

Hidden Salt in 'Free From' Products – Bakery Products

Consensus Action on Salt and Health (CASH) has recently surveyed supermarket own-label products from 'Free From' ranges. These were compared to the supermarkets standard version of the product. More than half (56.3%) of the 'Free From' products contained a higher level of salt compared to their standard equivalents.

Many people in the UK suffer from food allergies such as Coeliac Disease and many more chose to follow a wheat or dairy free diet as they feel that they are intolerant to these ingredients. If you suffer from an allergy or intolerance we don't feel that you should have to further jeopardise your health by consuming foods that are higher in salt. The tables below have been put together to help you identify some 'Free From' products which contain a lot more salt than their counterparts as well as some examples of products which contain similar or lower levels of salt compared to their counterparts. Remember to always read the product label if you are concerned about the salt content.

(Figures are correct as of July 2009)

High Salt Compared to Comparison – Bakery Product

Free From Product	Salt (g) per 100g	Comparison Product	Salt (g) per 100g
ASDA Free From Double Chocolate Muffins	1.0	ASDA Double Chocolate Muffins	0.3
Tesco Free From Victoria Sponge	1.4	Tesco Victoria Sponge	0.6
Sainsbury's Free From Garlic and Coriander Naan	1.75	Sainsbury's Garlic and Coriander Naan	0.60
Sainsbury's Free From Real Fruit Jam Tarts	0.55	Sainsbury's Real Fruit Jam Tarts	0.23
Sainsbury's Free From Chocolate Sponge Pudding	0.83	Sainsbury's Chocolate Sponge Pudding	0.35

Lower Salt Compared to Comparison – Bakery Product

Free From Product	Salt (g) per 100g	Comparison Product	Salt (g) per 100g
Morrisons Free From Baguette	1.0	Morrisons White Baguettes	1.5
ASDA Free From White Roll	0.9	ASDA Large White Bap	1.3
ASDA Free From Almond Slice	0.2	ASDA Almond Slice	0.4
Morrisons Free From English Muffins	0.9	Morrisons Muffins	1.0
Sainsbury's Free From Hot Cross Buns	0.7	Sainsbury's Hot Cross Buns	0.75