

Fats and Spreads Survey 2013 - Butters and Spreads

Data table sorted by highest salt per 100g

Notes:

Sodium and saturated fat per 100g information was collected from product packaging between July and August 2013. See CASH website for further information.

Salt calculated from sodium where necessary

Colour coded according to Traffic Light Labels: Green <0.30/100g, Amber 0.30-1.50g, red >1.50g / 100g

* Portion has been standardised to 10g

** Regional butters have a separate salt target to normal butters

Brand	Product Name	Category	Range	Sodium / 100g (mg)	Salt / 100g	Salt per portion (10g) *	Fat/100g	Saturated Fat / 100g	Meet Av target
Marks & Spencer	Brittany Butter**	Butter	Premium	1200	3	0.3	80	55.2	No
Morrisons	Brittany Butter**	Butter	Premium	1200	3	0.3	80.5	54.6	No
Weight Watchers	Weight Watchers Dairy Spread	Spread	Healthy	983	2.5	0.25	10.9	6.9	No
ASDA Extra Special	Isigny Salted Butter**	Butter	Premium	800	2	0.2	80	51.0	No
Country Life	Butter	Butter	Standard	800	2	0.2	81.7	54.0	No
Tesco Finest	Salted Normandy Butter	Butter	Premium	800	2	0.2	80	53.6	No
ASDA Extra Special	Somerset Farmhouse Butter**	Butter	Premium	750	1.9	0.19	81	51.0	No
Lurpak	Garlic Butter	Butter	Standard	760	1.9	0.19	75	47.8	n/a
Marks & Spencer	Garlic & Herb Butter	Butter	Premium	760	1.9	0.19	75.8	45.7	n/a
Essential Waitrose	Salted Dairy Butter	Butter	Standard	750	1.9	0.19	81.7	54.0	No
Specially Selected (Aldi)	West Country Butter with salt crystal**	Butter	Standard	760	1.9	0.19	81.7	54.0	No
Clover	Clover	Spread	Standard	700	1.8	0.18	77.4	36.7	No
Clover	Clover Spread	Spread	Standard	700	1.8	0.18	70	25.5	No
Clover	Lighter	Spread	Healthy	700	1.8	0.18	49	23.5	No
Simply M&S	English Salted Butter	Butter	Standard	700	1.75	0.175	81.7	54.0	No
Marks & Spencer	Softer Butter, Slightly Salted	Butter	Premium	700	1.8	0.175	80.5	44.0	No
Lidl	Morning Fresh Salted Butter	Butter	Standard	670	1.7	0.17	80	53.0	No
Yeo Valley Family Farm	Proper Organic British Butter	Butter	Organic	670	1.7	0.17	81	51.0	No
Anchor	Original Butter	Butter	Standard	680	1.7	0.17	81.3	49.4	No
ASDA	English Salted Butter	Butter	Standard	680	1.7	0.17	81.3	49.4	No
ASDA Smart Price	Butter	Butter	Economy	680	1.7	0.17	81.3	49.4	No
Sainsbury's	Salted English Butter	Butter	Standard	680	1.7	0.17	81.3	49.4	No
Sainsbury's Basics	Salted Butter	Butter	Economy	680	1.7	0.17	81.3	49.4	No
Morrisons	Organic Salted Butter	Butter	Organic	700	1.7	0.17	81.3	49.4	No
Morrisons	Salted English Butter	Butter	Standard	700	1.7	0.17	81.7	54.0	No
The Co-operative	British Salted Creamery Butter	Butter	Standard	700	1.7	0.17	81.3	49.4	No
The Co-operative	Salted Butter	Butter	Standard	700	1.7	0.17	61.3	49.4	No
Greenvale	Salted British Butter	Butter	Standard	870	1.7	0.17	87.7	54.0	No
Aldi	Spread The Love	Spread	Standard	670	1.7	0.17	70	22.8	No
Tesco	English Salted Butter	Butter	Standard	700	1.7	0.17	81.3	49.4	No
Tesco Everyday Value	British Salted Butter	Butter	Economy	700	1.7	0.17	81.3	49.4	No
Tesco Organic	Salted Butter	Butter	Organic	700	1.7	0.17	81.3	49.4	No
Simply M&S	Scottish Salted Butter**	Butter	Standard	670	1.7	0.17	81.7	54.0	Yes
Lidl	Heavenly Butter Vegetable Fat Spread with buttermilk	Spread	Standard	640	1.6	0.16	59	17.5	No
Marks & Spencer	Touch of Butter	Spread	Premium	640	1.6	0.16	70	23.0	No
Simply M&S	Touch of Butter	Spread	Standard	640	1.6	0.16	70	23.0	No
Marks & Spencer	Smoked Paprika & Chipotle Chilli Butter	Butter	Premium	610	1.5	0.15	72.3	41.8	n/a
Marks & Spencer	Half Fat Butter, Slightly Salted and Spreadable	Butter	Premium/ healthy	600	1.5	0.15	40	24.0	No
Morrisons	Light Sunflower Spread	Spread	Healthy	500	1.5	0.15	38	8.6	No
Flora	Buttery blended with buttermilk rich, buttery taste	Spread	Standard	590	1.5	0.15	70	15.0	No
I Can't Believe It's Not Butter	Great Buttery Taste	Spread	Standard	600	1.5	0.15	59	20.0	No
I Can't Believe It's Not Butter	Light	Spread	Healthy	600	1.5	0.15	38	11.0	No

Brand	Product Name	Category	Range	Sodium / 100g (mg)	Salt / 100g	Salt per portion (10g) *	Fat/100g	Saturated Fat / 100g	Meet Av target
Morrisons	Better by far light	Spread	Healthy	600	1.5	0.15	38	9.2	No
Morrisons	Better By Far spread	Spread	Standard	600	1.5	0.15	59	17.5	No
Sainsbury's	Butterlicious	Spread	Standard	600	1.5	0.15	59	17.5	No
Sainsbury's	Lighter Butterlicious	Spread	Healthy	600	1.5	0.15	38	9.2	No
Stork	Vegetable Fat Spread	Spread	Standard	600	1.5	0.15	70	18.0	No
Stork	Vegetable Fat Spread Block	Spread	Standard	600	1.5	0.15	75	26.0	No
Tesco	Butter Me Up	Spread	Standard	600	1.5	0.15	59	17.5	No
Tesco	Butter Me Up Light	Spread	Healthy	600	1.5	0.15	38	9.2	No
Vitalite	Dairy Free	Spread	Healthy	600	1.5	0.15	56	12.6	No
Marks & Spencer	Salted Farmhouse Butter	Butter	Premium	600	1.5	0.15	81.7	54.0	Yes
Morrisons	Butter	Butter	Economy	600	1.5	0.15	82.2	52.3	Yes
Solesta (Aldi)	Sunflower Spread	Spread	Standard	540	1.4	0.14	54.1	12.1	No
Aldi	Beautifully Butterfully	Spread	Standard	550	1.4	0.14	49.2	21.4	No
Flora Original	Original Vegetable Fat Spread	Spread	Standard	560	1.4	0.14	45	10.0	No
Marks & Spencer	Reduced Fat Olive Spread	Spread	Premium/healthy	560	1.4	0.14	59	14.5	No
Simply M&S	Baking Fat	Spread	Standard	560	1.4	0.14	75	28.0	No
Simply M&S	Dairy Free Low Fat Sunflower Spread	Spread	Healthy	560	1.4	0.14	38	10.5	No
Simply M&S	Dairy Free Sunflower Spread	Spread	Healthy	560	1.4	0.14	70	19.0	No
Simply M&S	Reduced Fat Olive Spread	Spread	Healthy	560	1.4	0.14	59	14.5	No
Morrisons	Baking Perfect For Pastry	Spread	Standard	600	1.4	0.14	75	28.0	No
Morrisons	Light Olive	Spread	Standard/healthy	600	1.4	0.14	38	9.0	No
Morrisons	Olive spread	Spread	Standard	600	1.4	0.14	59	14.5	No
The Co-operative	Olive Spread	Spread	Standard	600	1.4	0.14	59	15.0	No
Benecol	Buttery with Plant Stanol	Spread	Healthy	500	1.3	0.13	60	12.7	No
Benecol	Light	Spread	Healthy	500	1.3	0.13	35	6.9	No
Country Life	Spreadable	Spread	Standard	500	1.3	0.13	76.4	31.4	No
Tesco	Sunflower Spread	Spread	Standard	500	1.3	0.13	59	13.7	No
Tesco	Sunflower Spread Light	Spread	Healthy	500	1.3	0.13	38	9.0	No
Tesco Everyday Value	Soft Spread	Spread	Economy	500	1.3	0.13	48	13.0	No
Essential Waitrose	Olive Spread	Spread	Standard	520	1.3	0.13	59	14.0	No
Greenvale	Baking Vegetable Fat Spread	Spread	Standard	520	1.3	0.13	75	35.0	No
Just Like Butter	A rich buttery spread	Spread	Standard	520	1.3	0.13	49	15.0	No
Sainsbury's	Baking Block	Spread	Standard	520	1.3	0.13	75	28.0	No
Solesta	Olive Spread	Spread	Standard	520	1.3	0.13	59	14.5	No
Flora	Light	Spread	Healthy	530	1.3	0.13	30	7.0	No
Solesta (Aldi)	Sunflower Spread Light	Spread	Healthy	530	1.3	0.13	38.2	9.1	No
Lurpak	Slightly Salted Butter	Butter	Standard	480	1.2	0.12	81.5	52.0	No
Sainsbury's So Organic	Slightly Salted Butter	Butter	Organic	480	1.2	0.12	81.8	51.0	No
Tesco	English Butter, Slightly Salted	Butter	Standard	500	1.2	0.12	81.8	51.0	No
Sainsbury's	Lighter Sunflower Spread	Spread	Healthy	480	1.2	0.12	38	9.3	No
Sainsbury's	Olive Spread	Spread	Standard	480	1.2	0.12	59	14.5	No
Sainsbury's	Sunflower Spread	Spread	Standard	480	1.2	0.12	59	13.6	No
Bertolli	Our Best Ever Taste made with Mild Olive Oil	Spread	Standard	490	1.2	0.12	59	14.0	No
Tesco	Olive Spread	Spread	Standard	500	1.2	0.12	59	14.5	No
Marks & Spencer	Salted Jersey Butter**	Butter	Premium	500	1.2	0.12	81.5	56.0	Yes
ASDA	Sunflower Light Spread	Spread	Standard/healthy	430	1.1	0.11	38	10.5	Yes
ASDA	Sunflower Spread	Spread	Standard	430	1.1	0.11	59	13.9	Yes
Flora	Lighter Than Light	Spread	Healthy	430	1.1	0.11	18	4.5	Yes
Anchor	Original Butter Spreadable	Spread	Standard	440	1.1	0.11	80	33.0	Yes
ASDA	Olive Spread	Spread	Standard	440	1.1	0.11	59	13.7	Yes
Sainsbury's	Lighter Olive Spread	Spread	Healthy	440	1.1	0.11	38	9.3	Yes

Brand	Product Name	Category	Range	Sodium / 100g (mg)	Salt / 100g	Salt per portion (10g) *	Fat/100g	Saturated Fat / 100g	Meet Av target
Marks & Spencer	Salted Farmhouse Goat's Butter	Butter	Premium	400	1.0	0.1	82	52.1	Yes
ASDA	Olive Spread Light	Spread	Standard/healthy	400	1.0	0.1	38	11.0	Yes
Benecol	Olive Spread	Spread	Healthy	400	1.0	0.1	55	10.8	Yes
Morrisons	Danish Style Spreadable	Spread	Standard	400	1.0	0.1	80	36.0	Yes
Flora	Pro-activ Buttery Taste	Spread	Healthy	410	1.0	0.1	60	12.0	Yes
Flora	Pro-activ Light	Spread	Healthy	410	1.0	0.1	35	8.0	Yes
Flora	Pro-active Olive	Spread	Healthy	410	1.0	0.1	35	8.0	Yes
Lurpak	Spreadable Lightest	Spread	Healthy	430	1.0	0.1	40	14.9	Yes
Aldi	Norpak Spreadable Light	Spread	Healthy	360	0.9	0.09	56	24.0	Yes
Aldi	Norpak Spreadable slightly salted	Spread	Healthy	360	0.9	0.09	80	34.5	Yes
Lurpak	Spreadable Lighter slightly salted	Spread	Healthy	360	0.9	0.09	60	23.7	Yes
Lurpak	Spreadable slightly salted	Spread	Healthy	360	0.9	0.09	80	36.7	Yes
Sainsbury's	Buttersoft slightly salted	Spread	Healthy	360	0.9	0.09	80	38.0	Yes
Sainsbury's	Lighter Buttersoft Slightly Salted	Spread	Healthy	360	0.9	0.09	56	25.5	Yes
Simply M&S	Slightly Salted Spread	Spread	Healthy	360	0.9	0.09	80	37.0	Yes
The Co-operative	Spreadable slightly salted	Spread	Healthy	360	0.9	0.09	70	30.0	Yes
Tesco	Butterpak Spreadable	Spread	Standard	400	0.9	0.09	70	30.0	Yes
Tesco	Butterpak Spreadable Light	Spread	Healthy	400	0.9	0.09	49	20.4	Yes
Pure Dairy Free	Sunflower spread	Spread	Healthy	300	0.8	0.08	67	15.0	Yes
Bertolli	Light Made With Mild Olive Oil	Spread	Healthy	330	0.8	0.08	38	9.0	Yes
Simply M&S	Lower fat slightly salted spread	Spread	Healthy	300	0.75	0.075	60	24.0	Yes
Greenvale	Unsalted British Butter	Unsalted Butter	Standard	40	0.1	0.01	83.2	55.0	Yes
ASDA Smart Price	Lard	Animal Fat	Economy	0	0	0	99.7	40.3	n/a
Britannia	Britannia Finest Beef Dripping	Animal Fat	Standard	0	0	0	100	57.0	n/a
Co-op	Lard	Animal Fat	Standard	0	0	0	90	40.3	n/a
Greenvale	Lard	Animal Fat	Standard	0	0	0	99.8	44.0	n/a
Morrisons Savers	Lard	Animal Fat	Economy	0	0	0	99.8	44.0	n/a
Morrisons Signature	Goose Fat	Animal Fat	Premium	0	0	0	99.5	32.7	n/a
Sainsbury's	Duck Fat	Animal Fat	Standard	0	0	0	100	30.0	n/a
Sainsbury's	Goose Fat	Animal Fat	Standard	0	0	0	99.3	28.7	n/a
Sainsbury's Basics	Lard	Animal Fat	Economy	0	0	0	99.8	44.0	n/a
Lurpak	Spreadable lighter unsalted	Spread	Healthy	0	0	0	60	23.7	Yes
Lurpak	Unsalted Spread	Spread	Standard	0	0	0	80	36.7	Yes
ASDA	English Unsalted Butter	Unsalted Butter	Standard	0	0	0	82.9	49.3	Yes
Country Life	Unsalted Butter	Unsalted Butter	Standard	0	0	0	82.7	54.7	Yes