



# Pesto Survey 2017 - Full Data

## Notes:

Data per 100g and per portion was collected using CASH food and drink database, online and in store from the week commencing 13.06.2016. See CASH website for further information.

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 - ≤1.5g, Red >1.5g /100g, >1.8g/portion for salt

Colour coding according to DH Front of Pack Guidance: Green ≤1.5/100g, Amber >1.5 - ≤5.0g, Red >5.0g/100g, >6.0g/portion for saturates

Per portion nutrition information for salt, fat and saturates calculated from per 100g and portion size

Salt Target 2017 per 100g for Pesto and other thick sauces : 1.38g (average), 1.63g (maximum)

Portion size as suggested on pack

Brand Name	Product Name	Package Size (g)	Portion Size (g)	Salt / 100g	Salt / portion (g)	Saturates / 100g	Saturates / portion (g)	Exceeds Maximum salt target	Exceeds average salt target	FoP labelling present?	Salt Equivalent / portion in salt sachets *
Sacla	Sacla Italia Pesto No.1 Classic Basil	190	47.5	3.30	1.57	6.4	3.0	Yes	Yes	No	3.1
Sacla	Sacla Italia Organic Vegetarian Pesto No.5 Basil	190	47.5	3.30	1.57	6.1	2.9	Yes	Yes	No	3.1
Sacla	Sacla Italia 2 Pesto Pots No.1 Classic Basil	90	45	3.30	1.49	4.8	2.2	Yes	Yes	No	3.0
Sacla	Sacla Italia Pesto No.2 Sun-Dried Tomato	190	47.5	3.00	1.43	4.2	2.0	Yes	Yes	No	2.9
Sacla	Sacla Italia Pesto No.11 Truffle	90	not stated	2.50	not available	9.7	not available	Yes	not available	Yes	not available
Napolina	Napolina Green Pesto with Basil	185	not stated	2.50	not available	4.8	not available	Yes	Yes	No	not available
Sacla	Sacla Italia No.7 Fresh Coriander Pesto	190	47.5	2.50	1.19	5.5	2.6	Yes	Yes	No	not available
Gino d'Acampo	Gino D'Acampo Pesto alla Genovese Basil Pesto	180	not stated	2.30	not available	8.2	not available	Yes	Yes	No	not available
Gino d'Acampo	Gino D'Acampo Pesto Rosso Sun-dried Tomato Pesto	180	not stated	2.00	not available	7.1	not available	Yes	Yes	No	not available
Truly Italian	Truly Italian Genovese Basil Pesto	140	70	2.00	1.40	12.5	8.8	Yes	Yes	No	not available
Tesco	Tesco Classic Green Pesto	190	47.5	2.00	0.95	4.7	2.2	Yes	Yes	No	1.9
Sacla	Sacla Italia Organic Vegetarian Pesto No.6 Tomato	190	47.5	2.00	0.95	4.3	2.0	Yes	Yes	No	1.9
Sacla	Sacla Italia No.3 Char-Grilled Aubergine Pesto	190	47.5	2.00	0.95	4.1	1.9	Yes	Yes	No	1.9
Baresa	Lidl Baresa Pesto Alla Genovese	190	47.5	1.92	0.91	4.3	2.0	Yes	Yes	No	1.8
Baresa	Lidl Baresa Pesto Rosso	190	47.5	1.79	0.85	5.4	2.6	Yes	Yes	No	1.7
Tesco	Tesco Finest Pesto Alla Genovese	190	47.5	1.60	0.76	6.2	2.9	No	Yes	No	1.5
Waitrose	Waitrose Bright & Green Basil Pesto	190	47.5	1.50	0.71	9.6	4.6	No	Yes	No	1.4
Jamie Oliver	Jamie Oliver Cherry Tomato & Ricotta Pesto	190	47.5	1.50	0.71	4.9	2.3	No	Yes	No	1.4
Waitrose	Waitrose Roasted Pepper Pesto and Almond Pesto	190	47.5	1.50	0.71	3.9	1.9	No	Yes	No	1.4
Sacla	Sacla Italia No.8 Fiery Chilli Pesto	190	47.5	1.50	0.71	3.7	1.8	No	Yes	No	1.4
Waitrose	Waitrose Red Tomato Pesto	190	47.5	1.50	0.71	3.6	1.7	No	Yes	No	1.4
Asda	Asda Ricotta & Red Pepper Pesto	190	47.5	1.50	0.71	3.1	1.5	No	Yes	No	1.4
Sacla	Sacla Italia No.4 Roasted Pepper Pesto	190	47.5	1.50	0.71	3.1	1.5	No	Yes	No	1.4
Marks & Spencer	M&S Green Pesto	130	65	1.48	0.96	6.8	4.4	No	Yes	Yes	1.9
Waitrose	Waitrose Hot Red Chilli Pesto with Tomato	145	72.5	1.43	1.04	3.7	2.7	No	Yes	No	2.1
Sainsbury's	Sainsbury's Green Pesto	190	47.5	1.43	0.68	4.8	2.3	No	Yes	Yes	1.4
Marks & Spencer	M&S Green Pesto	190	47.5	1.40	0.67	10.4	4.9	No	Yes	No	1.3
Tesco	Tesco Reduced Fat Green Pesto	190	47.5	1.40	0.67	2.8	1.3	No	Yes	No	1.3
Morrisons	Morrisons Tomato & Ricotta Pesto	190	63	1.38	0.87	4.7	3.0	No	No	Yes	1.7
Sainsbury's	Sainsbury's Red Pesto	190	47.5	1.34	0.64	3.7	1.8	No	No	Yes	1.3
Sainsbury's	Sainsbury's Spinach & Ricotta Pesto	190	47.5	1.32	0.63	3.6	1.7	No	No	Yes	1.3
Asda	Asda Extra Special Pesto Alla Genovese	190	47.5	1.30	0.62	7.4	3.5	No	No	No	1.2
Marks & Spencer	M&S Red Pesto	190	47.5	1.30	0.62	6.6	3.1	No	No	No	1.2
Jamie Oliver	Jamie Oliver Coriander & Cashew Pesto	190	47.5	1.30	0.62	6.4	3.0	No	No	No	1.2
Tesco	Tesco Finest Sundried Tomato Pesto Rosso	190	47.5	1.30	0.62	5.4	2.6	No	No	No	1.2
Tesco	Tesco Classic Red Pesto	190	47.5	1.30	0.62	4.9	2.3	No	No	No	1.2
Jamie Oliver	Jamie Oliver Walnut & Red Pepper Pesto	190	47.5	1.30	0.62	3.5	1.7	No	No	No	1.2
The Co-operative	Co Op Irresistible Pesto Alla Genovese	185	46	1.27	0.58	7.8	3.6	No	No	No	1.2
Sainsbury's	Sainsbury's Basil Pesto	150	75	1.25	0.94	9	6.8	No	No	Yes	1.9
Morrisons	Morrisons Green Pesto	190	63	1.25	0.79	4.6	2.9	No	No	Yes	1.6
Sainsbury's	Sainsbury's Roasted Red Pepper Pesto	190	47.5	1.25	0.59	3	1.4	No	No	Yes	1.2
Morrisons	Morrisons Green Pesto	145	73	1.20	0.88	6.2	4.5	No	No	Yes	1.8
Jamie Oliver	Jamie Oliver Red Pesto	190	47.5	1.20	0.57	4.9	2.3	No	No	No	1.1
Sacla	Sacla Italia Pesto No.12 Sunblush Tomato	190	47.5	1.20	0.57	4.5	2.1	No	No	No	1.1

Brand Name	Product Name	Package Size (g)	Portion Size (g)	Salt / 100g	Salt / portion (g)	Saturates / 100g	Saturates / portion (g)	Exceeds Maximum salt target	Exceeds average salt target	FoP labelling present?	Salt Equivalent / portion in salt sachets *
Sacla	Sacla Italia 2 Pesto Pots No.2 Sun-Dried Tomato	90	45	1.20	0.54	4.2	1.9	No	No	No	1.1
Sacla	Sacla Italia Reduced Fat Pesto No.14 Basil	190	47.5	1.20	0.57	3.6	1.7	No	No	No	1.1
Sacla	Sacla Italia 2 Pesto Pots No.8 Fiery Chilli	90	45	1.20	0.54	3.6	1.6	No	No	No	1.1
The Co-operative	The Co-operative Loved By Us Red Pesto	190	47.5	1.20	0.57	3.3	1.6	No	No	Yes	1.1
Sacla	Sacla Italia Reduced Fat Pesto No.15 Sun-Dried Tomato	190	47.5	1.20	0.57	2.4	1.1	No	No	No	1.1
The Co-operative	The Co-operative Irresistible Italian Pesto	140	70	1.19	0.83	9.8	6.9	No	No	Yes	1.7
Sainsbury's	Sainsbury's Chilli Pesto	190	47.5	1.18	0.56	2.2	1.0	No	No	Yes	1.1
Morrisons	Morrisons Red Pesto	190	63	1.17	0.74	3.6	2.3	No	No	Yes	1.5
Morrisons	Morrisons The Best Pesto Alla Genovese	190	63	1.16	0.73	6	3.8	No	No	Yes	1.5
Waitrose	Waitrose Aromatic Green Pesto with Basil	145	72.5	1.15	0.83	6.8	4.9	No	No	Yes	1.7
Morrisons	Morrisons The Best Italian Sun Dried Tomato Red Pesto	190	63	1.15	0.72	5.5	3.5	No	No	Yes	1.4
The Co-operative	The Co-operative Loved By Us Green Pesto	190	47.5	1.15	0.55	5.4	2.6	No	No	Yes	1.1
Morrisons	Morrisons Eat Smart Counted Green Pesto	190	47.5	1.14	0.54	2.1	1.0	No	No	Yes	1.1
Waitrose	Waitrose 1 Pesto Alla Genovese	190	not stated	1.10	not available	7.7	not available	No	No	No	not available
Tesco	Tesco Finest Pesto With Fresh Basil	130	65	1.10	0.72	5.8	3.8	No	No	Yes	1.4
Asda	Asda Extra Special Sun-Dried Tomato Pesto	190	47.5	1.10	0.50	6	2.9	No	No	No	1.0
Asda	Asda Green Pesto	190	47.5	1.10	0.50	4.9	2.3	No	No	No	1.0
Asda	Asda Reduced Fat Green Pesto	190	47.5	1.10	0.52	3	1.4	No	No	No	1.0
Napolina	Napolina Red Pesto with Tomatoes & Garlic	190	not stated	1.08	not available	4.2	not available	No	No	No	not available
Sainsbury's	Sainsbury's Lighter Green Pesto	190	47.5	1.08	0.51	4.6	2.2	No	No	Yes	not available
Sainsbury's	Sainsbury's Lemon Pesto	190	47.5	1.08	0.51	3.2	1.5	No	No	Yes	1.0
Marks & Spencer	M&S Spirit of Summer Truffle Pesto	90	45	1.00	0.45	12.5	5.6	No	No	No	0.9
Jamie Oliver	Jamie Oliver Italian Herb Pesto	190	47.5	1.00	0.48	6.7	3.2	No	No	No	1.0
Sacla	Sacla Italia Limited Edition Pesto Broad Bean, Pea and Mint	190	47.5	1.00	0.48	4.4	2.1	No	No	No	1.0
Asda	Asda Red Pesto	190	47.5	1.00	0.48	4.2	2.0	No	No	No	1.0
Sainsbury's	Sainsbury's Taste The Difference Pesto Alla Genovese	190	47.5	0.99	0.47	5.5	2.6	No	No	Yes	0.9
Aldi	Aldi Specially Selected Italian Pesto Rosso	190	63	0.95	0.60	5.8	3.7	No	No	No	1.2
Jamie Oliver	Jamie Oliver Green Pesto	190	47.5	0.90	0.43	6.7	3.2	No	No	No	0.9
Jamie Oliver	Jamie Oliver Chilli & Garlic Pesto	190	47.5	0.90	0.43	2.6	1.2	No	No	No	0.9
Aldi	Aldi Specially Selected Italian Pesto Genovese	190	63	0.88	0.55	6.8	4.3	No	No	No	1.1
Tesco	Tesco Reduced Fat Red Pesto	190	47	0.70	0.33	3.3	1.6	No	No	No	0.7