

Free From Survey

1.Full Product List

All data obtained from product packaging/retailers own websites



Brand/ Retailer	Product Name	Category	Free From Product			Comparison Product			% difference / 100g	% difference / portion
			Portion Size (g)	Salt (g) per 100g	Salt (g) per portion	Portion Size (g)	Salt (g) per 100g	Salt (g) per portion		
Tesco	Garlic and Coriander Naan	Breads and Rolls	90	2.0	1.8	82	1.0	0.8	100	125
Tesco	Pitta Breads/ Large White Pitta	Breads and Rolls	Not Provided	1.27	0.7	90	1.1	1.0	15	-30
Tesco	White Sub Rolls/White Submarine Rolls	Breads and Rolls	Not Provided	0.9	0.6	100	0.9	0.9	0	-33
Tesco	White Bread Sliced/ Soft White Bread Medium	Breads and Rolls	28.6	0.8	0.2	36	1.0	0.4	-20	-50
Sainsbury's	Garlic and Coriander Naan	Breads and Rolls	Not Provided	1.75	1.58	130	0.60	0.78	192	103
Sainsbury's	Ciabatta/ Ciabatta Rolls	Breads and Rolls	Not Provided	1.01	0.81	Not Provided	1.02	0.82	-1	-1
Sainsbury's	Pitta Breads/ Pitta	Breads and Rolls	Not Provided	1.0	0.6	Not Provided	1.0	0.6	0	0
Sainsbury's	White Bread	Breads and Rolls	Not Provided	0.8	0.4	Not Provided	0.7	0.3	14	33
Sainsbury's	Part Baked Baguette/ Ready to Bake Baguettes	Breads and Rolls	70	0.75	0.53	Not Provided	1.10	0.83	-32	-36
Morrisons	Pitta Breads/White Pitta	Breads and Rolls	55	1.3	0.8	Not Provided	1.5	1.0	-13	-20
Morrisons	Baguette/White Baguettes	Breads and Rolls	125	1.0	1.3	150	1.5	2.3	-33	-43
Morrisons	White Bread/Medium Sliced White Bread	Breads and Rolls	29	0.8	0.3	32	1.0	0.3	-20	0
Asda	Ciabatta Rolls	Breads and Rolls	Not Provided	1.0	0.8	Not Provided	1.0	0.8	0	0
Asda	Sliced Bread White/Square Cut White Loaf	Breads and Rolls	57	1.0	0.6	Not Provided	0.95	0.35	5	71
Asda	Garlic and Coriander Naan	Breads and Rolls	Not Provided	0.9	1.0	128	0.7	0.9	29	11
Asda	White Roll/Large White Bap	Breads and Rolls	Not Provided	0.9	0.6	Not Provided	1.3	1.0	-31	-40
Asda	Pitta Bread/ White Pitta Breads	Breads and Rolls	Not Provided	0.8	0.4	Not Provided	0.8	0.4	0	0
Sainsbury's	Beef Burgers	Burgers	57	0.7	0.4	57	0.43	0.21	63	90
Asda	Chocolate and Walnut Brownies/Mini Chocolate Brownie Bites	Cakes	30	0.2	trace	Not Provided	0.5	0.1	-60	n/a
Asda	Almond Slices	Cakes	27	0.2	0.1	Not Provided	0.4	0.1	-50	0
Asda	Double Chocolate Muffins	Cakes	Not Provided	1.0	0.7	Not Provided	0.3	Not Provided	233	n/a
Sainsbury's	Double Chocolate Cake Bars/Chocolate Cake Bar	Cakes	50	1.0	0.5	Not Provided	0.6	0.2	67	150
Tesco	Chocolate Muffins/Triple Chocolate Muffins	Cakes	Not Provided	1.0	0.7	Not Provided	0.9	0.7	11	0
Tesco	Victoria Sponge	Cakes	66	1.4	0.9	56	0.6	0.4	133	125
Waitrose	Date and Walnut Slices	Cakes	Not Provided	0.55	0.31	Not Provided	trace	trace	n/a	n/a
Waitrose	Fruit Slices	Cakes	Not Provided	0.45	0.23	Not Provided	Not Provided	0.25	n/a	-8
Sainsbury's	Fish Fingers/Cod Fish Fingers	Comminuted Meat	30	1.0	0.6	30	0.81	0.44	23	36
Sainsbury's	Chicken Nuggets	Comminuted Meat	85	1.0	0.9	14	0.75	0.63	33	43
Sainsbury's	Chicken Steaks/ Chicken Steaks in a crispy Crumb	Comminuted Meat	95	0.8	0.7	95	0.53	0.46	51	52
Sainsbury's	Real Fruit Jam Tarts	Fruit Pies and other Shortcrust Pastry Based Desserts	Not Provided	0.55	0.19	28	0.23	trace	139	n/a
Sainsbury's	Cherry Bakewell	Fruit Pies and other Shortcrust Pastry Based Desserts	Not Provided	0.3	0.15	Not Provided	0.28	0.12	7	25
Tesco	Assorted Jam Tarts	Fruit Pies and other Shortcrust Pastry Based Desserts	Not Provided	0.6	0.2	Not Provided	trace	trace	n/a	n/a
Tesco	Cherry Bakewell	Fruit Pies and other Shortcrust Pastry Based Desserts	Not Provided	0.3	0.2	Not Provided	0.2	trace	50	n/a
Tesco	Apple Pies/Bramley Apple Pies	Fruit Pies and other Shortcrust Pastry Based Desserts	60	0.5	0.3	62	0.4	0.2	25	50

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Tesco	Vegetable Curry	Indian Meal Centre	300	0.4	1.1	200	0.5	1.0	-20	10
Tesco	Crumpets	Morning Goods	55	1.9	1.1	44	1.1	0.5	73	120
Tesco	English Muffins/White Muffins	Morning Goods	Not Provided	1.0	0.5	Not Provided	0.8	0.6	25	-17
Tesco	Plain Bagels	Morning Goods	80	0.8	0.7	85	0.8	0.7	0	0
Tesco	Hot Cross Buns	Morning Goods	70	0.8	0.5	Not Provided	0.5	0.4	60	25
Sainsbury's	Syrup pancakes/ Scotch Pancakes	Morning Goods	Not Provided	1.5	0.6	Not Provided	1.25	0.35	20	71
Sainsbury's	Sultana Scones	Morning Goods	Not Provided	1.3	1.5	Not Provided	0.96	0.57	35	163
Sainsbury's	English Muffins/Muffins	Morning Goods	Not Provided	0.93	0.47	Not Provided	0.9	0.37	3	27
Sainsbury's	Hot Cross Buns	Morning Goods	Not Provided	0.7	0.5	Not Provided	0.75	0.51	-7	-2
Morrisons	English Muffins/Muffins	Morning Goods	50	0.9	0.5	Not Provided	1.0	0.8	-10	-38
Asda	Croissants	Morning Goods	Not Provided	1.1	1.0	Not Provided	1.0	0.5	10	100
Asda	English Muffins/White Muffins	Morning Goods	Not Provided	0.9	0.5	Not Provided	0.9	0.6	0	-17
Sainsbury's	Chipolata Sausages/ Butchers Choice Pork Chipolatas	Sausages	50	1.0	0.5	23	1.25	0.29	-20	72
Sainsbury's	Syrup Sponge Puddings	Sponge-based Processed Puddings	100	0.83	0.83	105	1	1.1	-17	-25
Sainsbury's	Chocolate Sponge Puddings	Sponge-based Processed Puddings	100	0.83	0.83	110	0.35	0.39	137	113
Tesco	Chocolate Sponge Puddings	Sponge-based Processed Puddings	100	0.8	0.8	130	0.8	1	0	-20
Tesco	Syrup Sponge Puddings	Sponge-based Processed Puddings	100	0.8	0.8	100	0.7	0.7	14	14
Tesco	Caramel Shortcake Slice/ Caramel Shortcake Traybake	Sweet Biscuits Filled	30	0.7	0.2	Not Provided	0.4	0.2	75	0
Sainsbury's	Custard Creams	Sweet Biscuits Filled	Not Provided	1.5	0.2	Not Provided	0.43	trace	249	n/a
Sainsbury's	Jaffa Cakes	Sweet Biscuits Filled	Not Provided	0.67	trace	Not Provided	0.1	trace	570	n/a
Asda	Jaffa Cakes	Sweet Biscuits Filled	Not Provided	0.4	trace	Not Provided	0.2	trace	100	n/a
Waitrose	Cranberry and Orange Cookies	Sweet Biscuits unfilled	Not Provided	0.75	0.13	Not Provided	0.55	Not Provided	36	n/a
Waitrose	Chocolate Chip Cookies/Chocolate Chunk Cookies	Sweet Biscuits unfilled	Not Provided	0.70	0.12	Not Provided	0.88	0.2	-20	-20
Tesco	Shortbread Biscuits/ All Butter Shortbread	Sweet Biscuits unfilled	16.6	0.8	0.1	17.8	0.6	trace	33	n/a
Tesco	Ginger Cookies/ Stem Ginger Cookies	Sweet Biscuits unfilled	Not Provided	0.8	0.1	Not Provided	0.9	trace	-11	n/a
Tesco	Chocolate Chip Cookies	Sweet Biscuits unfilled	16.6	1.3	0.2	10.5	0.5	trace	160	n/a
Tesco	Chocolate Break/ Milk Chocolate Break	Sweet Biscuits unfilled	21.5	0.3	trace	45	0.25	trace	20	n/a
Sainsbury's	Rich Tea Biscuits	Sweet Biscuits unfilled	Not Provided	0.9	trace	Not Provided	1.03	trace	-13	n/a
Sainsbury's	Chocolate Chip Cookies	Sweet Biscuits unfilled	19	0.7	0.12	20	0.7	trace	0	n/a
Sainsbury's	Shortcake	Sweet Biscuits unfilled	12.5	0.25	trace	Not Provided	0.83	0.12	-70	n/a
Sainsbury's	Double Take/Milk Chocolate Double Take	Sweet Biscuits unfilled	30	0.25	trace	Not Provided	0.13	trace	92	n/a
Morrisons	Chocolate Chip Cookies	Sweet Biscuits unfilled	18	1.5	0.3	10	0.5	0.1	200	200
Asda	Chocolate Chip Cookies	Sweet Biscuits unfilled	17	1.3	0.2	Not Provided	1.0	0.1	30	100
Asda	Chocolate Flavour Biscuits/Milk Chocolate Digestives	Sweet Biscuits unfilled	17	0.5	0.1	15	0.9	0.2	-44	-50
Tesco	Chicken Casserole/Chicken and Vegetable Casserole	Traditional Meal Centre	300	0.4	1.2	200	0.6	1.2	-33	0
Sainsbury's	Shepherds Pie	Traditional Ready Meal	400	0.6	2.5	400	0.59	2.15	2	16
Sainsbury's	Lasagne	Traditional Ready Meal	400	0.8	3.2	400	0.55	2.10	45	52