



# Bacon Survey 2012

Product information was collected from product packaging or online during August 2012. Data correct at time of publication (13/9/2012). CASH accepts no responsibility for data being misused after this date. See CASH website for further information.

Brand	Product Name	Cut of bacon	pack weight (g)	Salt per 100g	Salt per 2 rashers (calculated)	Price /100g	Front of Pack Labelling	Data provided as Grilled/Raw
<b>Asda</b>								
Asda Organics	6 Dry cured oak smoked back bacon rashers	Back	180	4.8	Not Provided	£1.66	Not Provided	Grilled
Asda Extra Special	6 Dry cured British unsmoked back bacon rashers	Back	200	4.7	Not Provided	£1.00	Not Provided	Grilled
Asda Extra Special	16 Dry cured British oak smoked streaky bacon rashers	Streaky	240	4.5	Not Provided	£0.83	Not Provided	Grilled
Asda Extra Special	6 Dry cured British oak smoked back bacon rashers	Back	200	4	Not Provided	£1.00	Not Provided	Grilled
Asda Extra Special	6 Wiltshire cured thick cut British oak smoked back bacon rashers	Back	240	3.8	Not Provided	£1.16	Not Provided	Grilled
Asda Extra Special	6 Wiltshire cured thick cut British unsmoked back bacon rashers	Back	240	3.8	Not Provided	£1.16	Not Provided	Grilled
Asda Smartprice	Unsmoked back bacon	Back	312	3.6	Not Provided	£0.48	Not Provided	Grilled
Asda Organics	6 Dry cured unsmoked back bacon rashers	Back	180	3.2	Not Provided	£1.66	Not Provided	Grilled
Asda Smartprice	Unsmoked streaky bacon	Streaky	275	3	Not Provided	£0.35	Not Provided	Grilled
Asda Smartprice	Smoked middle bacon	Middle	350	Not Provided	Not Provided	£0.48	Not Provided	Grilled
Asda The Butcher's Selection	6 smoked bacon medallions	Medallions	200	Not Provided	Not Provided	£1.00	Not Provided	Grilled
Asda The Butcher's Selection	8 Unsmoked bacon medallions	Medallions	200	Not Provided	Not Provided	£0.99	Not Provided	Grilled
Asda The Butcher's Selection	6 Smoked thick cut back bacon	Back	300	Not Provided	Not Provided	£0.79	Not Provided	Grilled
Asda The Butcher's Selection	10 Smoked back bacon	Back	300	Not Provided	Not Provided	£0.79	Not Provided	Grilled
Asda The Butcher's Selection	10 Unsmoked back bacon	Back	300	Not Provided	Not Provided	£0.79	Not Provided	Grilled
Asda The Butcher's Selection	6 unsmoked thick cut back bacon	Back	300	Not Provided	Not Provided	£0.79	Not Provided	Grilled
Asda The Butcher's Selection	16 Unsmoked back bacon	Back	500	Not Provided	Not Provided	£0.60	Not Provided	Grilled
Asda The Butcher's Selection	12 Smoked streaky bacon	Streaky	200	Not Provided	Not Provided	£1.00	Not Provided	Grilled
Asda The Butcher's Selection	12 unsmoked streaky bacon	Streaky	300	Not Provided	Not Provided	£0.67	Not Provided	Grilled
<b>The Co-operative</b>								
The Co-operative	British unsmoked rindless back bacon	Back	250	Not Provided	2.4	£1.06	Alternative	Raw
The Co-operative	British smoked rindless back bacon	Back	250	3.8	Not Provided	£1.06	Alternative	Raw
The Co-operative Truly Irresistible	British Wiltshire cured unsmoked rindless back bacon	Back	200	3.8	3	£1.68	Hybrid	Raw
The Co-operative	British unsmoked rindless streaky bacon	Streaky	250	3.5	Not Provided	£0.84	Alternative	Raw
The Co-operative Truly Irresistible	British dry cured unsmoked rindless back bacon	Back	200	2.5	2	Not Provided	Hybrid	Raw
The Co-operative Truly Irresistible	British dry cured oak smoked rindless back bacon	Back	200	2.4	1.8	£1.65	Hybrid	Raw
<b>Marks &amp; Spencer</b>								
Marks & Spencer	British outdoor bred dry cured smoked streaky bacon 16 rashers	Streaky	240	3.55	Not Provided	£1.25	Not Provided	Raw
Marks & Spencer	British dry cured smoked back bacon	Back	180	3.38	Not Provided	£2.22	Not Provided	Raw
Marks & Spencer	British outdoor bred Wiltshire cured unsmoked back bacon (8 rashers)	Back	240	3.28	Not Provided	£1.25	Not Provided	Raw
Marks & Spencer	British dry cured unsmoked back bacon	Back	180	2.9	Not Provided	£2.22	Not Provided	Raw
Marks & Spencer	British outdoor bred dry cured unsmoked back bacon (6 rashers)	Back	220	2.8	Not Provided	Not Provided	Not Provided	Raw
Marks & Spencer	British outdoor bred Wiltshire cured smoked back bacon (8 rashers)	Back	240	2.65	Not Provided	£1.25	Not Provided	Raw
Simply M&S	British unsmoked streaky bacon (12 rashers)	Streaky	250	2.60	Not Provided	£0.84	Not Provided	Raw
Marks & Spencer	British outdoor bred dry cured smoked back bacon (6 rashers)	Back	220	2.55	Not Provided	£1.36	Not Provided	Raw
Marks & Spencer	British Thin & Crispy unsmoked streaky bacon (20 rashers)	Streaky	275	2.55	Not Provided	£0.87	Not Provided	Raw
Marks & Spencer	British Thick cut smoked back bacon (10 rashers)	Back	Not Provided	2.50	Not Provided	-	Not Provided	Raw
Marks & Spencer	British thick cut unsmoked back bacon (6 rashers)	Back	300	2.50	Not Provided	£0.70	Not Provided	Raw
Simply M&S	British unsmoked back bacon (8 rashers)	Back	250	2.50	Not Provided	£1.00	Not Provided	Raw
Simply M&S	British extra lean unsmoked back bacon rashers	Back	200	2.5	Not Provided	£1.35	Not Provided	Raw

Brand	Product Name	Cut of bacon	pack weight (g)	Salt per 100g	Salt per 2 rashers (calculated)	Price /100g	Front of Pack Labelling	Data provided as Grilled/Raw
Simply M&S	British smoked back bacon	Back	250	2.50	Not Provided	£1.00	Not Provided	Raw
Marks & Spencer	British lower salt unsmoked back bacon (8 rashers)	Back	250	2.10	Not Provided	£0.96	Not Provided	Raw
<b>Morrisons</b>								
Morrisons	16 Smoked Thin Cut Streaky Bacon	Streaky	250	6.8	Not Provided	£0.95	Not Provided	Grilled
Morrisons Savers	Smoked Rindless Back Bacon	Back	300	6.8	Not Provided	£0.32	Not Provided	Grilled
Morrisons	10 Unsmoked Back Bacon Rashers	Back	300	6.3	Not Provided	£0.79	Not Provided	Grilled
Morrisons	8 Unsmoked Thick Cut Back Bacon Rashers	Back	300	6.3	Not Provided	£0.79	Not Provided	Grilled
Morrisons Savers	Streaky Bacon	Streaky	275	6.1	3	£0.35	Not Provided	Grilled
Morrisons	10 Smoked Back Bacon Rashers	Back	300	5.6	Not Provided	£0.79	Not Provided	Grilled
Morrisons	8 Smoked Thick Cut Back Bacon Rashers	Back	300	5.6	Not Provided	£0.79	Not Provided	Grilled
Morrisons Savers	Unsmoked Rindless Back Bacon	Back	300	5.5	Not Provided	£0.32	Not Provided	Grilled
Morrisons Organic	Smoked dry cure rindless back bacon	Back	200	4.5	2	Not Provided	GDA's	Grilled
Morrisons Savers	Rind on Middle Bacon	Middle	454	3.9	3	£0.48	Not Provided	Grilled
Morrisons	unsmoked 6 Ayrshire middle rindless bacon rashers Butchers Style	Middle	250	3.5	3	£0.95	GDA's	Grilled
Morrisons	Smoked British dry cure back bacon 6 rindless rashers	Back	200	3.3	2	Not Provided	GDA's	Grilled
Morrisons	Unsmoked British dry cure back bacon 6 rindless rashers	Back	200	3.3	2	£1.25	GDA's	Grilled
Morrisons Nu Me	8 lean unsmoked bacon rashers	Back	250	3	1.6	Not Provided	GDA's	Grilled
Morrisons The Best	6 Unsmoked dry cure rindless back bacon rashers	Back	200	3	2	price marked	GDA's	Grilled
Morrisons	Smoked 8 Wiltshire cured rindless back bacon rashers Butchers Style	Back	250	2.8	1	£0.95	GDA's	Grilled
Morrisons	Unsmoked 8 Wiltshire cured rindless back bacon rashers Butchers Style	Back	250	2.8	1	£0.95	GDA's	Grilled
Morrisons	16 Unsmoked Thin Cut Streaky Bacon	Streaky	250	2.8	Not Provided	£0.95	Not Provided	Grilled
Morrisons The Best	6 Lightly Oak Smoked Sweetcure Rindless Back Bacon	Back	200	2	1	price marked	GDA's	Grilled
Morrisons The Best	6 Applewood Smoked Dry Cured Back Bacon	Back	200	2	1.6	price marked	GDA's	Grilled
<b>Sainsbury's</b>								
Sainsbury's Taste the Difference	Unsmoked 8 Wiltshire cured outdoor bred bacon rashers	Back	240	5.58	2.02	£1.25	Traffic Lights	Grilled
Sainsbury's Taste the Difference	Oak smoked 8 Wiltshire cured outdoor bred bacon rashers	Back	240	4.97	1.82	£1.25	Traffic Lights	Grilled
Sainsbury's Taste the Difference	Oak smoked 14 ultimate dry cure outdoor bred streaky bacon rashers	Streaky	220	4.94	0.92	£1.36	Traffic Lights	Grilled
Sainsbury's	12 American style British unsmoked dry cure crispy streaky bacon	Streaky	150	4.83	0.84	£0.99	Traffic Lights	Grilled
Sainsbury's Basics	Unsmoked middle bacon rashers	Middle	450	4.72	3.7	£0.48	Traffic Lights	Grilled
Sainsbury's	14 British streaky bacon rashers smoked	Streaky	300	4.63	1.4	£0.75	Traffic Lights	Grilled
Sainsbury's	14 British streaky bacon rashers unsmoked	Streaky	300	4.63	1.4	£0.75	Traffic Lights	Grilled
Sainsbury's	10 British back bacon smoked	Back	300	4.63	1.94	£0.79	Traffic Lights	Grilled
Sainsbury's	4 Extra thick Danish back bacon rashers unsmoked	Back	200	4.63	3.24	£0.84	Traffic Lights	Grilled
Sainsbury's	10 Dutch back bacon rashers unsmoked	Back	300	4.63	1.94	£0.79	Traffic Lights	Grilled
Sainsbury's	16 Danish back bacon rashers unsmoked	Back	500	4.63	2.42	£0.80	Traffic Lights	Grilled
Sainsbury's Basics	Unsmoked back bacon rashers	Back	300	4.63	Not Provided	£0.50	Traffic Lights	Grilled
Sainsbury's	British 6 free range dry cured unsmoked back bacon rashers	Back	200	4	1.5	£2.00	Traffic Lights	Grilled
Sainsbury's Taste the Difference	Unsmoked 14 ultimate dry cure outdoor bred streaky bacon rashers	Streaky	220	3.98	0.72	£1.36	Traffic Lights	Grilled
Sainsbury's Taste the Difference	Unsmoked 6 ultimate dry cure outdoor bred bacon rashers	Back	220	3.73	1.72	£1.36	Traffic Lights	Grilled
Sainsbury's Taste the Difference	Oak smoked 6 ultimate cure outdoor bred bacon rashers	Back	220	3.7	1.7	£1.36	Traffic Lights	Grilled
Sainsbury's	8 Dry cured British smoked back bacon rashers	Back	240	3.6	1.52	£1.16	Traffic Lights	Grilled
Sainsbury's	8 thick cut dry British smoked back bacon rashers	Back	275	3.6	1.74	£1.09	Traffic Lights	Grilled
Sainsbury's	8 Thick cut dry cured British unsmoked back bacon rashers	Back	275	3.6	1.74	£1.09	Traffic Lights	Grilled
Sainsbury's Basics	Smoked back bacon rashers	Back	300	3.6	Not Provided	£0.50	Traffic Lights	Grilled
Sainsbury's	8 tendersweet British unsmoked back bacon rashers	Back	240	3.5	1.48	£1.16	Traffic Lights	Grilled
Sainsbury's	8 Maple cured British smoked back rashers	Back	240	3	1.26	£1.16	Traffic Lights	Grilled

Brand	Product Name	Cut of bacon	pack weight (g)	Salt per 100g	Salt per 2 rashers (calculated)	Price /100g	Front of Pack Labelling	Data provided as Grilled/Raw
Sainsbury's Be Good To Yourself	8 Unsmoked bacon medallions	Medallions	200	3	1.06	£1.00	Traffic Lights	Grilled
Sainsbury's Be Good To Yourself	8 Smoked bacon medallions	Medallions	200	3	1.06	£1.00	Traffic Lights	Grilled
Sainsbury's	10 Reduced salt Danish back bacon rashers smoked	Back	300	2.95	1.24	£0.79	Traffic Lights	Grilled
<b>Tesco</b>								
Tesco Finest	Oaksmoked 16 British dry cure streaky bacon rashers	Streaky	240	3.5	1.0	£1.18	GDA's	Raw/100g, Grilled/portion
Tesco Finest	Unsmoked 16 British dry cure streaky bacon rashers	Streaky	240	3.5	1.0	£1.18	GDA's	Raw/100g, Grilled/portion
Tesco Butcher's Choice	8 British smoked back bacon rashers	Back	250	3.30	1.9	£1.04	GDA's	Raw/100g, Grilled/portion
Tesco Butcher's Choice	8 British unsmoked back bacon rashers	Back	250	3.3	1.9	£1.04	GDA's	Raw/100g, Grilled/portion
Tesco	10 Smoked Back Rashers	Back	300	3.0	1.5	£0.73	GDA's	Raw/100g, Grilled/portion
Tesco	14 Smoked Streaky Rashers	Streaky	300	3.0	1.3	£0.67	GDA's	Raw/100g, Grilled/portion
Tesco	14 Unsmoked streaky rashers	Streaky	300	3.0	1.3	£0.73	GDA's	Raw/100g, Grilled/portion
Tesco	6 Unsmoked back rashers thick cut	Back	300	3.0	2.9	£0.73	GDA's	Raw/100g, Grilled/portion
Tesco	6 Smoked back rashers thick cut	Back	300	3.0	3.8	£0.73	GDA's	Raw/100g, Grilled/portion
Tesco Finest	Oaksmoked 8 British Wiltshire cure back bacon rashers	Back	240	2.9	1.8	£1.18	GDA's	Raw/100g, Grilled/portion
Tesco Finest	Unsmoked 8 British Wiltshire cure back bacon rashers	Back	240	2.9	1.8	£1.18	GDA's	Raw/100g, Grilled/portion
Tesco Finest	Unsmoked 6 British Wiltshire cure back bacon rashers thick cut	Back	240	2.9	2.5	£1.18	GDA's	Raw/100g, Grilled/portion
Tesco Finest	Oaksmoked 6 British dry cure back bacon rashers	Back	200	2.8	2	£1.42	GDA's	Raw/100g, Grilled/portion
Tesco	10 unsmoked medallions (reduced fat, reduced salt)	Medallions	250	2.0	1	£0.99	GDA's	Raw/100g, Grilled/portion
Tesco	10 Smoked medallions (reduced fat, reduced salt)	Medallions	250	2.0	1	£0.99	Not Provided	Raw/100g, Grilled/portion
Tesco Everyday Value	unsmoked streaky bacon	Streaky	275	Not Provided	0.8	£0.35	GDA's	Raw/100g, Grilled/portion
Tesco Everyday Value	smoked back bacon	Back	300	Not Provided	1.8	Not Provided	GDA's	Raw/100g, Grilled/portion
Tesco Everyday Value	unsmoked rind-on middle bacon rashers	Middle	500	Not Provided	5.3	£0.48	GDA's	Raw/100g, Grilled/portion
<b>Waitrose</b>								
Duchy Originals from Waitrose	Organic British free range dry cured back bacon cherry wood smoked	Back	184	3.17	Not Provided	£2.17	Not Provided	Raw
Waitrose Essential	Smoked British bacon 10 thin back rashers	Back	200	3.15	Not Provided	£1.20	Not Provided	Raw
Waitrose Essential	Smoked British bacon 6 thick back rashers	Back	300	3.15	Not Provided	£0.95	Not Provided	Raw
Waitrose Essential	Smoked British bacon 10 back rashers	Back	300	3.15	Not Provided	£0.91	Not Provided	Raw
Waitrose Essential	Unsmoked British bacon 10 thin back rashers	Back	200	3.15	Not Provided	£1.20	Not Provided	Raw
Waitrose Essential	Unsmoked British bacon 6 thick back rashers	Back	300	3.15	Not Provided	£0.95	Not Provided	Raw
Waitrose Essential	Unsmoked British bacon 12 streaky rashers	Streaky	230	3.15	Not Provided	£0.91	Not Provided	Raw
Waitrose Essential	Unsmoked British bacon 10 back rashers	Back	300	3.15	Not Provided	£0.91	Not Provided	Raw
Waitrose	10 free range rashers of succulent full flavoured unsmoked dry cured streaky bacon	Streaky	200	3.025	1.2	£1.40	Traffic Lights	Raw
Heston from Waitrose	6 Syrup and stout streaky bacon rashers	Streaky	200	2.825	1.875	£1.50	Not Provided	Raw
Waitrose	8 Rashers of deliciously mellow slow matured unsmoked dry cured back bacon	Back	250	2.375	1.475	£1.28	Traffic Lights	Raw
Waitrose	8 Rashers of sweetly smoky slow matured smoked dry cured back bacon	Back	250	2.375	1.48	£1.28	Traffic Lights	Raw
Waitrose	12 Rashers of full flavoured sweet cured smoked streaky bacon matured with maple syrup	Streaky	250	2.25	0.94	£1.20	Traffic Lights	Raw
Duchy Originals from Waitrose	Organic British free range dry cured back bacon unsmoked	Back	184	2.16	Not Provided	£2.17	Not Provided	Raw
Waitrose	6 Rashers of full flavoured sweet cured smoked back bacon matured with maple syrup	Back	250	1.9	1.58	£1.28	Traffic Lights	Raw
<b>Brands</b>								
Wall's	8 Unsmoked rashers	Back	260	7.1	3.4	£0.58	GDA's	Grilled
Wall's	8 smoked rashers	Back	260	6.9	3.4	£0.58	GDA's	Grilled
Weight Watchers	Unsmoked extra trimmed back bacon	Back	200	4.2	1.8	£1.00	GDA's	Grilled

Brand	Product Name	Cut of bacon	pack weight (g)	Salt per 100g	Salt per 2 rashers (calculated)	Price /100g	Front of Pack Labelling	Data provided as Grilled/Raw
Key Country Foods Premium	Applewood smoked back bacon	Back	250	4.0	Not Provided	£0.76	Not Provided	Grilled
Key Country Foods Premium	Sweetcure unsmoked back bacon	Back	250	3.3	Not Provided	£0.79	Not Provided	Grilled
Danepak	smoked thick-cut back bacon rashers	Back	220	2.9	Not Provided	£1.45	Not Provided	Raw
Danepak	unsmoked thick-cut back bacon rashers	Back	220	2.9	Not Provided	£1.45	Not Provided	Raw
Denhay	Dry cured by hand traditional bacon	Back	200	2.575	Not Provided	£1.50	Not Provided	Raw
Denhay	Dry cured by hand traditional bacon unsmoked back bacon	Back	200	2.14	Not Provided	£1.50	Not Provided	Raw
Oscar Mayer	Bacon American style smoked	Streaky	200	Not Provided	Not Provided	£1.05	Not Provided	Not Provided
Suffolk Crown	Suffolk sweetcure lightly smoked back bacon	Back	200	Not Provided	Not Provided	£1.00	Not Provided	Grilled
Tulip	Unsmoked back bacon	Back	250	Not Provided	Not Provided	£0.76	Not Provided	Not Provided