING SALT REDUCTIONS

## ADULTS

Food group	Notes on food group	Food Consumption (g per day)	Current average sodium value (mg/100 g food)	Sodium intake (mg per day)	% sodium contribution to diet	Target Average (Sodium mg/100 g food) *	Target average (% reduction)	% of total reduction contributed by food group
Pasta excluding ready meals	Includes home-made pasta dishes.	22	87	19	0.7	78	10	0.2
Rice	Includes rice dishes.	28	97	27	1.0	87	10	0.3
Pizza		12	600	72	2.6	300	50	4.3
Other Cereals	Includes flour, bran, papadums, yorkshire pudding.	5	441	22	0.8	300	32	0.8
White bread	bread consumed as part of packet sandwiches is not included here.	60	476	284	10.3	350	26	9.1
Wholemeal bread		16	487	76	2.8	350	28	2.6
Brown bread		7	443	29	1.0	350	21	0.7
Other bread	Includes granary, crumpets, muffins, bagels etc.	13	601	76	2.8	350	42	3.8
Bought sandwiches	Consumption figure is taken from the National Food Survey 2000.	12	500	60	2.2	350	30	2.2
Breakfast cereals		29	466	135	4.9	300	36	5.8
Biscuits		12	367	44	1.6	250	32	1.7
Buns, cakes & pastries and fruit pies		21	284	60	2.2	200	30	2.2
Puddings excluding processed puddings	Includes homemade rice pudding, custard, steamed pudding, trifle, cheesecakes.	4	144	6	0.2	144	0	0.0
Processed pudding products	Includes manufactured custard, jelly, instant dessert, rice pudding, trifle and cheesecake.	9	92	8	0.3	80	13	0.1
Milk and cream		206	43	88	3.2	43	0	0.0
Processed milk products		6	82	5	0.2	82	0	0.0
Fromage frais and yoghurt		22	61	13	0.5	61	0	0.0
Ice cream and dairy desserts		8	64	5	0.2	64	0	0.0
Cheese		15	700	106	3.9	500	29	3.7
Homemade egg-based dishes	Includes homemade quiches and flans. Homemade dishes may include other processed foods as ingredients.	16	259	42	1.5	259	0	0.0
Quiche	Manufactured quiches only.	2	550	9	0.3	250	55	0.6
Other processed egg products	Includes scotch eggs and meringues. Excludes quiches.	1	410	4	0.1	300	27	0.1
Fat spreads		12	726	89	3.2	400	45	4.8
Bacon and ham	Includes recipes made with bacon & ham.	15	1491	224	8.1	750	50	13.4
Homemade meat-based dishes	Includes beef, veal, lamb, pork, chicken, turkey and liver based home-made dishes. Homemade dishes may include other processed foods as ingredients.	75	163	122	4.4	163	0	0.0

Meat roll/sliced meat products	Excludes bacon and ham.	6	848	48	1.7	450	47	2.7
Other processed meat products	Includes meat pate and pastes, black pudding, haggis and chicken/turkey burgers. Excludes meat ready meals, meal centres, meat rolls and sliced meat products.	1	823	11	0.4	450	45	0.6
Burgers and kebabs	Includes beef burgers, ham burgers, pork/bacon burgers but not chicken burgers. Includes all kebabs.	9	503	44	1.6	300	40	2.2
Sausages		10	962	93	3.4	550	43	4.8
Meat pies		14	465	67	2.4	300	35	2.9
Homemade fish based dishes	Homemade dishes may include other processed foods as ingredients.	12	286	35	1.3	286	0	0.0
Canned fish	Includes fish canned in oil, brine and tomato sauce.	6	343	21	0.8	300	12	0.3
Other processed fish products	Includes dried, pickled and smoked fish, fish pates and pastes. Excludes canned fish, fish ready meals and meal centres.	2	896	22	0.8	650	27	0.7
Vegetables and homemade vegetable-based dishes	Homemade dishes may include other processed foods as ingredients.	99	37	37	1.3	37	0	0.0
Canned vegetables		9	256	22	0.8	50	81	2.1
Processed vegetable based products	Includes vegetable burgers unless takeaway, vegetable pies, vegetarian sausages and soya-based products. Excludes baked beans, ready meals, canned vegetables, meal centres and takeaway.	6	393	24	0.9	260	34	1.0
Baked beans	Includes baked bean products with meat.	16	549	89	3.2	350	36	3.9
Potatoes. Excludes processed potato products and takeaway.	Excludes all processed potato products.	72	15	11	0.4	15	0	0.0
Chips (not homemade)	Excludes homemade and takeaway chips.	18	35	6	0.2	35	0	0.0
Other processed potato products	Includes instant potato products, waffles, croquettes and hash browns. Excludes chips.	4	249	11	0.4	100	60	0.8
Crisps and savoury snacks		7	909	67	2.4	550	40	3.2
Fruit		95	8	8	0.3	8	0	0.0
Nuts and seeds		2	252	5	0.2	252	0	0.0
Sugar, preserves and confectionery		27	57	15	0.6	57	0	0.0
Drinks		1565	3	52	1.9	3	0	0.0
Beverages dry weight	e.g. drinking chocolate, horlicks	3	156	5	0.2	50	68	0.4
Miscellaneous	Includes home-made soup, gravy, stuffing and herbs and spices	21	279	59	2.1	250	10	0.7
Soup retail		17	440	73	2.6	200	55	4.8

Cook-in and pasta sauces		9	627	56	2.0	250	60	4.0
Table sauces retail	Includes tomato ketchup, brown sauce, salad cream, salad dressing, mayonnaise	6	914	59	2.1	600	34	2.4
Ready meals meat based	Includes all foods identified as ready meals. E.g. shepherds pie, curries, meat in sauce	15	400	61	2.2	250	38	2.8
'Meal centre' meat-based	Includes coated meat products, kiev, pancake. Does not include roast rolls, burgers, sausages, kebabs.	6	461	26	1.0	350	24	0.8
Ready meals fish based	Includes fish pie and fish in sauce.	2	300	7	0	200	33	0.3
'Meal centre' fish based	Includes fish fingers, fish cakes, retail coated fish.	4	430	16	0.6	250	42	0.8
Ready meals vegetable and potato based	e.g. vegetable curry & casserole	3	300	8	0.3	200	33	0.3
'Meal centre' vegetable based	Includes veg kiev, beanfeast, pancakes vegetable fingers and all breaded products. Excludes vegetable pies, vegetable burgers and sausages.	1	260	1	0.0	200	23	0.0
Ready meals pasta based		4	326	11	0.4	250	23	0.3
'Meal centre' pasta based	Stuffed pasta and noodle products.	3	128	3	0.1	100	22	0.1
Take away, meat based	Includes curries, chinese dishes. Does not include beef burgers.	10	386	38	1.4	250	35	1.6
Take away, fish based		4	248	10	0.4	200	19	0.2
Take away, veg & potato based	Includes takeaway chips.	12	115	14	0.5	200	-74	-1.3

Total 100.000

100.0%

ND/FSA

	Present Average
Sodium Intake food only	2760
Salt Intake food only (mg)	6899
Salt Intake (mg) including discretionary	9399

Target Average
1931
4826
6326

(assuming a 40% decrease in the use of discretionary salt)

Sept 2004