



Salad Survey 2018 - Retail Salad Data

Notes:
 Data per 100g and per portion was collected using Action on Salt food and drink database, online and in store from the w/c 02/04/2018. Data correct as of May 2018. See Action on Salt website for further information.
 Data sorted from highest to lowest for salt per 100g.
 Colour coding according to DH Front of Pack Guidance: Green <=3.0/100g, Amber >3.1 - <=4.5, Red >4.5-5.0/100g, +1. Reportion for salt
 Colour coding according to DH Front of Pack Guidance: Green <=0.1/100g, Amber >0.1 - <=0.3, Red >0.3-0.5/100g, +2. Reportion for sodium
 Colour coding according to DH Front of Pack Guidance: Green <=1.5/100g, Amber >1.5 - <=5.0, Red >5.0-10/100g, +6. Reportion for saturated fat
 Per portion nutrition information for salt, fat and saturated fat calculated from per 100g and portion size
 Portion size as suggested on pack
 na = information not available

Brand Name	Product Name	Salad Category	Pack Size (g)	Portion Size (g)	Salt / 100g	Salt/ portion (g)	Salt/pack (g)	Total fat/100g (g)	Total fat/ portion (g)	Saturates/ 100g (g)	Saturates/ portion (g)
Marks & Spencer	M&S Teriyaki Chicken Sticky Rice Salad	Rice	280	280	1.36	0.38	3.50	3.3	9.2	0.6	1.7
Iceland	Iceland Chicken & Bacon Pasta 400g	Pasta	400	na	1.30	na	4.80	na	na	2.1	na
Marks & Spencer	M&S Teriyaki Salmon Sticky Rice Salad	Rice	260	260	1.12	1.03	3.05	2.6	6.8	0.5	1.3
Morrisons	Morrisons Chicken and Bacon Pasta 250g	Pasta	250	250	1.00	1.00	2.55	14.8	15.9	1.5	3.8
Tesco	Tesco Chicken & Bacon Pasta 465g	Pasta	465	465	0.92	0.92	2.32	10.0	28.0	1.3	3.0
Tesco	Tesco Finest Spinach & Pine Nut Pasta Salad 215g	Pasta	215	107.5	1.00	1.1	2.3	12.9	13.9	2.2	2.4
Tesco	Tesco Finest Spinach & Pine Nut Pasta Salad 400g	Pasta	400	100	1.00	1.00	4.00	4.00	12.9	2.2	2.2
Sainsbury's	Sainsbury's Taste the Difference Parmaise & Parmesan Pasta 400g	Pasta	400	100	1.00	1.00	4.00	21.5	11.5	2.5	2.8
Sainsbury's	Sainsbury's Taste the Difference Pasta & Parmesan Pasta 175g	Pasta	185	92.5	1.00	0.93	1.85	11.5	10.6	2.5	2.7
Tesco	Tesco Pasta Pasta 190g	Pasta	190	95	1.00	0.95	1.90	8.8	8.3	1.4	1.3
ASD	ASD The Deli Chicken & Bacon Pasta Salad 400g	Pasta	400	100	0.96	0.96	3.84	15	16.0	1.7	1.7
Marks & Spencer	M&S Supreme Rice Pesto Pasta Salad 400g	Pasta	400	100	0.93	0.93	3.72	4.1	10.5	0.9	2.3
ASD	ASD Meadow Fresh Chicken & Bacon Pasta Salad 400g	Pasta	400	100	0.93	0.93	3.72	15.9	15.9	1.5	1.5
ASD	ASD Meadow Fresh Mature Cheddar Pasta Salad 400g	Pasta	400	100	0.97	0.97	3.88	14.9	14.3	4.2	4.2
Morrisons	Morrisons Puffcorn with Minced Beef Pasta Salad 215g	Salad	215	215	0.90	0.90	2.26	6	12.8	0.7	1.5
Sainsbury's	Sainsbury's Taste the Difference Tabouleh 230g	Other grain	230	125	0.90	1.13	2.57	5.7	7.1	0.5	0.6
Tesco	Tesco Finest Apple Wood Smoked Bacon & Cheese Pasta 230g	Pasta	230	115	0.90	1.04	2.07	11.8	13.5	2.6	3.0
Tesco	Tesco Finest Charred Mushroom Pasta 230g	Pasta	230	110	0.90	0.99	1.98	9.2	10.1	1.6	1.8
Morrisons	Morrisons Corned Beef & Potato Pasta 250g	Pasta	250	90	0.90	0.81	2.25	15.2	7.6	1.2	0.6
Marks & Spencer	M&S Feta Cheese & Slow Roasted Tomato Pasta Salad 180g	Pasta	190	190	0.85	1.62	1.62	7	13.3	2.9	5.5
Sainsbury's	Sainsbury's Tomato & Jalapeno Pasta 500g	Pasta	500	83.3	0.85	0.89	4.15	3.3	2.7	0.3	0.2
Boots	Boots Chicken Pasta Salad 195g	Pasta	195	195	0.93	1.60	1.60	5.6	11.0	0.3	1
The Co-Operative	Co-Op Ham & Egg Salad 215g	Salad	235	235	0.85	1.60	1.60	7.8	18.0	2.2	5
Morrisons	Morrisons Chicken and Bacon Caesar Salad	Salad	160	160	0.81	1.30	1.30	11.7	21.9	2.7	4.3
Morrisons	Morrisons Spicy Chicken Pasta 300g	Pasta	300	100	0.80	2.40	2.40	9.1	26.0	0.8	2.4
Tesco	Tesco Three Beans & Potato 200g	Couscous	200	125	0.80	1.00	1.1	4.1	3.9	0.3	0.4
Sainsbury's	Sainsbury's Roasted Vegetable Couscous 200g	Couscous	200	100	0.80	0.80	1.60	4.2	4.2	0.5	0.5
ASD	ASD Deluxe Smoky Bean Salad 240g	Bean	240	60	0.80	0.48	1.92	7.4	3.7	0.6	0.3
Morrisons	Morrisons Limited Edition Mediterranean Chicken & Vegetable Pasta 300g	Pasta	300	300	0.80	2.40	2.40	8.3	23.8	0.8	2.3
Tesco	Tesco Honey & Mustard Chicken Pasta 465g	Pasta	465	232.5	0.80	1.72	1.72	10.6	23.4	0.3	0.4
Tesco	Tesco Tuna & Sweetcorn Pasta 465g	Pasta	465	232.5	0.80	1.72	1.72	9	20.0	0.73	1.7
Marks & Spencer	M&S Pasta, Spinach & Pine Kernels 190g	Pasta	190	190	0.80	1.53	1.52	10.8	21.5	0.9	4.9
ASD	ASD Pasta & Sun-Dried Tomato Pasta Salad 215g	Pasta	215	107.5	0.80	1.00	2.00	14	18.0	0.9	1.8
Sainsbury's	Sainsbury's Pasta, Spinach & Pine Nut 200g	Pasta	200	100	0.80	0.80	1.60	11.6	11.6	1.4	1.8
Morrisons	Morrisons Cheese Pasta 155g	Pasta	155	50	0.80	0.40	1.40	17.1	8.6	1.9	2
Morrisons	Morrisons Italian Pasta, Spinach & Pine Nut Salad 230g	Pasta	230	115	0.80	0.40	1.44	12.8	6.4	1.6	0.8
Marks & Spencer	M&S Mediterranean Pasta 190g	Pasta	190	190	0.80	1.28	1.28	4.6	4.9	1.8	1.7
ASD	ASD Deluxe Spinach & Pine Nut Pasta Salad 215g	Pasta	215	50	0.80	0.40	1.07	9.7	4.9	1.7	0.9
Boots	Boots Shoppers Pasta Style Chicken Rice Bowl 163g	Pasta	163	163	0.79	1.29	1.29	1.9	3.1	0.3	0.5
ASD	ASD Specially Selected Sweet Chip Sauce Pasta Salad 230g	Couscous	230	110	0.79	1.07	1.07	2.3	2.3	0.2	0.2
Morrisons	Morrisons BBQ Chicken Pasta 250g	Pasta	250	75	0.79	1.97	1.97	1.9	4.5	0.2	0.6
Waitrose	Waitrose Spanish Chorizo Rice Salad 190g	Rice	190	63.3	0.78	0.49	1.48	6.1	3.9	1.4	0.9
Marks & Spencer	M&S Green Salad	Salad	200	200	0.75	1.50	1.50	9.8	19.6	0.3	0.3
Marks & Spencer	Marks & Spencer 2 Barboni, Flavani & Rossi Beef Salad with a Mint Vinaigrette 250g	Salad	250	250	0.70	1.83	1.83	2.4	6.0	0.3	0.3
The Co-Operative	Co-Operative Irresistible Super Green Salad 240g	Salad	240	240	0.73	1.75	1.75	2.4	6.0	1.8	4.3
Marks & Spencer	M&S Rice, Black Quinoa & Feta	Rice	170	170	0.73	1.42	1.42	7.7	14.1	3.2	5.4
Marks & Spencer	M&S Honey Roast Luchman Salmon Pasta Salad 200g	Pasta	200	200	0.73	1.20	1.20	7	14.4	1.3	1.3
The Co-Operative	Co-Op Halloumi & Grains Citrus Salad 234g	Other grain	234	234	0.72	1.68	1.68	3	7.0	1.9	4.4
Boots	Boots Hot Smoked Salmon Pasta Salad	Pasta	230	230	0.72	1.65	1.65	9.1	21.0	1.8	4.1
Boots	Boots Honey & Mustard Chicken Pasta Salad 210g	Pasta	210	210	0.72	1.51	1.51	4.8	10.0	0.5	1
Morrisons	Morrisons Pasta 250g	Pasta	250	70	0.70	1.75	1.75	1.6	1.6	1.3	3
Tesco	Tesco Chicken & Bacon Caesar Salad 185g	Salad	185	185	0.70	1.30	1.30	11.4	11.4	2.5	4.7
Tesco	M&S Broccoli & Cauliflower Couscous 155g	Couscous	155	155	0.70	1.11	1.11	3.4	5.4	0.5	0.8
Grenson Food To Go	ASD Marsh Chicken & Bacon Pasta 225g	Pasta	275	275	0.70	1.93	1.93	4.4	5.8	0.4	0.4
Sainsbury's	Sainsbury's Sweet Chili Noodle 250g	Noodle	250	125	0.70	1.00	1.00	4.6	5.8	0.4	0.4
Tesco	Tesco Sweet Chili Noodle 200g	Noodle	200	100	0.70	1.40	1.40	5.3	11.3	0.3	0.3
ASD	ASD Sainsbury's Taste the Difference Roasted Peanut & Kale Salad 185g	Salad	185	92.5	0.70	0.65	1.30	12.2	11.3	2.2	2
ASD	ASD Deluxe Salmon Pasta 200g	Other grain	240	60	0.70	0.42	1.48	2.8	1.4	0.2	0.2
Morrisons	Morrisons Middle Eastern Style Wild Rice Salad 240g	Rice	240	50	0.70	0.35	1.68	4.5	2.3	0.4	0.2
Sainsbury's	Sainsbury's Tomato, Olive & Spinach Pasta 240g	Pasta	260	130	0.91	1.82	1.82	9.2	12.0	0.6	0.7
Morrisons	Morrisons Italian Pasta 300g	Pasta	300	90	0.70	0.30	1.30	8.3	4.2	0.1	0.3
ASD	ASD Specially Selected Salmon & Pine Nut Pasta 215g	Pasta	215	107.5	0.68	1.48	1.48	8.6	10.0	0.9	2.1
Marks & Spencer	M&S Sweetcorn & Grains 205g	Other grain	205	205	0.68	1.39	1.39	3.2	6.6	0.4	0.8
Marks & Spencer	M&S Roasted Vegetable Couscous 200g	Couscous	200	200	0.68	1.36	1.36	4.1	8.2	0.8	1.6
Marks & Spencer	M&S Beef Rice & Peas 205g	Rice	190	190	0.68	1.29	1.29	3.7	7.3	0.3	0.6
Boots	Boots Pesto & Pine Nut Pasta Salad 190g	Pasta	190	190	0.68	1.29	1.29	6.3	12.0	0.8	1.6
The Co-Operative	Co-Operative Irresistible Maple-Cured Bacon Chargrilled Chicken & Avocado Salad 183g	Salad	183	183	0.67	1.33	1.33	7.4	14.0	1.4	2.6
ASD	ASD ASD The Deli Turkey Cheese Pasta Salad 400g	Pasta	400	100	0.67	1.67	1.67	2.7	17.0	4	4
Marks & Spencer	M&S Mashed Potato Chicken & Bacon Pasta Salad 205g	Pasta	205	102.5	0.65	1.30	1.30	10.1	21.3	4.3	4.3
Boots	Boots Chicken & Sweetcorn Pasta Salad 260g	Pasta	260	260	0.65	1.69	1.69	5.8	15.0	1.1	2.7
Marks & Spencer	M&S Chicken & Bacon Layered Salad	Pasta	400	200	0.65	1.30	2.60	4.3	8.6	0.8	1.6
Marks & Spencer	Boots Avocado & Egg Pasta Salad 105g	Other grain	210	210	0.65	1.32	1.32	5.3	11.4	0.5	1.1
ASD	ASD Meadow Fresh Tuna & Sweetcorn Pasta Pot 300g	Pasta	300	300	0.65	1.95	1.95	11.3	11.9	1	1.4
Marks & Spencer	Marks & Spencer Beetroot, Goat's Cheese & Lentil Salad	Salad	285	285	0.63	1.78	1.78	3.3	9.4	1.2	3.4
The Co-Operative	Co-Op Super Salad Protein Power, Bow 270g	Rice	273	273	0.63	1.72	1.72	6	17.0	0.9	2.5
Marks & Spencer	M&S Avocado, Bacon & Egg Pasta Salad 270g	Pasta	270	270	0.63	1.70	1.70	3.7	10.0	0.4	1.1
Marks & Spencer	Asda Teriyaki Salmon Grain Salad 240g	Other grain	240	240	0.63	1.51	1.51	2.6	6.2	0.5	1.2
Marks & Spencer	M&S Egg, Ham & Tomato	Salad	240	240	0.63	1.51	1.51	3.0	7.2	0.5	1.2
Sainsbury's	Sainsbury's Ham & Egg Salad 240g	Salad	240	240	0.63	1.51	1.51	5.5	15.6	1.5	3.3
ASD	ASD Deluxe Doro Pasta Salad 215g	Pasta	215	50	0.63	0.32	1.35	4.4	2.2	0.4	0.2
Sainsbury's	Sainsbury's On the Go Prawns Layered Salad 400g	Pasta	400	400	0.62	2.48	2.48	0.5	38.0	0.8	3.3
ASD	ASD Asda Green Feta & Cus Cous Cous 280g	Couscous	280	280	0.62	1.74	1.74	6.5	18.2	1.5	4.2
ASD	ASD Edamame Bean Salad 200g	Bean	200	110	0.62	0.68	1.36	5.7	6.3	0.6	0.6
The Co-Operative	Co-Op Pasta Pot Spicy Chicken 235g	Pasta	275	275	0.62	1.71	1.71	2.9	8.0	0.2	0.6
ASD	ASD Meadow Fresh Cheese Pasta Salad 380g	Pasta	380	380	0.60	2.28	2.28	3.8	31.2	1.4	30.2
Grenson Food To Go	ASD Marsh Chicken & Bacon Pasta 275g	Pasta	275	275	0.60	1.65	1.65	6.0	23.5	1.8	5.1
Morrisons	Morrisons Chicken & Sweetcorn Pasta 300g	Pasta	300	300	0.60	1.80	1.80	8.6	24.0	1.1	3.0
Tesco	Tesco Tuna & Sweetcorn Pasta	Pasta	300	300	0.60	1.80	1.80	7.7	23.1	1	3.0
Tesco	Tesco Feta & Semi Dried Tomato Pasta	Pasta	290	290	0.60	1.74	1.74	6.7	19.4	1.9	5.5
Tesco	Tesco Pasta with Spinach Dressing 275g	Pasta	275	275	0.60	1.50	1.50	6.1	18.7	1.7	4.8
Morrisons	Morrisons Roasted Vegetable Cous Cous 250g	Couscous	250	250	0.60	1.50	1.50	6.5	16.3	0.5	1.3
Tesco	Tesco Healthy Living Tuna Egg & Noodle Salad with a Soy & Lime Dressing 280g	Noodle	280	280	0.60	1.50					



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 Data sorted from highest to lowest for salt per 100g.
 Colour coding according to DH Front of Pack Guidance: Green 0.3/100g, Amber 0.3 - 1.1, Red 1.1-5.9/100g, +1.8g/portion for salt
 Colour coding according to DH Front of Pack Guidance: Green 0.3/100g, Amber 0.3 - 1.1, Red 1.1-5.9/100g, +1.8g/portion for salt
 Colour coding according to DH Front of Pack Guidance: Green 0.3/100g, Amber 0.3 - 1.1, Red 1.1-5.9/100g, +1.8g/portion for salt
 Per portion nutrition information for fat, fat and saturates calculated from per 100g and portion size
 Portion size as suggested on pack
 n/a - information not available

Brand Name	Product Name	Salad Category	Pack Size (g)	Portion Size (g)	Salt / 100g	Salt/ portion (g)	Salt/pack (g)	Total fat/100g (g)	Total fat/ portion (g)	Saturates/ 100g (g)	Saturates/ portion (g)
Marks & Spencer	M&S King Prawn, Tomato & Basil Pasta Salad 240g	Pasta	240	240	0.48	1.63	1.63	5.5	18.7	0.6	2.0
The Co-Operative	Co Op Pasta Bowl Feta & Red Pepper 250g	Pasta	250	250	0.48	1.25	1.25	6.1	16.0	1.3	3.5
Marks & Spencer	M&S Nourish Bowl Spiced Tofu 270g	Other grain	270	270	0.48	1.30	1.30	5.6	15.1	0.7	1.9
Waitrose	Waitrose Lemon & Herb Chicken, Broccoli & Sweetcorn 270g	Other Grain	270	270	0.48	1.30	1.30	5.6	15.1	0.7	1.9
Marks & Spencer	M&S Quinoa & Edamame Salad 240g	Other grain	240	240	0.48	1.15	1.15	3.9	9.8	1.7	4.7
Waitrose	Waitrose Charred Chicken & Oriental Quinoa 240g	Other grain	240	240	0.48	1.15	1.15	3.4	8.2	0.3	0.7
Marks & Spencer	Marks & Spencer Ham Hock & Egg Superfood Salad 230g	Other grain	230	230	0.48	1.10	1.10	5.1	11.7	1	2.3
Boots	Boots Shapers Chicken Caesar Salad 200g	Salad	200	200	0.48	0.96	0.96	3.3	6.6	1.1	2.7
Boots	Boots Chicken & Egg Grain Bowl 185g	Other grain	185	185	0.48	0.89	0.89	4.9	9.0	0.6	1.2
ASDA	Spicy Vegetable Cous Cous 500g	Couscous	500	83	0.48	0.60	2.40	3.0	2.5	0.3	0.2
ASDA	Asda Ham & Cheddar Ploeghman's Salad 220g	Salad	220	220	0.47	1.50	1.50	8.8	28.2	2.4	6.7
The Co-Operative	Co Op Italian Chicken Noodle Bowl 240g	Noodle	240	244	0.47	1.15	1.15	5.2	7.8	1.2	3.1
The Co-Operative	Co Op Vegan Falafel & Hummous 300g	Other grain	300	300	0.46	1.38	1.38	6.5	19.5	0.6	1.8
Boots	Boots Moroccan Style Chicken Couscous Salad	Couscous	230	230	0.46	1.06	1.06	2.1	4.8	0.2	0.5
Sainsbury's	Sainsbury's On the Go Chicken & Bacon Pasta Salad 225g	Salad	225	225	0.46	1.04	1.04	7.5	16.9	1.6	4.4
Waitrose	Waitrose Tomato & Mozzarella Pasta 340g	Pasta	340	340	0.45	1.53	1.53	4.7	16.0	1.4	4.8
Marks & Spencer	M&S Chicken, Tomato & Basil Pasta Salad 205g	Pasta	205	205	0.45	0.92	0.92	7.1	14.8	0.9	1.8
Waitrose	Waitrose Chicken & Mediterranean Beans	Bean	270	270	0.45	1.22	2.0	5.4	0.3	0.8	0.8
Marks & Spencer	Marks & Spencer Harissa Chicken & Couscous Salad 200g	Couscous	205	205	0.45	1.15	1.15	1.8	4.9	0.5	1.2
Marks & Spencer	M&S Cauliflower & Harissa Chickpeas 175g	Other grain	175	175	0.45	0.79	0.79	2.3	4.0	0.7	1.2
ASDA	Chicken and Sweetcorn Pasta Salad 550g	Pasta	550	91	0.45	0.41	2.48	11.0	9.8	1.1	1
The Co-Operative	Co-operative Tropicana Prawn Mango & Coconut Noodle Salad 220g	Noodle	224	224	0.45	0.99	0.99	3.1	8.3	1.1	2.6
ASDA	Just Tasty Prawn Layered Salad 300g	Pasta	300	300	0.45	1.63	1.63	11.0	32.0	1.2	4.6
ASDA	Just Tasty Chicken, Tomato & Basil Topped Pasta Salad 300g	Pasta	300	300	0.43	1.29	1.29	3.2	27.6	2.2	6.6
Waitrose	Waitrose Roasted Vegetable & Spiced Pasta Salad 225g	Pasta	225	225	0.43	0.97	0.97	6.1	13.7	0.6	1.4
Marks & Spencer	Marks & Spencer Kale and Chickpea Salad 200g	Rice	205	205	0.43	1.27	1.27	5.3	16.2	0.9	2.7
Sainsbury's	Sainsbury's On the Go Sweet Chili Chicken Noodles 280g	Noodles	280	280	0.43	1.20	1.20	2.7	7.6	0.4	1
ASDA	Asda Teriyaki Chicken & Edamame Bean Salad 275g	Salad	275	275	0.43	1.18	1.18	3.6	9.9	0.3	0.8
Waitrose	Waitrose Spiced Chicken Marrow & Couscous 200g	Couscous	200	260	0.43	1.12	1.12	4.4	11.4	0.8	2.1
Waitrose	Waitrose Avocado Feta & Rice Salad 240g	Rice	240	240	0.43	1.09	1.09	3.4	13.4	1.4	3.4
ASDA	Chicken and Bacon Pasta Salad 550g	Pasta	550	91	0.43	0.39	2.17	13.0	11.0	1.4	3.3
ASDA	Asda Chicken & Chorizo Wholemeal Pasta Salad 275g	Pasta	275	275	0.43	1.2	1.2	9.6	20.5	0.9	1.8
Marks & Spencer	Marks & Spencer Pesto Chicken & Bacon Pasta 200g	Pasta	200	200	0.43	1.18	1.18	2.6	6.0	0.7	1.6
ASDA	Just Tasty Chicken & Bacon Layered Salad 580g	Pasta	380	380	0.42	1.60	1.60	8.9	21.9	1.2	4.6
ASDA	Just Tasty Chicken, Bacon and Sweetcorn Topped Pasta Salad 300g	Pasta	300	300	0.42	1.36	1.36	11.0	33.0	1.4	4.2
ASDA	Cheese & Tomato Pasta 300g	Pasta	300	300	0.42	1.26	1.26	3.0	11.0	0.9	2.1
Sainsbury's	Sainsbury's On the Go Mozzarella & Tomato Pasta 260g	Pasta	260	260	0.42	1.09	1.09	6.1	16.1	2.1	5.4
The Co-Operative	Co Op Vegan Roasted Vegetables & Lemons Pasta 225g	Pasta	225	225	0.42	0.95	0.95	5.9	13.0	0.5	1.1
Sainsbury's	Sainsbury's On the Go Chicken & 4 Grain 285g	Other grain	285	285	0.42	1.20	1.20	2.5	7.1	0.5	1.4
Morrisons	Morrisons Giant Couscous, Beetroot & Feta Salad 215g	Couscous	215	215	0.42	0.98	0.98	2.6	7.9	0.3	0.8
Sainsbury's	Sainsbury's My Goodness Feta & Bulgur Wheat 250g	Other grain	250	250	0.42	1.03	1.03	8.2	20.5	1.7	4.2
lidl	Meadow Fresh Roasted Vegetable Couscous 245g	Couscous	249	120	0.41	0.69	0.98	5.2	6.2	0.9	1.1
lidl	lidl Techo Cheese Layered Salad 380g	Pasta	380	380	0.40	1.60	1.60	3.1	33.9	4.4	12.6
ASDA	Asda Chicken & Bacon Pasta 300g	Pasta	300	300	0.40	1.20	1.20	10.0	30.0	1.4	4.2
ASDA	Asda Chicken, Bacon & Sweetcorn Pasta with Chicken Breast	Pasta	300	300	0.40	1.30	1.30	8.3	24.9	1	3
ASDA	lidl Techo Flame Grilled Chicken & Bacon Pasta 300g	Pasta	300	300	0.40	1.30	1.30	8.8	21.9	1.4	3.9
ASDA	Asda Cheese & Tomato Pasta Salad 300g	Pasta	300	300	0.40	1.20	1.20	7.7	23.0	1.7	4.3
Marks & Spencer	M&S Chicken, Tomato & Basil Pasta Salad 380g	Pasta	380	380	0.40	1.52	1.52	5.1	21.7	1.3	4.2
Waitrose	Waitrose Chicken Pasta & Vegetable Layered Salad 320g	Pasta	320	320	0.40	1.28	1.28	5.1	16.3	1.9	6.1
lidl	lidl Techo Prawn Layered Salad	Pasta	380	380	0.40	1.52	1.52	4.0	15.2	0.4	1.5
Marks & Spencer	M&S Cauliflower, Mango & Rice Salad with Pesto & Chick Dressing 300g	Rice	300	300	0.40	1.44	1.44	4.0	14.4	0.5	1.5
lidl	lidl Techo Mozzarella & Sprouted Peas & Bean Salad 300g	Bean	300	300	0.40	1.30	1.30	2.1	21.4	2.8	8.4
Marks & Spencer	M&S Nutty Super Wholefood Salad 285g	Other grain	285	285	0.40	1.14	1.14	5.6	16.0	0.8	2.3
lidl	lidl Techo Zucchini & Chargrilled Red Pepper, Tabouleh Salad	Other grain	260	260	0.40	1.04	1.04	2.8	8.4	0.4	1.0
Waitrose	Waitrose Low Life Pasta Chicken & Vegetable Rice Salad	Pasta	240	240	0.40	0.96	0.96	1.8	4.8	0.7	1.6
lidl	lidl Techo Finest Chargrilled Vegetable Couscous 250g	Couscous	250	125	0.40	0.50	1.00	4.0	5.0	0.5	0.6
Sainsbury's	Sainsbury's Techo Finest Edamame and Pesto Pasta Salad 200g	Bean	200	100	0.40	0.40	0.80	4.1	4.1	0.5	0.5
Sainsbury's	Sainsbury's Tasty the Difference Chicken & Bacon Salad 185g	Bean	185	185	0.40	0.74	0.74	4.8	4.3	0.7	1.8
lidl	lidl Techo Chargrilled Red Pepper Couscous 360g	Couscous	360	90	0.40	0.35	1.44	2.5	2.3	0.3	0.3
The Co-Operative	Co Op Irresistible Moroccan Cous Cous 250g	Couscous	250	50	0.40	0.20	1.00	5.4	2.7	0.5	0.2
The Co-Operative	Co Op Roasted Vegetable Cous Cous 250g	Couscous	250	50	0.40	0.20	1.00	4.7	2.3	0.4	0.2
lidl	lidl Meadow Fresh Tuna & Sweetcorn Pasta Salad 300g	Pasta	300	300	0.40	1.44	1.44	10.0	30.0	1.4	4.2
Waitrose	Waitrose Chicken, Tomato & Basil Pasta	Pasta	380	380	0.38	1.44	1.44	4.4	17.6	0.5	1.7
Morrisons	Morrisons Asian Chicken Noodle Salad 230g	Noodle	230	230	0.38	0.87	0.87	2.1	4.9	0.2	0.5
ASDA	Asda Roasted Prawn Cous Cous 200g	Couscous	200	120	0.38	0.49	0.99	2.5	7.8	0.8	2.0
Waitrose	Waitrose Smoky Mixed Bean Salad 250g	Bean	250	83	0.38	0.32	0.95	4.9	4.3	0.4	0.3
Waitrose	Waitrose Roasted Vegetable Couscous 200g	Couscous	200	66	0.38	0.35	0.75	4.1	3.0	0.3	0.2
ASDA	Just Tasty Tuna & Sweetcorn Pasta Pot 300g	Pasta	300	300	0.37	1.11	1.11	11.0	33.0	1.1	3.3
ASDA	Just Tasty Crayfish & Mango Salad 270g	Rice	270	270	0.37	1.00	1.00	2.0	5.4	1.1	2.6
ASDA	Specialty Selected Orzo & Slow Roasted Tomatoes 215g	Pasta	215	107	0.37	0.40	0.80	1.2	1.3	0.2	0.2
Sainsbury's	Sainsbury's On the Go Chicken & Bacon Layered Salad 390g	Pasta	390	390	0.36	1.40	1.40	4.9	19.1	1.3	3.7
Waitrose	Waitrose Tuna Noodle Salad 200g	Salad	200	200	0.36	1.00	1.00	7.4	20.7	0.7	1.8
Boots	Boots Chicken Tomato & Basil Pasta Salad 300g	Pasta	300	300	0.35	1.05	1.05	6.1	19.0	0.5	1.8
Waitrose	Waitrose Low Life Roasted Vegetable & Couscous Salad	Couscous	280	280	0.35	0.98	0.98	1.4	3.9	0.2	0.6
Waitrose	Waitrose Edamame Bean Salad 200g	Bean	200	66	0.35	0.23	0.70	1.8	1.2	0.3	0.2
The Co-Operative	Co Op Tomato & Basil Chicken Pasta Bowl 290g	Pasta	290	290	0.35	1.09	1.09	7.2	6.6	0.4	1.2
Marks & Spencer	M&S Drop Pasta & Roasted Tomatoes 200g	Pasta	200	200	0.35	0.70	1.0	1.6	3.2	0.5	1
Sainsbury's	Sainsbury's On the Go Chicken & Tomato Pasta	Pasta	300	300	0.34	1.01	1.01	6.2	18.6	1.5	4.5
Boots	Boots Spicy Chicken Pasta Salad 300g	Pasta	300	300	0.34	1.04	1.04	5.1	16.8	1.6	4.3
ASDA	Asda Fruity Cous Cous 280g	Couscous	280	140	0.34	0.48	0.95	6.3	8.8	0.5	0.7
ASDA	Specialty Selected Fruity Moroccan Cous Cous 210g	Couscous	210	70	0.34	0.24	0.71	4.2	2.9	0.4	0.3
ASDA	Asda Chicken Tomato & Basil Pasta 300g	Pasta	300	300	0.33	0.99	0.99	2.8	12.9	0.8	2.4
Sainsbury's	Sainsbury's On the Go Tomato & Chicken Pasta 200g	Pasta	200	200	0.33	0.66	0.66	6.4	6.4	0.9	2.4
Marks & Spencer	M&S Avocado, Feta & Grain Salad with a Mint & Creme Fraiche Dressing 330g	Other grain	330	330	0.33	1.06	1.06	10.0	30.0	1.4	3.7
Marks & Spencer	M&S Super Wholefood Salad with a Creamy Lemon & Mint Dressing 290g	Other grain	290	290	0.33	0.96	0.96	3.5	10.2	1.7	4.9
Waitrose	Waitrose Whitebun, Beetroot & Cods Cheese Salad	Other grain	240	240	0.33	0.79	0.79	2.6	11.8	1.6	3.8
lidl	lidl Techo Caesar Pasta 460g	Pasta	460	115	0.32	0.97	1.47	15.9	18.5	1.8	4.8
ASDA	Just Tasty Spicy Chicken Pasta Pot 300g	Pasta	300	300	0.32	0.96	0.96	2.7	8.3	0.4	1.2
Sainsbury's	Sainsbury's On the Go Honey & Mustard Chicken Pasta 350g	Pasta	350	350	0.31	1.09	1.09	8.9	26.9	0.9	2.5
Sainsbury's	Sainsbury's On the Go Salmon & Pasta 300g	Pasta	300	300	0.31	0.99	0.99	1.6	12.9	0.4	1.2
ASDA	Just Tasty Tuna Noodle Salad 280g	Salad	280	280	0.31	0.87	0.87	6.7	18.8		