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PROGRAMME OF MINI SURVEYS:

BAKED BEANS AND TINNED PASTA SURVEY

04 July 2004

Summary

The Food Standards Agency has recently carried out a survey to look at the levels of a limited range of nutrients, including sodium (salt), fat and sugar in a variety of baked beans and tinned pasta products. Of the products included in this survey, an adult portion of standard baked beans contains on average 2.7g salt, which equates to 45 percent of the adult target maximum intake of salt per day. Healthy eating baked beans contain about 60 percent of the amount of salt and sugar in standard baked beans. For standard baked beans, beans and sausages, standard spaghetti and children's pasta shapes categories, the product with the highest salt content had between two and three times the amount of salt as the one with the lowest salt content. The salt, fat and sugar content of standard baked beans has not changed since they were last analysed fifteen years ago.

Key Points

94 percent of the baked beans and tinned pasta products included in this survey contained 1.5g or more of salt in a portion, which equates to 25 percent or more of the target maximum daily intake for an adult.

16 percent of the baked beans and tinned pasta products included in this survey contained 3g of salt or more in an adult portion, equivalent to 50 percent or more of the target maximum daily intake for an adult.

The salt, fat and sugar content of standard baked beans have not changed since they were last analysed 15 years ago.

For a child aged 4-6 years a portion of most types of standard baked beans would provide a 25 percent or more of the target maximum daily salt intake for children that age.

Baked beans are a good source of fibre, with an adult portion contributing around 8g towards the recommended adult fibre intake of between 12g and 24g per day.

On average healthy eating baked beans contain about 60% of the amount of salt and sugar in standard baked beans.



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Background

The objective of the programme of mini surveys is to provide up-to-date information on the levels of sodium (salt), fat, sugar and a limited range of other nutrients, in processed foods. This includes those foods that are major contributors to salt, fat and sugar in the diets of both adults and children. The data obtained will be used to raise consumer awareness of related food and diet issues and also to inform discussions with the food industry, and other bodies, aimed at encouraging reductions in the salt content of processed foods.

This will, in turn, help consumers to be better able to choose a healthy diet and achieve nutrient intake guidelines. Salt intakes are currently around 9.5 grams per person per day,¹ which is considerably higher than the target maximum daily intake of 6 grams per person per day, originally made by the Committee on Medical Aspects of Food Policy in 1994. This recommendation was endorsed by the Scientific Advisory Committee on Nutrition (SACN) in its recent report on Salt and Health. The SACN report also made recommendations on the maximum amounts of salt that children should have in their diet.

These amounts are:

Up to 6 months old - less than 1g per day

7 to 12 months - 1g per day

1 to 3 years - 2g per day

4 to 6 years - 3g per day

7 to 10 years - 5g per day

From the age of 11, children should be having no more than about 6g per day. This is the same level as is recommended for adults.

A habitually high intake of sodium has been linked to a higher than average blood pressure, which may lead to an increased risk of suffering heart disease or a stroke. The main source of sodium in the diet is salt.

The National Diet and Nutrition Survey (NDNS) of adults aged 19 to 64 years showed that, on average, adults consumed 113 g of baked beans and 'beans with sausages' over a 7 day reporting period, contributing 3.2 percent to overall sodium intake, excluding any contribution made by salt added in cooking or at the table. The NDNS of young people aged 4-18 years showed average consumption of baked beans and 'beans with sausages' increasing with age (aged 4-6 years 117g; aged 7-10 years 123g; and 11-14 years 131g over a 7 day period).



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Methodology

One hundred and fifteen samples of baked beans and tinned pasta products from 11 different categories were purchased from a range of retailers in The Midlands during February 2004.

The sample included standard, children's and healthy eating products in the following categories:

Standard baked beans in tomato sauce

Healthy Eating' baked beans in tomato sauce (reduced sugar/salt)

Economy baked beans in tomato sauce

Standard baked beans and sausages in tomato sauce

Standard spaghetti in tomato sauce

Standard spaghetti in tomato sauce with sausages

Children's pasta shapes in tomato sauce

Children's pasta shapes in tomato sauce with sausages

Ravioli

Spaghetti bolognese

Macaroni cheese

A full list of the individual samples included in the survey is given with the results in **Table 2**. The absence of a particular brand means only that the brand has not been included in the survey. No further meaning should be read into its absence from the report. The nutrient content as declared on the labelling was recorded, along with any nutrient claims. No laboratory analyses were carried out. Comparisons were made within product categories and between different categories of similar products (e.g. standard and 'healthy eating' baked beans). For both adults and children the salt content per portion was compared to the SACN salt recommendations (see Background for details). Some comparisons have also been made to the Guideline Daily Amounts (GDAs) for adults, which are used on food labels to inform the consumer. The GDA for fat is 82.5g fat (an average of 95 g (men) and 70g (women)) and the GDA for sugar is 70g for men and 50g for women. The recommended fibre intake for an adult is between 12g and 24g per day.

Comparisons were also made to the 'a lot' and 'a little' categories for salt; figures published to help the consumer identify products with a high or low salt content. These are defined as:

a lot' 0.5g or more of sodium per 100g (1.25g salt per 100g)

a little' 0.1g or more of sodium per 100g (0.25g salt per 100g)



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Results

Table 1 shows the average energy, protein, carbohydrate, sugar, fat and sodium data for each product category as collected from the nutritional information on the labels. Table 2 shows the same data for individual products along with any health claims made on the labelling. Sunny Glade baked beans did not give nutritional information on the label and Princes Ravioli and Morrisons Ravioli did not declare the sodium content on the label. In order to allow consumers to make an informed choice, the Agency recommends that full nutrition information be provided on all foods. Absence of nutritional information means that consumers can not make such informed choices.

To make comparisons between products easier, standard portion sizes were assumed and applied to all products included in this survey. For adults, a standard portion was taken to be 210g. This is about half of the typical weight of a large can and is frequently the suggested serving given on the label. Children's portion sizes were derived from analysis of NDNS data (FSA unpublished) as follows: 4-6 years 70g, 7-10 years 97g and 11-14 years 119g. It should be noted, however, that the portion size for these products will vary depending on how they are served. This is particularly true for baked beans. For example, the serving of baked beans in 'beans on toast' is likely to be larger than the serving of baked beans when used as a vegetable in a meal such as sausages, beans and mash.



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General comments

Products were compared with the SACN target maximum daily salt intakes for adults and children and the GDAs for adults for fat and sugar.

On average a portion of standard baked beans, standard spaghetti or standard baked beans and sausages provides almost 50 percent of the adult target maximum daily salt intake of 6g, whereas an adult portion of healthy eating baked beans contains 25 percent of the target maximum daily salt intake.

94 percent of the baked beans and tinned pasta products included in this survey contained 1.5g or more of salt in a portion, which corresponds to 25 percent or more of the target maximum daily intake for an adult.

80 percent of the standard baked beans contained 'a lot' of salt but none of the healthy eating baked beans contained 'a lot' of salt.

46 percent of the children's pasta shapes and 75 percent of the children's pasta shapes with sausages contained 'a lot' of salt.

16 percent of the baked beans and tinned pasta products included in this survey contained 3g of salt or more in a portion, corresponding to 50 percent or more of the target maximum daily intake for an adult.

For a child aged 4-6 years a portion of most types of standard baked beans would provide 25 percent or more of the target maximum daily salt intake for children that age of 3g.

On average an adult portion of standard beans on toast (2 pieces of toast with spread and half a large can of beans) contains 3.8g salt, which equates to 63 percent of the adult target maximum daily intake.

On average a portion of standard baked beans on toast for a child age 4-6 years (1 piece of toast with spread and about a quarter of a large can of beans) contains 1.8g of salt, which equates to 60 percent of the target maximum daily intake for a child that age.

Just under half (6 out of 13) of the children's pasta shapes in tomato sauce products and most (6 out of 8) of the children's pasta shapes with sausages contained more than 25 percent of the target maximum daily intake of salt for a 4-6 year old of 3g.

An adult portion of the healthy eating baked beans with the lowest salt content would provide 1.1g of salt, whilst a similar portion of the standard baked beans with the highest salt content would provide 3.2g of salt.

For a child aged 4-6 years, a portion of the children's pasta shapes with the lowest salt content would contain 0.4g of salt, compared to 1.1g of salt in portion of the children's pasta shapes with the highest salt content.

On average a portion of standard baked beans contains about 25 percent of the GDA for sugar for women and 18 percent of the GDA for men.

Both standard and healthy eating baked beans and standard spaghetti in tomato sauce are low fat products, with an adult portion contributing only 1 percent of the GDA for fat.

On average a portion of macaroni cheese would provide 15 percent of the GDA for fat.



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Cross-category comparisons

Table 1 shows the average nutrient content of each product category. On average healthy eating baked beans and children's pasta shapes had the lowest salt content (0.7g and 0.9g per 100g respectively). Compared to standard baked beans, healthy eating baked beans contain about 60% of the amount of sugar (3.7 v.s 5.9g per 100g) and salt (0.7 vs 1.3 g per 100g) of standard baked beans. On average economy baked beans had a similar salt and sugar content to standard baked beans. The salt content of children's pasta shapes was slightly lower than standard canned spaghetti (0.9g and 1.3g per 100g respectively).

Baked beans are a good source of fibre, with an adult portion contributing around 8g towards the recommended adult fibre intake of between 12g and 24g per day.

Within category variation

Table 3 ranks products within each category by their salt content and gives the salt content of adult's and children's portions. There was a large range in the salt content of standard spaghetti in tomato sauce, with an adult portion of the lowest containing less than 50 percent of the amount of salt in the highest (1.6g vs 3.7g). Standard baked beans and baked beans & sausages both varied in salt content from 2.1g per portion to 3.2g per portion. The salt content of children's pasta shapes ranged from 0.5g to 1.5g per 100g.

For a child aged 4-6 years this corresponds to 0.4g to 1.1g per portion and for a child aged 7-10 years this corresponds to 0.5g to 1.5g per portion.

Table 4 shows the fat and saturated fat content per portion of all products. The fat content per portion of ravioli (0.2g to 6.3g per adult portion), spaghetti bolognese (2.9g to 10.3g per portion) and macaroni cheese (9.9g to 14.9g per portion) all varied quite considerably.

The baked beans & sausages with the highest saturated fat content had nearly three times as much saturated fat as those with the lowest saturated fat content (4.4g vs 1.7g per adult portion).

Comparisons with previous data

The salt, fat and sugar content of standard baked beans have not changed since they were last analysed 15 years ago.⁶ Compared to previous data on spaghetti in tomato sauce the salt content is marginally higher (1.3g vs 1.1g per 100g).

On average, the salt content of children's pasta shapes in tomato sauce was slightly lower than previous data (1.0g vs 1.1g per 100g).⁸ The range of salt content in these products was much greater in the present survey than in previous data. This may in part be a result of the increased number of own brand products now on the market.

Changes in product composition since sampling for this survey

Each manufacturer of a product included in this survey was invited to submit comments on changes in their products since they were purchased for this survey. Their responses are given at **Annex 1**.



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References

- 1 Henderson, L. et al (2003). The National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 3: Vitamin and mineral intake and urinary analytes. London: TSO.
- 2 Department of Health (1994). Nutritional Aspects of Cardiovascular Disease Report on Health and Social Subjects no 46. London: HMSO.
- 3 Scientific Advisory Committee on Nutrition (2003). Salt and Health. London: TSO.
- 4 Henderson, L., Gregory, J. and Swan, G. (2002). The National Diet and Nutrition Survey: adults aged 19 to 64 years. Volume 1: Types and quantities of foods consumed. London: TSO.
- 5 Food Standards Agency. Healthy Eating: Salt. Ancient House Printing Group, 2003.
- 6 Laboratory of the Government Chemist (1990). Nutritional Survey 1989-1990 Fruit and Vegetables.
- 7 Laboratory of the Government Chemist (1980). Cereals Study.
- 8 Laboratory of the Government Chemist (1995). Nutrient Analysis of Foods Commonly Consumed by School Children.

Further Information

The report of this survey (entitled Programme of Mini Surveys: Labelling Survey of Canned Beans and Pasta Products) is held in the Dr Elsie Widdowson Library and Information Service at the Food Standards Agency headquarters in London. If you would like to consult or receive a copy (a small charge for photocopying will be made), please contact:

Dr Elsie Widdowson Library and Information Service
Ground Floor, Aviation House, 125 Kingsway, London WC2B 6NH
Tel: +44 (0) 20 7276 8181/8182 Fax: +44 (0) 20 7276 8069
Email: library&info@foodstandards.gsi.gov.uk

Other enquiries should be addressed to:

Mrs Rebecca Finnamore, Food Standards Agency, Nutrition Division, Room 808c, Aviation House, 125 Kingsway, London WC2B 6NH
Tel: +44 (0) 20 7276 8915 Fax: +44 (0) 20 7276 8906
Email: rebecca.finnamore@foodstandards.gsi.gov.uk



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Table 1: Average nutrient content of each product category

Category Ref.	Product Description	Nutritional Composition per 100g								
		Energy (kJ)	Energy (kcal)	Protein (g)	Carbohyd rate (g)	Sugars (g)	Fat (g)	Fibre (g)	Sodium (mg)	Salt (g)*
1	Standard Baked Beans in Tomato Sauce	355	84	4.5	15.5	5.9	0.4	3.6	500	1.3
2.	"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)	313	74	4.7	13.0	3.7	0.3	3.8	283	0.7
3.	Economy Baked Beans in Tomato Sauce	317	75	4.0	14.2	5.4	0.3	3.3	480	1.2
4.	Standard Baked Beans and Sausages in Tomato Sauce	465	111	5.3	13.7	5.0	3.7	3.2	489	1.2
5.	Standard Spaghetti in Tomato Sauce	266	62	1.7	13.4	4.6	0.3	0.5	500	1.3
6.	Standard Spaghetti in Tomato Sauce with Sausages	371	88	3.5	10.9	4.1	3.4	0.5	467	1.2
7.	Children's Pasta Shapes in Tomato Sauce	266	63	1.6	12.4	4.4	0.7	0.5	372	0.9
8.	Children's Pasta Shapes in Tomato Sauce with Sausages	408	98	3.5	11.9	4.0	4.0	0.5	438	1.1
9.	Ravioli	340	81	3.1	13.6	3.2	1.4	0.8	480	1.2
10.	Spaghetti Bolognese	370	88	4.0	11.5	2.9	2.7	0.6	471	1.2
11.	Macaroni Cheese	502	120	4.5	11.4	1.4	6.0	0.3	471	1.2

* Salt equivalent figure (sodium multiplied by 2.55)



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Table 2: Nutrient content of individual products

Sample Ref.	Product Description	Nutritional Composition per 100g as declared on label										Health Claims
		Energy kJ	Energy kcal	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Sodium (mg)	Salt (g)*	
1	Standard Baked Beans in Tomato Sauce											
1.1	Heinz Baked Beans in Tomato Sauce	308	73	4.6	13.1	5.0	0.2	Trace	3.6	400	1.0	None
1.2	Heinz Organic Baked Beans in Tomato Sauce	323	76	4.9	13.7	5.3	0.2	Trace	3.9	500	1.3	Organic, no artificial colours, preservatives, flavours or GM ingredients, one fruit and veg portion per half can
1.3	Crosse & Blackwell Baked Beans in Tomato Sauce (4 can multipack)	358	84	4.6	15.8	4.7	0.3	0.1	3.5	500	1.3	None
1.4	HP Baked Beans in Tomato Sauce	362	85	4.7	15.0	6.1	0.7	0.2	3.7	500	1.3	Free from artificial colours and preservatives, gluten free
1.5	Tesco Baked Beans in Tomato Sauce	360	85	4.6	15.9	6.2	0.3	0.1	3.5	500	1.3	low in fat, high in fibre
1.6	Sainsbury's Baked Beans in Tomato Sauce	362	85	4.9	15.5	6.3	0.4	0.1	3.7	500	1.3	None
1.7	Asda Baked Beans in Tomato Sauce	327	77	4.6	14.0	5.0	0.3	0.1	3.7	500	1.3	None
1.8	Waitrose Baked Beans in Tomato Sauce	345	81	4.2	14.8	5.1	0.6	0.2	3.3	400	1.0	Source of fibre
1.9	Safeway Baked Beans in Tomato Sauce	427	101	4.7	19.3	5.8	0.5	0.1	3.7	500	1.3	Source of fibre
1.10	Marks & Spencer Baked Beans in a Rich Tomato Sauce	360	85	4.6	15.9	5.2	0.3	0.1	3.5	500	1.3	None
1.11	Somerfield Baked Beans in Tomato Sauce	394	93	4.7	17.8	7.1	0.3	0.1	3.5	600	1.5	None
1.12	Spar Baked Beans in Tomato Sauce	340	80	4.6	14.4	6.3	0.3	0.1	3.7	500	1.3	None
1.13	Co-op Baked Beans in Tomato Sauce (4 can multipack)	380	90	5.0	16.0	5.0	0.4	0.1	3.0	400	1.0	None
1.14	Budgens Baked Beans in Tomato Sauce	390	92	4.7	17.6	7.1	0.3	0.1	3.5	600	1.5	None
1.15	Morrisons Baked Beans in Tomato Sauce	295	69	2.9	14.0	8.7	0.2	0.1	3.7	600	1.5	None
2	"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)											
2.1	Crosse & Blackwell Waistline Healthy Baked Beans in Tomato Sauce	321	76	4.6	13.6	2.3	0.3	0.1	4.5	300	0.8	Reduced salt, reduced sugar, naturally low in fat
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	286	67	4.6	11.7	4.0	0.2	Trace	3.7	300	0.8	15% less sugar and salt
2.3	Heinz Weight Watchers Baked Beans in Tomato Sauce	279	66	4.7	11.3	3.4	0.2	Trace	3.7	300	0.8	High fibre, low fat
2.4	Tesco Healthy Living Baked Beans in Tomato Sauce	354	84	5.1	15.1	3.5	0.3	0.1	3.6	300	0.8	50% less added sugar, 50% less added salt, high fibre
2.5	Sainsbury's Baked Beans in Tomato Sauce (Reduced Sugar and Reduced Salt)	320	75	4.9	13.0	3.8	0.4	0.1	3.7	300	0.8	Reduced sugar, reduced salt
2.6	Asda Healthy Choice Baked Beans in Tomato Sauce	310	73	4.6	13.0	4.4	0.3	0.1	3.7	200	0.5	Reduced sugar
2.7	HP Healthy Baked Beans in Tomato Sauce	269	63	4.4	11.0	2.9	0.2	Trace	3.7	300	0.8	Reduced sugar, high fibre, low fat, reduced salt
2.8	Waitrose Reduced Sugar and Salt Baked Beans in Tomato Sauce	288	68	5.0	11.5	3.6	0.2	0.1	3.7	200	0.5	Reduced sugar, reduced salt
2.9	Safeway Reduced Salt and Sugar Baked Beans in Tomato Sauce	393	93	4.7	17.3	3.8	0.5	0.1	3.7	300	0.8	Source of fibre, 25% less salt
2.10	Somerfield Reduced Sugar and Salt Baked Beans in Tomato Sauce	270	64	5.1	9.9	3.0	0.4	0.1	3.7	300	0.8	Reduced sugar and salt
2.11	Co-op Healthy Living Baked Beans in Tomato Sauce	330	80	5.0	14.0	3.0	0.3	0.1	3.0	300	0.8	Reduced sugar and salt
2.12	Morrisons Better For You Reduced Sugar and Salt Baked Beans in Tomato Sauce	338	80	4.4	14.8	6.1	0.3	0.1	3.7	300	0.8	Reduced sugar and salt
3	Economy Baked Beans in Tomato Sauce											
3.1	Tesco Value Baked Beans in Tomato Sauce	331	78	4.5	16.6	5.5	0.3	0.1	3.5	500	1.3	None
3.2	Sainsbury's Low Price Baked Beans in Tomato Sauce	278	65	3.9	12.0	5.4	0.2	Less than 0.1	3.1	500	1.3	Fibre source
3.3	Asda Smart Price Baked Beans in Tomato Sauce	295	69	2.9	14.0	6.0	0.2	0.1	3.7	500	1.3	None
3.4	Safeway Savers Baked Beans in Tomato Sauce	278	65	3.9	12.0	5.4	0.2	0.1	3.1	500	1.3	None
3.5	Somerfield Makes Sense Baked Beans in Tomato Sauce	332	78	4.2	14.7	5.2	0.3	0.1	3.2	500	1.3	None
3.6	Nisa Today's Value Baked Beans in Tomato Sauce	332	78	4.2	14.7	5.2	0.3	0.1	3.2	500	1.3	None



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Sample Ref.	Product Description	Nutritional Composition per 100g as declared on label										Health Claims
		Energy kJ	Energy kcal	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Sodium (mg)	Salt (g)*	
3.7	Sunny Glade Baked Beans in Tomato Sauce	-	-	-	-	-	-	-	-	-	-	None
3.8	Co-op Everyday Baked Beans in Tomato Sauce	310	75	3.0	15.0	6.0	0.2	0.1	3.0	500	1.3	None
3.9	Corale Premium Quality Baked Beans in Rich Tomato Sauce	352	83	4.9	14.3	5.9	0.7	0.2	3.4	400	1.0	None
3.10	Iceland Great Value Baked Beans in Tomato Sauce	331	78	4.4	14.4	4.5	0.3	0.1	3.4	400	1.0	None
3.11	Morrisons Bettabuy Baked Beans in Tomato Sauce	332	78	4.2	14.7	5.2	0.3	0.1	3.2	500	1.3	None
4.	Standard Baked Beans and Sausages in Tomato Sauce											
4.1	Crosse & Blackwell Baked Beans and Sausages in Tomato Sauce	450	107	4.8	12.9	4.9	4.0	1.6	1.9	500	1.3	None
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	373	89	5.4	11.1	4.4	2.5	0.8	2.6	600	1.5	No artificial colours, preservatives, flavours or GM ingredients, one fruit and veg portion per half can
4.3	Tesco Baked Beans with Pork Sausages in Tomato Sauce	565	134	5.7	14.9	4.4	3.9	1.4	2.9	400	1.0	None
4.4	Sainsbury's Baked Beans in Tomato Sauce, with Four Pork Sausages	498	118	5.7	13.9	5.9	4.4	2.1	3.4	600	1.5	Source of fibre
4.5	Asda Baked Beans and Sausages in Tomato Sauce	518	123	6.0	16.0	6.0	3.9	1.4	3.0	600	1.5	None
4.6	Safeway Baked Beans with Pork Sausages in Tomato Sauce	501	119	6.1	15.1	5.5	3.8	1.2	2.8	400	1.0	None
4.7	Somerfield Baked Beans and Pork Sausages in Tomato Sauce	440	105	4.7	13.8	4.6	3.4	1.7	5.4	500	1.3	None
4.8	Morrisons Baked Beans and Sausages in Tomato Sauce	463	110	4.7	13.7	5.5	4.0	1.7	2.0	400	1.0	None
4.9	Co-op Baked Beans with Pork Sausages in Tomato Sauce	380	90	4.0	12.0	4.0	3.0	1.0	4.0	400	1.0	None
5.	Standard Spaghetti in Tomato Sauce											
5.1	Crosse & Blackwell Spaghetti in Tomato Sauce	256	60	1.5	13.1	4.0	0.2	Trace	0.4	400	1.0	None
5.2	Heinz Spaghetti Hoops in Tomato Sauce	224	53	1.7	11.0	3.8	0.2	Trace	0.5	300	0.8	One fruit and veg portion per half can
5.3	Heinz Spaghetti in Tomato Sauce	268	61	1.7	13.0	3.8	0.2	Trace	0.5	400	1.0	One fruit and veg portion per half can
5.4	Tesco Spaghetti in Tomato Sauce	254	60	1.6	12.9	5.3	0.2	Trace	0.5	500	1.3	None
5.5	Tesco Spaghetti Rings in Tomato Sauce	254	60	1.6	12.9	5.3	0.2	Trace	0.5	500	1.3	None
5.6	Sainsbury's Spaghetti Rings in Tomato Sauce	273	64	1.9	13.3	4.9	0.4	0.1	0.5	400	1.0	None
5.7	Sainsbury's Spaghetti in Tomato Sauce	273	64	1.9	13.3	4.9	0.4	0.1	0.5	400	1.0	None
5.8	Asda Spaghetti in Tomato Sauce	273	64	1.6	14.0	5.0	0.2	Trace	0.5	700	1.8	None
5.9	Asda Spaghetti Loops in Tomato Sauce	273	64	1.6	14.0	5.0	0.2	Trace	0.5	700	1.8	None
5.10	Waitrose Spaghetti Rings in Tomato Sauce	254	60	1.6	12.9	5.3	0.2	Trace	0.5	500	1.3	None
5.11	Safeway Short Cut Spaghetti in Tomato Sauce	260	61	1.5	12.9	4.3	0.4	Trace	0.4	600	1.5	None
5.12	Somerfield Spaghetti in Tomato Sauce	270	63	1.5	13.7	3.8	0.3	Trace	0.5	400	1.0	None
5.13	Co-op Spaghetti in Tomato Sauce	280	65	2.0	14.0	5.0	0.2	Trace	1.0	700	1.8	None
5.14	HP Spaghetti in Tomato Sauce (4 can multipack)	256	60	1.5	13.1	4.0	0.2	Trace	0.4	400	1.0	Added vitamins and minerals
5.15	Morrisons Spaghetti in Tomato Sauce	331	78	2.3	16.3	4.3	0.4	0.1	0.6	600	1.5	None
6.	Standard Spaghetti in Tomato Sauce with Sausages											
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	321	76	2.7	10.9	3.8	2.4	0.8	0.4	400	1.0	No artificial colours or GM ingredients
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	347	82	3.7	11.0	4.1	2.6	0.9	0.5	500	1.3	No artificial colours, preservatives or GM ingredients, low fat, one fruit and veg portion per half can
6.3	Tesco Spaghetti Rings and Sausages in Tomato Sauce	377	90	3.1	11.9	3.6	3.3	1.3	0.2	500	1.3	None
6.4	Sainsbury's Spaghetti Rings and Pork Sausages in Tomato Sauce	405	97	3.6	11.3	2.6	4.1	1.6	0.4	300	0.8	None
6.5	Morrisons Spaghetti Rings and Sausages in Tomato Sauce	374	89	4.8	8.3	5.5	4.1	2.4	0.8	500	1.3	None
6.6	Asda Spaghetti Loops and Sausages in Tomato Sauce	403	96	3.2	12.0	4.8	3.9	1.4	0.4	600	1.5	None



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Sample Ref.	Product Description	Nutritional Composition per 100g as declared on label										Health Claims		
		Energy kJ	Energy kcal	Protein (g)	Carbohydrate rate (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Sodium (mg)	Salt (g)*			
7.	Children's Pasta Shapes in Tomato Sauce													
7.1	Safeway Kids Spaghetti Letters in Tomato Sauce	260	61	1.5	12.9	4.3	0.4	Trace	0.4	600	1.5	None	None	
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	221	52	1.7	10.9	3.8	0.2	Trace	0.5	300	0.8	Free from artificial colour, flavour and preservative, fortified with vitamins and iron	Free from artificial colour, flavour and preservative, fortified with vitamins and iron	
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	224	53	1.7	11.0	3.8	0.2	Trace	0.5	300	0.8	Free from artificial colour, flavour and preservative, fortified with vitamins and iron, no GM ingredients	Free from artificial colour, flavour and preservative, fortified with vitamins and iron, no GM ingredients	
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	234	55	1.8	11.5	3.8	0.2	Trace	0.5	300	0.8	Free from artificial colour, flavour, preservative and no GM ingredients	Free from artificial colour, flavour, preservative and no GM ingredients	
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	Added vitamins and minerals	Added vitamins and minerals	
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	Added vitamins and minerals	Added vitamins and minerals	
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	None	None	
7.8	Sainsbury's Blue Parrot Café Numbereilli in Tomato Sauce	268	63	1.8	13.3	4.9	0.3	0.1	0.7	200	0.5	No added colours and no preservatives, only natural flavours, no added flavour enhancers, source of vitamins	No added colours and no preservatives, only natural flavours, no added flavour enhancers, source of vitamins	
7.9	Sainsbury's Blue Parrot Café Alphabetti in Tomato Sauce	268	63	1.8	13.3	4.9	0.3	0.1	0.7	200	0.5	No added colours and no preservatives, only natural flavours, no added flavour enhancers, source of vitamins	No added colours and no preservatives, only natural flavours, no added flavour enhancers, source of vitamins	
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	244	58	1.7	12.0	3.8	0.3	0.1	0.5	200	0.5	No colours or preservatives, controlled fat sugar and salt, with added vitamins A, C and iron	No colours or preservatives, controlled fat sugar and salt, with added vitamins A, C and iron	
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	None	None	
7.12	Waitrose Food Explorers Spaghetti Numbers in Tomato Sauce	273	64	1.9	13.3	3.3	0.4	0.1	0.5	230	0.6	Free from artificial colours, free from artificial flavour, controlled fat and salt	Free from artificial colours, free from artificial flavour, controlled fat and salt	
7.13	HP Barney Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	Added vitamins and minerals	Added vitamins and minerals	
8.	Children's Pasta Shapes in Tomato Sauce with Sausages													
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	437	104	3.2	12.7	4.3	4.5	1.0	0.5	500	1.3	Added vitamins and minerals	Added vitamins and minerals	
8.2	HP Scooby Doo Pasta Shapes with Barbecue Sausages in Tomato Sauce	454	108	3.0	12.4	4.9	5.2	3.0	0.2	300	0.8	None	None	
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	436	104	3.2	12.7	4.3	4.5	1.0	0.6	500	1.3	None	None	
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	381	91	3.7	11.5	4.1	3.3	1.2	0.5	500	1.3	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	372	89	3.6	11.6	4.0	3.1	1.0	0.5	500	1.3	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	372	89	3.6	11.6	4.0	3.1	1.0	0.5	500	1.3	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	430	103	3.6	11.0	2.6	4.9	1.8	0.4	200	0.5	No colours or preservatives, controlled fat, sugar and salt	No colours or preservatives, controlled fat, sugar and salt	
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	385	92	3.7	11.5	4.1	3.4	1.2	0.5	500	1.3	Free from artificial colour, flavour and preservative, fortified with vitamins and iron, no GM ingredients	Free from artificial colour, flavour and preservative, fortified with vitamins and iron, no GM ingredients	
9.	Ravioli													
9.1	Heinz Ravioli in Tomato Sauce	307	72	2.6	13.0	2.6	1.2	0.4	0.6	400	1.0	No artificial colours preservatives flavours or GM ingredients, low fat, low saturates, one fruit and veg	No artificial colours preservatives flavours or GM ingredients, low fat, low saturates, one fruit and veg	
9.2	Tesco Beef Ravioli in a Spicy Beef and Tomato Sauce	378	90	4.3	12.3	1.1	2.6	1.0	1.5	600	1.5	None	None	
9.3	Sainsbury's Ravioli in Tomato Sauce	353	83	3.1	15.5	4.4	1.0	0.5	0.5	500	1.3	Low fat	Low fat	
9.4	Princes Ravioli in Tomato Sauce	349	83	4.2	12.0	-	2.0	-	-	-	-	Free from artificial colour, flavour and preservatives	Free from artificial colour, flavour and preservatives	
9.5	Asda Beef Ravioli in Tomato Sauce	373	88	3.6	14.0	1.5	2.0	Trace	3.0	600	1.5	None	None	
9.6	Tesco Vegetable Ravioli (in Tomato Sauce)	347	82	2.6	16.3	4.4	0.7	0.1	0.7	600	1.5	None	None	
9.7	Sainsbury's Vegetable Ravioli in a Rich Tomato and Herb Sauce	347	82	2.6	16.3	4.4	0.7	0.1	0.7	600	1.5	Low fat	Low fat	
9.8	Heinz Cheese and Tomato Ravioli (in Tomato Sauce)	335	79	2.6	13.9	3.2	1.4	0.5	0.5	400	1.0	No artificial colours, preservatives or GM ingredients, low fat, low saturates, one fruit and veg portion per can	No artificial colours, preservatives or GM ingredients, low fat, low saturates, one fruit and veg portion per can	
9.9	Tesco Pork Ravioli (in Tomato Sauce)	291	69	2.7	14.2	4.1	0.1	Trace	1.3	300	0.8	None	None	
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	317	75	2.4	14.4	2.9	0.8	0.1	0.5	400	1.0	No artificial colours, preservatives or GM ingredients, low fat, one fruit and veg portion per can	No artificial colours, preservatives or GM ingredients, low fat, one fruit and veg portion per can	
9.11	Morrisons Ravioli (in Tomato Sauce)	373	89	3.1	12.3	-	3.0	-	-	-	-	None	None	
9.12	Morrisons Bettabuy Ravioli (in Tomato Sauce)	311	74	2.8	9.0	2.9	1.1	0.3	0.7	400	1.0	None	None	
10.	Spaghetti Bolognese													
10.1	Heinz Spaghetti Bolognese	314	74	2.7	12.9	2.4	1.4	0.2	0.5	400	1.0	No artificial colours preservatives or GM ingredients, low fat, low saturates, one fruit and veg portion per half can	No artificial colours preservatives or GM ingredients, low fat, low saturates, one fruit and veg portion per half can	



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Sample Ref.	Product Description	Nutritional Composition per 100g as declared on label										Health Claims	
		Energy kJ	Energy kcal	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Sodium (mg)	Salt (g)*		
10.2	Tesco Spaghetti Bolognese	468	111	6.4	12.2	2.0	2.6	1.1	0.7	500	1.3	None	
10.3	Sainsbury's Spaghetti Bolognese	308	73	3.9	10.3	4.4	1.8	0.5	1.0	400	1.0	None	
10.4	Asda Spaghetti Bolognese	362	86	4.2	11.0	3.6	2.8	0.9	0.6	500	1.3	None	
10.5	Asda Smart Price Spaghetti Bolognese	440	105	3.2	12.0	2.0	4.9	0.6	0.8	500	1.3	None	
10.6	Safeway Spaghetti Bolognese	342	81	3.6	11.1	2.7	2.5	0.8	0.6	400	1.0	None	
10.7	Morrisons Spaghetti Bolognese	357	85	4.2	10.7	3.5	2.8	1.0	0.6	600	1.5	None	
11.	Macaroni Cheese												
11.1	Heinz Macaroni Cheese	399	95	3.4	9.8	1.1	4.7	1.4	0.3	400	1.0	None	
11.2	Tesco Macaroni Cheese	557	133	4.5	10.1	0.7	6.3	2.8	0.3	500	1.3	None	
11.3	Sainsbury's Macaroni Cheese	557	133	5.1	12.2	1.8	7.1	3.2	0.3	500	1.3	None	
11.4	Asda Macaroni Cheese	501	120	4.4	12.0	1.6	6.0	2.1	0.3	500	1.3	None	
11.5	Asda Smart Price Macaroni Cheese	528	126	5.0	13.0	1.1	6.0	2.3	0.3	400	1.0	None	
11.6	Safeway Macaroni Cheese	485	116	4.4	11.5	1.6	5.8	2.1	0.3	500	1.3	None	
11.7	Morrisons Macaroni Cheese	486	116	4.4	11.5	1.6	5.8	2.1	0.3	500	1.3	None	

- Denotes where no information was available on the label
 * Salt equivalent figure (sodium multiplied by 2.55)



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Table 3: Salt content of individual products per 100g and per portion

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
1	Standard Baked Beans in Tomato Sauce				
1.11	Somerfield Baked Beans in Tomato Sauce	1.5	3.2	1.1	1.5
1.14	Budgens Baked Beans in Tomato Sauce	1.5	3.2	1.1	1.5
1.15	Morrisons Baked Beans in Tomato Sauce	1.5	3.2	1.1	1.5
1.2	Heinz Organic Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.3	Crosse & Blackwell Baked Beans in Tomato Sauce (4 can multipack)	1.3	2.7	0.9	1.2
1.4	HP Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.5	Tesco Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.6	Sainsbury's Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.7	Asda Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.9	Safeway Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.10	Marks & Spencer Baked Beans in a Rich Tomato Sauce	1.3	2.7	0.9	1.2
1.12	Spar Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.1	Heinz Baked Beans in Tomato Sauce	1.0	2.1	0.7	1.0
1.8	Waitrose Baked Beans in Tomato Sauce	1.0	2.1	0.7	1.0
1.13	Co-op Baked Beans in Tomato Sauce (4 can multipack)	1.0	2.1	0.7	1.0

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
2.	"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)				
2.1	Crosse & Blackwell Waistline Healthy Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.3	Heinz Weight Watchers Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.4	Tesco Healthy Living Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.5	Sainsbury's Baked Beans in Tomato Sauce (Reduced Sugar and Reduced Salt)	0.8	1.6	0.5	0.7
2.7	HP Healthy Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.9	Safeway Reduced Salt and Sugar Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.10	Somerfield Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.11	Co-op Healthy Living Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.12	Morrisons Better For You Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.6	Asda Healthy Choice Baked Beans in Tomato Sauce	0.5	1.1	0.4	0.5
2.8	Waitrose Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.5	1.1	0.4	0.5



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Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
3.	Economy Baked Beans in Tomato Sauce				
3.7	Sunny Glade Baked Beans in Tomato Sauce	-	-	-	-
3.1	Tesco Value Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.2	Sainsbury's Low Price Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.3	Asda Smart Price Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.4	Safeway Savers Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.5	Somerfield Makes Sense Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.6	Nisa Today's Value Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.8	Co-op Everyday Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.11	Morrisons Bettabuy Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.9	Corale Premium Quality Baked Beans in Rich Tomato Sauce	1.0	2.1	0.7	1.0
3.10	Iceland Great Value Baked Beans in Tomato Sauce	1.0	2.1	0.7	1.0

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
4.	Standard Baked Beans and Sausages in Tomato Sauce				
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	1.5	3.2	1.1	1.5
4.4	Sainsbury's Baked Beans in Tomato Sauce, with Four Pork Sausages	1.5	3.2	1.1	1.5
4.5	Asda Baked Beans and Sausages in Tomato Sauce	1.5	3.2	1.1	1.5
4.1	Crosse & Blackwell Baked Beans and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
4.7	Somerfield Baked Beans and Pork Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
4.3	Tesco Baked Beans with Pork Sausages in Tomato Sauce	1.0	2.1	0.7	1.0
4.6	Safeway Baked Beans with Pork Sausages in Tomato Sauce	1.0	2.1	0.7	1.0
4.8	Morrisons Baked Beans and Sausages in Tomato Sauce	1.0	2.1	0.7	1.0
4.9	Co-op Baked Beans with Pork Sausages in Tomato Sauce	1.0	2.1	0.7	1.0



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Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
5.	Standard Spaghetti in Tomato Sauce				
5.8	Asda Spaghetti in Tomato Sauce	1.8	3.7	1.2	1.7
5.9	Asda Spaghetti Loops in Tomato Sauce	1.8	3.7	1.2	1.7
5.13	Co-op Spaghetti in Tomato Sauce	1.8	3.7	1.2	1.7
5.11	Safeway Short Cut Spaghetti in Tomato Sauce	1.5	3.2	1.1	1.5
5.15	Morrisons Spaghetti in Tomato Sauce	1.5	3.2	1.1	1.5
5.4	Tesco Spaghetti in Tomato Sauce	1.3	2.7	0.9	1.2
5.5	Tesco Spaghetti Rings in Tomato Sauce	1.3	2.7	0.9	1.2
5.10	Waitrose Spaghetti Rings in Tomato Sauce	1.3	2.7	0.9	1.2
5.1	Crosse & Blackwell Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.3	Heinz Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.6	Sainsbury's Spaghetti Rings in Tomato Sauce	1.0	2.1	0.7	1.0
5.7	Sainsbury's Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.12	Somerfield Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.14	HP Spaghetti in Tomato Sauce (4 can multipack)	1.0	2.1	0.7	1.0
5.2	Heinz Spaghetti Hoops in Tomato Sauce	0.8	1.6	0.5	0.7



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Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
6.	Standard Spaghetti in Tomato Sauce with Sausages				
6.6	Asda Spaghetti Loops and Sausages in Tomato Sauce	1.5	3.2	1.1	1.5
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
6.3	Tesco Spaghetti Rings and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
6.5	Morrisons Spaghetti Rings and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	1.0	2.1	0.7	1.0
6.4	Sainsbury's Spaghetti Rings and Pork Sausages in Tomato Sauce	0.8	1.6	0.5	0.7
7.	Children's Pasta Shapes in Tomato Sauce				
7.1	Safeway Kids Spaghetti Letters in Tomato Sauce	1.5	3.2	1.1	1.5
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.13	HP Barney Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	0.8	1.6	0.5	0.7
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	0.8	1.6	0.5	0.7
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	0.8	1.6	0.5	0.7
7.12	Waitrose Food Explorers Spaghetti Numbers in Tomato Sauce	0.6	1.2	0.4	0.6
7.8	Sainsbury's Blue Parrot Café Numberelli in Tomato Sauce	0.5	1.1	0.4	0.5
7.9	Sainsbury's Blue Parrot Café Alphabeti in Tomato Sauce	0.5	1.1	0.4	0.5
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	0.5	1.1	0.4	0.5



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Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
8.	Children's Pasta Shapes in Tomato Sauce with Sausages				
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.2	HP Scooby Doo Pasta Shapes with Barbecue Sausages in Tomato Sauce	0.8	1.6	0.5	0.7
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	0.5	1.1	0.4	0.5
9.	Ravioli				
9.4	Princes Ravioli in Tomato Sauce	-	-	-	-
9.11	Morrisons Ravioli (in Tomato Sauce)	-	-	-	-
9.2	Tesco Beef Ravioli in a Spicy Beef and Tomato Sauce	1.5	3.2	1.1	1.5
9.5	Asda Beef Ravioli in Tomato Sauce	1.5	3.2	1.1	1.5
9.6	Tesco Vegetable Ravioli (in Tomato Sauce)	1.5	3.2	1.1	1.5
9.7	Sainsbury's Vegetable Ravioli in a Rich Tomato and Herb Sauce	1.5	3.2	1.1	1.5
9.3	Sainsbury's Ravioli in Tomato Sauce	1.3	2.7	0.9	1.2
9.1	Heinz Ravioli in Tomato Sauce	1.0	2.1	0.7	1.0
9.8	Heinz Cheese and Tomato Ravioli (in Tomato Sauce)	1.0	2.1	0.7	1.0
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	1.0	2.1	0.7	1.0
9.12	Morrisons Bettabuy Ravioli (in Tomato Sauce)	1.0	2.1	0.7	1.0
9.9	Tesco Pork Ravioli (in Tomato Sauce)	0.8	1.6	0.5	0.7



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Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
10.	Spaghetti Bolognese				
10.7	Morrisons Spaghetti Bolognese	1.5	3.2	1.1	1.5
10.2	Tesco Spaghetti Bolognese	1.3	2.7	0.9	1.2
10.4	Asda Spaghetti Bolognese	1.3	2.7	0.9	1.2
10.5	Asda Smart Price Spaghetti Bolognese	1.3	2.7	0.9	1.2
10.1	Heinz Spaghetti Bolognese	1.0	2.1	0.7	1.0
10.3	Sainsbury's Spaghetti Bolognese	1.0	2.1	0.7	1.0
10.6	Safeway Spaghetti Bolognese	1.0	2.1	0.7	1.0
11.	Macaroni Cheese				
11.2	Tesco Macaroni Cheese	1.3	2.7	0.9	1.2
11.3	Sainsbury's Macaroni Cheese	1.3	2.7	0.9	1.2
11.4	Asda Macaroni Cheese	1.3	2.7	0.9	1.2
11.6	Safeway Macaroni Cheese	1.3	2.7	0.9	1.2
11.7	Morrisons Macaroni Cheese	1.3	2.7	0.9	1.2
11.1	Heinz Macaroni Cheese	1.0	2.1	0.7	1.0
11.5	Asda Smart Price Macaroni Cheese	1.0	2.1	0.7	1.0

- Denotes where no information was available on the label



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Table 4: Fat and saturated fat content of individual products per 100g and per portion

Sample Ref.	Product Description	Amount per 100g		Adult (210g portion)		4-6 years (70g portion)		7-10 years (97g portion)	
		Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)
1	Standard Baked Beans in Tomato Sauce								
1.1	Heinz Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
1.2	Heinz Organic Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
1.3	Crosse & Blackwell Baked Beans in Tomato Sauce (4 can multipack)	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.4	HP Baked Beans in Tomato Sauce	0.7	0.2	1.5	0.4	0.5	0.1	0.7	0.2
1.5	Tesco Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.6	Sainsbury's Baked Beans in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
1.7	Asda Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.8	Waitrose Baked Beans in Tomato Sauce	0.6	0.2	1.3	0.4	0.4	0.1	0.6	0.2
1.9	Safeway Baked Beans in Tomato Sauce	0.5	0.1	1.1	0.2	0.4	0.1	0.5	0.1
1.10	Marks & Spencer Baked Beans in a Rich Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.11	Somerfield Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.12	Spar Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.13	Co-op Baked Beans in Tomato Sauce (4 can multipack)	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
1.14	Budgens Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.15	Morrisons Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
2.	"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)								
2.1	Crosse & Blackwell Waitline Healthy Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
2.3	Heinz Weight Watchers Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
2.4	Tesco Healthy Living Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.5	Sainsbury's Baked Beans in Tomato Sauce (Reduced Sugar and Reduced Salt)	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
2.6	Asda Healthy Choice Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.7	HP Healthy Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
2.8	Waitrose Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
2.9	Safeway Reduced Salt and Sugar Baked Beans in Tomato Sauce	0.5	0.1	1.1	0.2	0.4	0.1	0.5	0.1
2.10	Somerfield Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
2.11	Co-op Healthy Living Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.12	Morrisons Better For You Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.	Economy Baked Beans in Tomato Sauce								
3.1	Tesco Value Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.2	Sainsbury's Low Price Baked Beans in Tomato Sauce	0.2	Less than 0.1	0.4	-	0.1	-	0.2	-
3.3	Asda Smart Price Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
3.4	Safeway Savers Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
3.5	Somerfield Makes Sense Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.6	Nisa Today's Value Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.7	Sunny Glade Baked Beans in Tomato Sauce	-	-	-	-	-	-	-	-
3.8	Co-op Everyday Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
3.9	Corale Premium Quality Baked Beans in Rich Tomato Sauce	0.7	0.2	1.5	0.4	0.5	0.1	0.7	0.2
3.10	Iceland Great Value Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.11	Morrisons Bettabuy Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1



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Sample Ref.	Product Description	Amount per 100g		Adult (210g portion)		4-6 years (70g portion)		7-10 years (97g portion)	
		Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)
4. Standard Baked Beans and Sausages in Tomato Sauce									
4.1	Crosse & Blackwell Baked Beans and Sausages in Tomato Sauce	4.0	1.6	8.4	3.4	2.8	1.1	3.9	1.6
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	2.5	0.8	5.3	1.7	1.8	0.6	2.4	0.8
4.3	Tesco Baked Beans with Pork Sausages in Tomato Sauce	3.9	1.4	8.2	2.9	2.7	1.0	3.8	1.4
4.4	Sainsbury's Baked Beans in Tomato Sauce, with Four Pork Sausages	4.4	2.1	9.2	4.4	3.1	1.5	4.3	2.0
4.5	Asda Baked Beans and Sausages in Tomato Sauce	3.9	1.4	8.2	2.9	2.7	1.0	3.8	1.4
4.6	Safeway Baked Beans with Pork Sausages in Tomato Sauce	3.8	1.2	8.0	2.5	2.7	0.8	3.7	1.2
4.7	Somerfield Baked Beans and Pork Sausages in Tomato Sauce	3.4	1.7	7.1	3.6	2.4	1.2	3.3	1.6
4.8	Morrisons Baked Beans and Sausages in Tomato Sauce	4.0	1.7	8.4	3.6	2.8	1.2	3.9	1.6
4.9	Co-op Baked Beans with Pork Sausages in Tomato Sauce	3.0	1.0	6.3	2.1	2.1	0.7	2.9	1.0
5. Standard Spaghetti in Tomato Sauce									
5.1	Crosse & Blackwell Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.2	Heinz Spaghetti Hoops in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.3	Heinz Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.4	Tesco Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.5	Tesco Spaghetti Rings in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.6	Sainsbury's Spaghetti Rings in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
5.7	Sainsbury's Spaghetti in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
5.8	Asda Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.9	Asda Spaghetti Loops in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.10	Waitrose Spaghetti Rings in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.11	Safeway Short Cut Spaghetti in Tomato Sauce	0.4	Trace	0.8	Trace	0.3	Trace	0.4	Trace
5.12	Somerfield Spaghetti in Tomato Sauce	0.3	Trace	0.6	Trace	0.2	Trace	0.3	Trace
5.13	Co-op Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.14	HP Spaghetti in Tomato Sauce (4 can multipack)	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.15	Morrisons Spaghetti in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
6. Standard Spaghetti in Tomato Sauce with Sausages									
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	2.4	0.8	5.0	1.7	1.7	0.6	2.3	0.8
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	2.6	0.9	5.5	1.9	1.8	0.6	2.5	0.9
6.3	Tesco Spaghetti Rings and Sausages in Tomato Sauce	3.3	1.3	6.9	2.7	2.3	0.9	3.2	1.3
6.4	Sainsbury's Spaghetti Rings and Pork Sausages in Tomato Sauce	4.1	1.6	8.6	3.4	2.9	1.1	4.0	1.6
6.5	Morrisons Spaghetti Rings and Sausages in Tomato Sauce	4.1	2.4	8.6	5.0	2.9	1.7	4.0	2.3
6.6	Asda Spaghetti Loops and Sausages in Tomato Sauce	3.9	1.4	8.2	2.9	2.7	1.0	3.8	1.4
7. Children's Pasta Shapes in Tomato Sauce									
7.1	Safeway Kids Spaghetti Letters in Tomato Sauce	0.4	Trace	0.8	Trace	0.3	Trace	0.4	Trace
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.8	Sainsbury's Blue Parrot Café Numberelli in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
7.9	Sainsbury's Blue Parrot Café Alphabeti in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.12	Waitrose Food Explorers Spaghetti Numbers in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
7.13	HP Barney Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1



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Sample Ref.	Product Description	Amount per 100g		Adult (210g portion)		4-6 years (70g portion)		7-10 years (97g portion)	
		Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)
8. Children's Pasta Shapes in Tomato Sauce with Sausages									
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	4.5	1.0	9.5	2.1	3.2	0.7	4.4	1.0
8.2	HP Scooby Doo Pasta Shapes with Barbecue Sausages in Tomato Sauce	5.2	3.0	10.9	6.3	3.6	2.1	5.0	2.9
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	4.5	1.0	9.5	2.1	3.2	0.7	4.4	1.0
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	3.3	1.2	6.9	2.5	2.3	0.8	3.2	1.2
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	3.1	1.0	6.5	2.1	2.2	0.7	3.0	1.0
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	3.1	1.0	6.5	2.1	2.2	0.7	3.0	1.0
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	4.9	1.8	10.3	3.8	3.4	1.3	4.8	1.7
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	3.4	1.2	7.1	2.5	2.4	0.8	3.3	1.2
9. Ravioli									
9.1	Heinz Ravioli in Tomato Sauce	1.2	0.4	2.5	0.8	0.8	0.3	1.2	0.4
9.2	Tesco Beef Ravioli in a Spicy Beef and Tomato Sauce	2.6	1.0	5.5	2.1	1.8	0.7	2.5	1.0
9.3	Sainsbury's Ravioli in Tomato Sauce	1.0	0.5	2.1	1.1	0.7	0.4	1.0	0.5
9.4	Princes Ravioli in Tomato Sauce	2.0	-	4.2	-	1.4	-	1.9	-
9.5	Asda Beef Ravioli in Tomato Sauce	2.0	Trace	4.2	Trace	1.4	Trace	1.9	Trace
9.6	Tesco Vegetable Ravioli (in Tomato Sauce)	0.7	0.1	1.5	0.2	0.5	0.1	0.7	0.1
9.7	Sainsbury's Vegetable Ravioli in a Rich Tomato and Herb Sauce	0.7	0.1	1.5	0.2	0.5	0.1	0.7	0.1
9.8	Heinz Cheese and Tomato Ravioli (in Tomato Sauce)	1.4	0.5	2.9	1.1	1.0	0.4	1.4	0.5
9.9	Tesco Pork Ravioli (in Tomato Sauce)	0.1	Trace	0.2	Trace	0.1	Trace	0.1	Trace
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	0.8	0.1	1.7	0.2	0.6	0.1	0.8	0.1
9.11	Morrisons Ravioli (in Tomato Sauce)	3.0	-	6.3	-	2.1	-	2.9	-
9.12	Morrisons Bettabuy Ravioli (in Tomato Sauce)	1.1	0.3	2.3	0.6	0.8	0.2	1.1	0.3
10. Spaghetti Bolognese									
10.1	Heinz Spaghetti Bolognese	1.4	0.2	2.9	0.4	1.0	0.1	1.4	0.2
10.2	Tesco Spaghetti Bolognese	2.6	1.1	5.5	2.3	1.8	0.8	2.5	1.1
10.3	Sainsbury's Spaghetti Bolognese	1.8	0.5	3.8	1.1	1.3	0.4	1.7	0.5
10.4	Asda Spaghetti Bolognese	2.8	0.9	5.9	1.9	2.0	0.6	2.7	0.9
10.5	Asda Smart Price Spaghetti Bolognese	4.9	0.6	10.3	1.3	3.4	0.4	4.8	0.6
10.6	Safeway Spaghetti Bolognese	2.5	0.8	5.3	1.7	1.8	0.6	2.4	0.8
10.7	Morrisons Spaghetti Bolognese	2.8	1.0	5.9	2.1	2.0	0.7	2.7	1.0
11. Macaroni Cheese									
11.1	Heinz Macaroni Cheese	4.7	1.4	9.9	2.9	3.3	1.0	4.6	1.4
11.2	Tesco Macaroni Cheese	6.3	2.8	13.2	5.9	4.4	2.0	6.1	2.7
11.3	Sainsbury's Macaroni Cheese	7.1	3.2	14.9	6.7	5.0	2.2	6.9	3.1
11.4	Asda Macaroni Cheese	6.0	2.1	12.6	4.4	4.2	1.5	5.8	2.0
11.5	Asda Smart Price Macaroni Cheese	6.0	2.3	12.6	4.8	4.2	1.6	5.8	2.2
11.6	Safeway Macaroni Cheese	5.8	2.1	12.2	4.4	4.1	1.5	5.6	2.0
11.7	Morrisons Macaroni Cheese	5.8	2.1	12.2	4.4	4.1	1.5	5.6	2.0

- Denotes where no information was available on the label



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Annex 1: Details of changes in product composition since sampling

Category Ref.	Product Description	Label data collected in survey				Comment from manufacturer on changes in composition compared with label value at time of sampling
		Sodium mg/100g	Salt g/100g	Sugars g/100g	Fat g/100g	
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	200	0.5	2.6	4.9	Product delisted
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	200	0.5	3.8	0.3	Product delisted
3.3	Asda Smart Price Baked Beans in Tomato Sauce	500	1.3	6.0	0.2	Salt 2.3g per portion (200g)
11.5	Asda Smart Price Macaroni Cheese	400	1.0	1.1	6.0	Salt 1.5g per portion (200g), fat 2.7g per 100g
10.5	Asda Smart Price Spaghetti Bolognese	500	1.3	2.0	4.9	Salt 1.4g per portion, fat 1.2g per 100g
7.13	HP Barney Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	500	1.3	4.3	4.5	Sodium content now 340mg per 100g (32% reduction)
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	500	1.3	4.3	4.5	Sodium content now 340mg per 100g (32% reduction)
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	600	1.5	4.4	2.5	Sodium 400 mg (33% reduced), Sugar 4.1 (6.8% reduced)
1.1	Heinz Baked Beans in Tomato Sauce	400	1.0	5.0	0.2	Sodium 300 mg (25% reduced), Sugar 4.8g (4% reduced)
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	300	0.8	4.0	0.2	Discontinued to be replaced by Reduced Sugar & Salt Baked beans: Sodium 200mg, Sugar 3.5g
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	400	1.0	2.9	0.8	Sodium 300 mg (25% reduced)
1.2	Heinz Organic Baked Beans in Tomato Sauce	500	1.3	5.3	0.2	Sodium 400mg (20% reduced)
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	500	1.3	4.0	3.1	Sodium 200mg (60% reduced)
9.1	Heinz Ravioli in Tomato Sauce	400	1.0	2.6	1.2	Sodium 300mg (25% reduced)
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	500	1.3	4.1	2.6	Sodium 400mg (20% reduced)
5.2	Heinz Spaghetti Hoops in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	400	1.0	3.8	2.4	Sodium 300mg (25% reduced)
5.3	Heinz Spaghetti in Tomato Sauce	400	1.0	3.8	0.2	Sodium 200mg (50% reduction)
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	500	1.3	4.0	3.1	Sodium 200mg (60% reduced)
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	500	1.3	4.1	3.3	Discontinued
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	500	1.3	4.1	3.4	Sodium 200mg (60% reduced), Sugar 3.9g (4.8% reduced)
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)