



Sausages 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 11/09/2017. See CASH website for further information.

All data given per cooked 100g or portion. * indicates that data relates to raw form of product only

Portion size as stated on pack

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

Brand Name	Product Name	Meat	Fresh/ Frozen	Package Size (g)	Portion Size (g)	Sausages per Portion	Salt / 100g	Salt/portion (g)	Salt/sausage (g)	Total Fat/ 100g	Saturates / 100g	Saturates / portion (g)	FoP labelling present?
Richmond	Richmond 12 Skinless Pork Sausages	Pork	Fresh	319	23	1	2.3	0.50	0.50	22	9.3	2.1	No
Richmond	Richmond 8 Thick Pork Sausages	Pork	Fresh	454	49	1	2.2	1.08	1.08	16	8.1	4.0	No
Richmond	Richmond 12 Thick Pork Sausages	Pork	Fresh	681	49	1	2.2	1.08	1.08	16	8.1	4.0	No
Richmond	Richmond 8 Oven Ready Pork Sausages	Pork	Fresh	410	46	1	2.2	1.01	1.01	14	5.2	2.4	No
Richmond	Richmond 24 Thick Frozen Pork Sausages	Pork	Frozen	1087	38	1	2.2	0.84	0.84	16	8.1	3.1	No
Richmond	Richmond 12 Thin Pork Sausages	Pork	Fresh	340	23	1	2.2	0.51	0.51	16	8.1	1.9	No
ASDA	Asda Extra Special 6 Bacon & Maple Syrup Pork Sausages	Pork	Fresh	400	106	2	2.1	2.23	1.11	23	7.7	8.2	Yes
Shazans	Shazans 6 Lamb Sausages	Lamb	Fresh	400	108	2	2*	2.16*	1.08	17.3*	8.8*	9.50*	Yes
Quorn	Quorn 4 Best of British Sausages	Vegetarian	Fresh	240	56	1	1.9	1.1	1.1	10.4	0.8	0.4	Yes
Heck	Heck Spring Chicken Sausages 10 Pack	Chicken	Fresh	340	68*	2	1.9	1.29	0.65	2.1	0.8	0.5	No
Heck	Heck Chicken Italia Sausages 10 Pack	Chicken	Fresh	340	68	2	1.9	1.3	0.65	2.6	1.1	0.7	No
Debbie & Andrew's	Debbie & Andrew's 6 Clean and Lean High Protein Pork Sausages	Pork	Fresh	400	127	2	1.8	2.29	1.14	11.5	4.1	5.2	No
Wall's	Wall's 12 Thick Pork Sausages	Pork	Frozen	500	34	1	1.8	0.61	0.61	18	7.7	2.6	No
ASDA	Asda Extra Special 6 Welsh Cheddar & Spring Onion Pork Sausages	Pork	Fresh	400	110	2	1.7	1.87	0.94	20	7.8	8.6	Yes
Wall's	Wall's 8 Thick Pork Sausages	Pork	Fresh	454	42	1	1.65	0.69	0.69	17	6.3	2.6	No
Braughing Sausages	Braughing Sausages The Original Recipe 12 Pork Chipolatas	Pork	Fresh	384	Not Available	Not Available	1.63	Not Available	Not Available	16	6.3	Not Available	No
Iceland	Iceland 8 Jumbo Pork Sausages	Pork	Frozen	800	80	1	1.6	1.28	1.28	20	6.8	5.4	No
Heck	Heck 6 97% Pork Sausages	Pork	Fresh	400	133*	2	1.6	2.13	1.07	14.1	6.9	9.2	No
ASDA	Asda Extra Special 6 Armagh Bramley Apple Pork Sausages	Pork	Fresh	400	110	2	1.6	1.76	0.88	19	7.0	7.7	Yes
Tesco	Tesco 8 British Beef Sausages	Beef	Fresh	454	101	2	1.6	1.62	0.81	13.1	5.7	5.8	Yes
Aldi	Aldi Ashfield Farm Butcher's Select 8 Lincolnshire Sausages	Pork	Fresh	454	43	1	1.6	0.69	0.69	16	5.7	2.5	Yes
Heck	Heck Smoky Paprika Chicken Sausages 10 Pack	Chicken	Fresh	340	68*	2	1.6	1.30	0.65	2.6	1.1	0.7	No
Linda McCartney	Linda McCartney's 6 Vegetarian Sausages 300g	Vegetarian	Frozen	300	92	2	1.6	1.47	0.74	5.4	1.9	1.8	No
Linda McCartney	Linda McCartney 6 Vegetarian Red Onion & Rosemary Sausages 300g	Vegetarian	Frozen	300	92	2	1.6	1.47	0.74	3.4	0.4	0.4	No
Sainsbury's	Sainsbury's British Fresh 8 Lincolnshire Pork Sausages	Pork	Fresh	454	95.2	2	1.53	1.46	0.73	17	5.9	5.6	Yes
The Jolly Hog	The Jolly Hog The Caramelised Porker 6 British Pork Sausages With Caramelised Red Onions	Pork	Fresh	400	61	1	1.5	0.92	0.92	15.1	5.4	3.3	No
Debbie & Andrew's	Debbie & Andrew's Harrogate 97% Pork Sausages	Pork	Fresh	400	60	1	1.5	0.90	0.90	14	5.4	3.2	No
ASDA	Asda Extra Special 6 Italian Inspired Pork Sausages	Pork	Fresh	400	110	2	1.5	1.65	0.83	22	7.7	8.5	Yes
Lidl	Warren & Sons Butcher's Choice 8 Pork Sausages	Pork	Fresh	454	53	1	1.5	0.80	0.80	16.2	5.4	2.9	Yes
The Jolly Hog	The Jolly Hog The Proper Porker 6 British Pork Sausages	Pork	Fresh	400	53	1	1.5	0.80	0.80	17	7.5	4.0	No
Morrisons	Morrisons The Best 12 Cumberland Sausages	Pork	Frozen	600	47	1	1.5	0.71	0.71	14.1	5.1	2.4	Yes
Iceland	Iceland 16 Thick Irish Recipe Pork Sausages	Pork	Frozen	800	40	1	1.5	0.60	0.60	18.7	6.5	2.6	No
Sainsbury's	Sainsbury's 12 Pork Sausages	Pork	Frozen	600	80	2	1.5	1.20	0.60	24.7	9.1	7.3	Yes
Sainsbury's	Sainsbury's Be Good to Yourself 12 30% Less Fat Pork Sausages	Pork	Fresh	600	80	2	1.5	1.20	0.60	13	4.6	3.7	Yes
ASDA	Asda Extra Special 24 Classic Pork Chipolata Sausages	Pork	Fresh	690	50	2	1.5	0.75	0.38	22	7.8	3.9	Yes
Morrisons	Morrisons The Best 24 Chipolata Sausages	Pork	Frozen	600	23	1	1.5	0.35	0.35	19.3	6.7	1.5	Yes
Sainsbury's	Sainsbury's Basics 8 British Pork Sausages	Pork	Fresh	454	113.5*	2	1.48	1.68	0.84	16	5.2	5.9	Yes
Lidl	Warren & Sons Butcher's Choice 8 Lincolnshire Sausages	Pork	Fresh	454	51	1	1.48	0.75	0.75	16.6	5.6	2.9	Yes
Tesco	Tesco Finest 6 British Pork Lincolnshire Sausages	Pork	Fresh	400	103	2	1.46*	1.50	0.75	19.6	7.6*	7.8	Yes
Waitrose	Waitrose 12 Aromatic Pork & Herb Chipolatas Seasoned with Rosemary & Thyme	Pork	Fresh	375	47	2	1.46	0.69	0.34	24.4	8.5	4.0	Yes
Sainsbury's	Sainsbury's 12 Cumberland Sausages	Pork	Frozen	600	80	2	1.45	1.16	0.58	22.7	7.8	6.2	Yes
Sainsbury's	Sainsbury's British Fresh 12 Pork Chipolatas	Pork	Fresh	340	40	2	1.45	0.58	0.29	15	5.3	2.1	Yes
G. White & Co	G. White & Co Porky Lights 6 Premium British Pork Sausages	Pork	Fresh	400	66.6*	1	1.4*	0.93*	0.93*	7.1*	3.2*	2.13*	Yes
Rankin Selection	Rankin Selection Outdoor Bred Pork Sausages	Pork	Fresh	400	67*	1	1.4	0.94	0.94	18.7	5.9	4.0	Yes
ASDA	Asda Extra Special 10 Classic Pork Sausages	Pork	Fresh	750	124	2	1.4	1.74	0.87	22	7.7	9.5	Yes
Lidl	Lidl Deluxe 6 Lincolnshire Pork Sausages	Pork	Fresh	400	60.3	1	1.4	0.84	0.84	22.3	7.8	4.7	Yes
ASDA	Asda Extra Special 6 Classic Pork Sausages	Pork	Fresh	400	114	2	1.4	1.60	0.80	22	7.7	8.8	Yes
Sainsbury's	Sainsbury's Taste The Difference 8 Sweet Chilli British Pork Sausages	Pork	Fresh	530	114	2	1.4	1.60	0.80	28	9.7	11.1	Yes
Sainsbury's	Sainsbury's British Fresh 8 Beef Sausages	Beef	Fresh	454	113.5	2	1.4	1.59	0.79	14.4	6.2	7.0	Yes
ASDA	Asda Extra Special 6 Leek & Black Pepper Sausages	Pork	Fresh	400	110	2	1.4	1.54	0.77	23	7.8	8.6	Yes
ASDA	Asda Extra Special 6 Caramelised Red Onion Pork Sausages	Pork	Fresh	400	110	2	1.4	1.54	0.77	22	7.5	8.3	Yes
Aldi	Aldi Specially Selected Cumberland 6 Pork Sausages	Pork	Fresh	400	51	1	1.4	0.71	0.71	15	5.1	2.6	Yes
ASDA	ASDA Butcher's Selection 8 British Lincolnshire Pork Sausages	Pork	Fresh	454	97.5	2	1.4	1.37	0.68	12	4.4	4.3	Yes

Brand Name	Product Name	Meat	Fresh/ Frozen	Package Size (g)	Portion Size (g)	Sausages per Portion	Salt / 100g	Salt/portion (g)	Salt/sausage (g)	Total Fat/ 100g	Saturates / 100g	Saturates / portion (g)	FoP labelling present?
Iceland	Iceland 16 Pork & Beef Sausages	Pork, Beef	Frozen	800	40	1	1.4	0.56	0.56	18.9	6.7	2.7	No
Iceland	Iceland The Butcher's Market 12 Cumberland Sausages	Pork	Frozen	600	40	1	1.4	0.56	0.56	10.1	3.6	1.4	No
ASDA	Asda Extra Special 12 Classic Pork Chipolata Sausages	Pork	Fresh	375	50	2	1.4	0.70	0.35	22	7.7	3.9	Yes
Tesco	Tesco 12 British Pork Chipolatas	Pork	Fresh	340	45	3	1.4	0.63	0.21	19.8	6.6	3.0	Yes
Lidl	Warren & Sons 8 Irish Recipe Sausages	Pork	Fresh	454	52	1	1.39	0.72	0.72	11.8	4.1	2.1	Yes
Marks & Spencer	M&S British Reduced Fat Outdoor Bred 6 Skinny Pork Sausages	Pork	Fresh	400	66.6*	1	1.38	0.92	0.92	2.5	0.8	0.5	Yes
Waitrose	Waitrose 6 Succulent And Tasty Pork Sausages With Fresh Leeks And Chives	Pork	Fresh	400	114	2	1.38	1.57	0.79	17.4	6.6	7.5	Yes
Sainsbury's	Sainsbury's Taste The Difference 8 Chorizo Style British Pork Sausages	Pork	Fresh	530	106	2	1.38	1.46	0.73	29	10.0	10.6	Yes
Morrisons	Morrisons The Best 6 Thick British Old English Pork Sausages	Pork	Fresh	400	56	1	1.36	0.76	0.76	18.2	6.8	3.8	Yes
Marks & Spencer	M&S Veggie Butternut Squash & Paprika Sausages	Vegetarian	Fresh	270	90*	2	1.35*	1.22	0.61	3.1	0.6*	0.5	Yes
Sainsbury's	Sainsbury's Taste The Difference 8 Bramley Apple And British Pork Sausages	Pork	Fresh	530	112	2	1.35	1.51	0.76	26	8.9	10.0	Yes
Sainsbury's	Sainsbury's Taste The Difference 8 Lincolnshire British Pork Sausages	Pork	Fresh	530	112	2	1.35	1.51	0.76	23	7.6	8.5	Yes
Waitrose	Waitrose 6 Sweet And Juicy Pork Sausages With Bramley Apple	Pork	Fresh	400	109	2	1.35	1.47	0.74	17.2	6.4	7.0	Yes
Waitrose	Essential Waitrose British Pork 8 Sausages	Pork	Fresh	454	100	2	1.35	1.35	0.68	22.1	8.4	8.4	Yes
Sainsbury's	Sainsbury's British 8 Pork & Apple Sausages	Pork	Fresh	400	86	2	1.35	1.16	0.58	26	8.5	7.3	Yes
Waitrose	Essential Waitrose British Pork 12 Chipolatas	Pork	Fresh	340	50	2	1.35	0.68	0.34	22.1	8.4	4.2	Yes
Sainsbury's	Sainsbury's Taste the Difference 6 Cumberland British Pork Sausages	Pork	Fresh	400	133*	2	1.34	1.78	0.89	26	8.8	11.7	Yes
Sainsbury's	Sainsbury's Taste The Difference 12 Cumberland British Pork Sausages	Pork	Fresh	800	110	2	1.34	1.47	0.74	26	8.8	9.7	Yes
The Good Little Company	The Good Little Company 12 Good Little Sausages	Pork	Fresh	360	57	2	1.33*	0.76*	0.38*	12.7*	5.4*	3.1	Yes
Marks & Spencer	Marks & Spencer 8 Great British Bangers	Pork	Fresh	454	114*	2	1.33	1.52	0.76	23.8	8.5	9.7	Yes
Marks & Spencer	Marks & Spencer British 10 Pork Chipolata Sausages	Pork	Fresh	454	91	2	1.33	1.21	0.61	18.2	6.3	5.7	Yes
Sainsbury's	Sainsbury's Taste the Difference 12 Cumberland British Pork Chipolatas	Pork	Fresh	375	40	2	1.33	0.53	0.27	22.5	7.5	3.0	Yes
Tesco	Tesco Finest 12 British Pork & Honey Chipolatas	Pork	Fresh	375	53	2	1.32*	0.70	0.35	23.2	8.3*	4.4	Yes
Iceland	Iceland Luxury 6 Outdoor Bred Pork Premium Sausages	Pork	Fresh	400	57.5	1	1.3	0.75	0.75	20.5	7.0	4.0	No
Tesco	Tesco 6 British Chicken Sausages	Chicken	Fresh	400	113	2	1.3	1.47	0.73	7.8	2.2	2.5	Yes
ASDA	Asda Extra Special 6 Sweet Chilli Pork Sausages	Pork	Fresh	400	110	2	1.3	1.43	0.72	22	7.7	8.5	Yes
ASDA	Asda Extra Special 6 Three Chilli Pork Sausages	Pork	Fresh	400	110	2	1.3	1.43	0.72	21	7.5	8.3	Yes
Aldi	Aldi Ashfield Farm Butcher's Select 8 Reduced Fat Pork Sausages	Pork	Fresh	454	54	1	1.3	0.70	0.70	10	3.7	2.0	Yes
Waitrose	Waitrose 6 Richly Flavoured Toulouse Sausages with Smoked Bacon, Red Wine and Garlic	Pork	Fresh	400	105	2	1.3	1.37	0.68	17.8	6.7	7.0	Yes
Morrisons	Morrisons 8 Thick Pork Sausages	Pork	Fresh	454	50	1	1.3	0.65	0.65	17	6.3	3.2	Yes
Aldi	Aldi Specially Selected British Outdoor Bred 6 Pork Sausages	Pork	Fresh	400	47	1	1.3	0.61	0.61	24	8.3	3.9	Yes
Tesco	Tesco 8 British Pork Sausages	Pork	Fresh	454	92	2	1.3	1.20	0.60	21.9	7.3	6.7	Yes
Morrisons	Morrisons 20 Pork Sausages Thick	Pork	Frozen	1000	44.5	1	1.3	0.58	0.58	13.2	4.9	2.2	Yes
Tesco	Tesco 8 Pork & Apple British Sausages	Pork	Fresh	454	89	2	1.3	1.16	0.58	15.7	5.0	4.5	Yes
Aldi	Aldi Ashfield Farm 8 Cumberland Sausages	Pork	Fresh	454	41	1	1.3	0.53	0.53	16	5.6	2.3	Yes
ASDA	Asda Butcher's Selection 12 British Chipolata Pork Sausages	Pork	Fresh	340	53.5	2	1.3	0.70	0.35	17	6.0	3.2	Yes
Morrisons	Morrisons 12 Thin Pork Sausages	Pork	Fresh	340	26	1	1.3	0.34	0.34	17	6.3	1.6	Yes
Aldi	Aldi Specially Selected British Outdoor Bred Traditional 12 Pork Chipolatas	Pork	Fresh	Not Available	22	1	1.3	0.29	0.29	24	8.3	1.8	Yes
Iceland	Iceland 8 British Thick Pork Sausages	Pork	Fresh	454	Not Available	Not Available	1.3	Not Available	Not Available	18.2	6.9	Not Available	No
Iceland	Iceland The Butcher's Market 12 Pork & Apple Sausages	Pork	Fresh	600	Not Available	Not Available	1.3	Not Available	Not Available	12	4.2	Not Available	No
Linda McCartney	Linda McCartney 6 Vegetarian Sausages 300g	Vegetarian	Fresh	300	91	2	1.3	1.18	0.59	6	2.1	1.9	No
G. White & Co	G. White & Co Porky Whites 6 Premium Surrey Pork Sausages	Pork	Fresh	454	75.6	1	1.3*	0.98*	0.98*	18.9*	7.2*	5.44*	Yes
Harry & Jim's	Harry & Jim's British Pork Sausages 8 Pack	Pork	Fresh	454	57	1	1.3*	0.74*	0.74*	23.2*	8.1*	4.62*	Yes
G. White & Co	G. White & Co Porky Whites 10 Premium Surrey Pork Chipolatas	Pork	Fresh	380	37.8	1	1.3*	0.49*	0.49*	18.9*	7.2*	2.72*	Yes
The Black Farmer	The Black Farmer 6 Gluten Free Sausages Premium Pork	Pork	Fresh	400	Not Available	Not Available	1.3*	Not Available	Not Available	19.7*	8.6*	Not Available	No
Cauldron	Cauldron 6 Cumberland Vegetarian Sausages 276g	Vegetarian	Fresh	276	92*	2	1.3*	1.20	0.60	8.6	0.8*	0.7	Yes
Cauldron	Cauldron 6 Lincolnshire Vegetarian Sausages 276g	Vegetarian	Fresh	276	92*	2	1.3*	1.20	0.60	9.8	0.8*	0.7	Yes
Tesco	Tesco Finest Outdoor Bred 6 British Pork Sausages	Pork	Fresh	400	116	2	1.29*	1.50	0.75	24.9	9.7*	11.3	Yes
Tesco	Tesco Finest 10 British Pork Sausages	Pork	Fresh	667	116	2	1.29*	1.50	0.75	24.9	9.7*	11.3	Yes
Waitrose	Waitrose 6 Gourmet Pork Sausages With Black Pepper and Nutmeg	Pork	Fresh	400	108	2	1.28	1.38	0.69	17.7	6.6	7.1	Yes
Sainsbury's	Sainsbury's British 8 Pork & Herb Sausages	Pork	Fresh	400	86	2	1.28	1.10	0.55	25	8.0	6.9	Yes
Marks & Spencer	Marks & Spencer 8 Lamb, Roasted Garlic & Rosemary Chipolata Sausages	Lamb	Fresh	240	60*	2	1.28	0.77	0.39	13.9	6.1	3.7	Yes
Sainsbury's	Sainsbury's Taste the Difference 12 Outdoor Bred Pork Chipolatas	Pork	Fresh	375	51	2	1.28	0.65	0.33	21.4	6.9	3.5	Yes
Waitrose	Waitrose 12 Gourmet Pork Chipolatas	Pork	Fresh	375	44	2	1.28	0.56	0.28	17.7	6.6	2.9	Yes
Lidl	Lidl Deluxe 6 Caramelised Onion Pork Sausages	Pork	Fresh	400	60.3	1	1.27	0.77	0.77	25	8.9	5.4	Yes
Sainsbury's	Sainsbury's Taste The Difference 8 Caramelised Red Onion And British Pork Sausages	Pork	Fresh	530	115	2	1.27	1.46	0.73	25	8.6	9.9	Yes
Sainsbury's	Sainsbury's Taste the Difference 8 Fresh Herb and British Pork Sausages	Pork	Fresh	530	112	2	1.27	1.42	0.71	25	8.3	9.3	Yes
Morrisons	Morrisons Thick 8 Irish Recipe Sausages	Pork	Fresh	454	53	1	1.27	0.67	0.67	16.9	6.0	3.2	Yes
Marks & Spencer	Marks & Spencer 6 Pork & Caramelised Onion Sausages	Pork	Fresh	400	67	1	1.25	0.84	0.84	21.5	8.0	5.4	Yes
Marks & Spencer	Simply M&S 8 Chipolata Pork Sausages	Pork	Fresh	227	57*	2	1.25	0.71	0.36	20.8	7.5	4.3	Yes
Marks & Spencer	M&S Veggie Roasted Mushroom & Red Onion Sausages	Vegetarian	Fresh	270	90*	2	1.25*	1.13	0.57	3.4	1.6*	1.4	Yes
Waitrose	Waitrose 6 Sweet And Succulent Pork Sausages With Caramelised Red Onion Confit	Pork	Fresh	400	109	2	1.24	1.35	0.68	21.9	8.1	8.8	Yes
Tesco	Tesco Finest 10 British Pork Cumberland Sausages	Pork	Fresh	667	105	2	1.24*	1.30	0.65	29	11.1*	11.7	Yes

Brand Name	Product Name	Meat	Fresh/ Frozen	Package Size (g)	Portion Size (g)	Sausages per Portion	Salt / 100g	Salt/portion (g)	Salt/sausage (g)	Total Fat/ 100g	Saturates / 100g	Saturates / portion (g)	FoP labelling present?
Morrisons	Morrisons The Best 12 British Pork Chipolatas	Pork	Fresh	375	26	1	1.23	0.32	0.32	17.6	6.4	1.7	Yes
Morrisons	Morrisons The Best 20 British Pork Chipolatas	Pork	Fresh	625	26	1	1.23	0.32	0.32	17.6	6.4	1.7	Yes
Lidl	Warren & Sons Butcher's Choice 8 Cumberland Sausages	Pork	Fresh	454	51	1	1.22	0.62	0.62	13.6	4.8	2.4	Yes
Waitrose	Waitrose 1 Free Range Cumberland Pork Sausages	Pork	Fresh	400	107	2	1.21	1.29	0.65	26	8.5	9.1	Yes
Lidl	Warren & Sons 8 Pork Sausages	Pork	Fresh	454	53	1	1.21	0.64	0.64	17	5.9	3.1	Yes
Morrisons	Morrisons 8 Butcher's Style Pork Sausages	Pork	Fresh	454	46	1	1.21	0.56	0.56	17.9	6.5	3.0	Yes
Marks & Spencer	Marks & Spencer 6 Italian Style Sausages	Pork	Fresh	400	66.5	1	1.2	0.80	0.80	20.4	7.2	4.8	Yes
ASDA	Asda Extra Special 10 Cumberland Pork Sausages	Pork	Fresh	750	128	2	1.2	1.54	0.77	18	6.4	8.2	Yes
Aldi	Aldi Specially Selected Leek 6 Pork Sausages	Pork	Fresh	400	57	1	1.2	0.68	0.68	21	6.9	3.9	Yes
ASDA	Asda Extra Special Light & Lean 6 Pork Sausages	Pork	Fresh	400	57	1	1.2	0.68	0.68	2.8	1.0	0.6	Yes
ASDA	Asda Extra Special 6 Cumberland Pork Sausages	Pork	Fresh	400	110	2	1.2	1.32	0.66	18	6.4	7.0	Yes
Aldi	Aldi Everyday Essentials 12 British Pork Sausages	Pork	Fresh	681	54	1	1.2	0.65	0.65	14	5.2	2.8	Yes
ASDA	Asda Farm Stores 8 Sausages	Pork	Fresh	454	108	2	1.2	1.30	0.65	12	4.2	4.5	Yes
Iceland	Iceland Luxury 10 Outdoor Bred Pork Premium Sausages	Pork	Fresh	600	54	1	1.2	0.65	0.65	20.5	7.0	3.8	No
ASDA	ASDA Butcher's Selection 8 British Pork & Bramley Apple Sausages	Pork	Fresh	454	107	2	1.2	1.28	0.64	16	5.9	6.3	Yes
Sainsbury's	Sainsbury's Be Good to Yourself 50% Less Fat 8 British Cumberland Pork Sausages	Pork	Fresh	454	98	2	1.2	1.18	0.59	3.2	1.1	1.1	Yes
ASDA	ASDA Butcher's Selection 8 British Pork Sausages	Pork	Fresh	454	97	2	1.2	1.16	0.58	15	5.5	5.3	Yes
ASDA	Asda 8 Reduced Fat Pork Sausages	Pork	Fresh	400	95	2	1.2	1.14	0.57	3.9	1.3	1.2	Yes
Tesco	Tesco 8 Cumberland British Pork Sausages	Pork	Fresh	454	95	2	1.2	1.14	0.57	26.2	8.4	8.0	Yes
Tesco	Tesco 8 Lincolnshire British Pork Sausages	Pork	Fresh	454	90	2	1.2	1.08	0.54	16.2	5.7	5.1	Yes
ASDA	Asda 20 Irish Recipe Pork Sausages	Pork	Frozen	1000	82	2	1.2	0.98	0.49	18	6.3	5.2	Yes
Wall's	Wall's 8 Skinless Pork Sausages	Pork	Fresh	213	24	1	1.2	0.29	0.29	24.6	10.0	2.4	No
Quorn	Quorn 6 Sausages 250g	Vegetarian	Fresh	250	78	2	1.2	0.94	0.47	11.1	1.4	1.1	Yes
Quorn	Quorn 12 Sausages 504g	Vegetarian	Frozen	504	39	1	1.2	0.47	0.47	11.1	1.4	0.6	Yes
Quorn	Quorn 4 Sweet Chilli Sausages	Vegetarian	Fresh	240	58	1	1.2	0.7	0.70	6.6	1.4	0.8	Yes
Quorn	Quorn Meat Free Gluten Free Sausages 6 Pack	Vegetarian	Frozen	300	100	2	1.2	1.2	0.60	9.1	0.8	0.8	Yes
Tesco	Tesco Meat Free 6 Lincolnshire Style Sausages	Vegetarian	Frozen	264	80	2	1.2	0.96	0.48	9.4	0.7	0.6	Yes
ASDA	ASDA Butcher's Selection Reduced Fat British 8 Cumberland Sausages	Pork	Fresh	400	94	2	1.2	1.13	0.56	9.9	3.5	3.3	Yes
G. White & Co	G. White & Co Porky Whites 6 Premium Pork Sausage Originals	Pork	Fresh	454	75.6*	1	1.2*	0.91*	0.91*	15.8*	6.5*	4.91*	Yes
Marks & Spencer	Marks & Spencer British Outdoor Bred 6 Pork & Bramley Apple Sausages	Pork	Fresh	400	66.7*	1	1.18	0.79	0.79	19.2	7.0	4.7	Yes
Lidl	Warren & Sons 8 Cumberland Sausages	Pork	Fresh	454	50	1	1.18	0.59	0.59	14.6	5.1	2.6	Yes
Sainsbury's	Sainsbury's Taste The Difference 12 Outdoor Bred British Pork Sausages	Pork	Fresh	795	106	2	1.17	1.24	0.62	26	8.6	9.1	Yes
Sainsbury's	Sainsbury's 40 Chipolata Pork Sausages	Pork	Frozen	1000	40	2	1.17	0.47	0.23	16.3	5.8	2.3	Yes
Sainsbury's	Sainsbury's 20 Irish Recipe Pork Sausages	Pork	Frozen	1000	80	2	1.16	0.93	0.46	16.9	5.8	4.6	Yes
The Co-operative	The Co-operative Truly Irresistible 6 Lincolnshire Sausages	Pork	Fresh	400	134*	2	1.15	1.54	0.77	16	5.3	7.1	Yes
The Co-operative	The Co-operative Irresistible 6 Pork & Leek Sausages	Pork	Fresh	400	133*	2	1.15	1.53	0.77	22	7.9	10.5	Yes
Sainsbury's	Sainsbury's Taste The Differences 8 Sicilian Inspired British Pork Sausages	Pork	Fresh	530	104	2	1.15	1.20	0.60	25	8.4	8.7	Yes
Morrisons	Morrisons The Best 6 Thick British Pork & Leek Sausages	Pork	Fresh	400	55	1	1.14	0.63	0.63	16.4	5.9	3.2	Yes
Morrisons	Morrisons The Best 6 Thick British Pork & Sweet Chilli Sausages	Pork	Fresh	400	54	1	1.14	0.62	0.62	16.4	5.8	3.1	Yes
Morrisons	Morrisons The Best 6 British Venison & Pork Sausages	Venison, Pork	Fresh	400	48	1	1.14	0.55	0.55	12.3	4.6	2.2	Yes
Morrisons	Morrisons Savers 20 Thick Sausages	Pork	Frozen	1000	47	1	1.14	0.54	0.54	13.2	4.9	2.3	Yes
Waitrose	Waitrose 12 Rich And Meaty Aberdeen Angus Beef Chipolatas With Cracked Black Pepper	Beef	Fresh	340	48	2	1.14	0.55	0.27	11.8	5.3	2.5	Yes
Marks & Spencer	Marks & Spencer British Outdoor Bred 6 Pork Sausages	Pork	Fresh	400	66.7*	1	1.13	0.75	0.75	24.8	8.5	5.7	Yes
Marks & Spencer	Marks & Spencer 6 Beef & Pepper Sausages 80% Beef	Beef	Fresh	360	60*	1	1.13	0.68	0.68	16.9	7.1	4.3	Yes
Morrisons	Morrisons The Best 6 Thick British Cumberland Sausages	Pork	Fresh	400	53	1	1.13	0.60	0.60	15.3	5.4	2.9	Yes
Waitrose	Waitrose Duchy Organic 6 Free Range British Pork Sausages	Pork	Fresh	400	106	2	1.13	1.20	0.60	14	5.3	5.6	Yes
Morrisons	Morrisons The Best 6 British Jamaican Jerk Style Pork Sausages	Pork	Fresh	400	56	1	1.12	0.63	0.63	24.3	9.0	5.0	Yes
The Co-operative	The Co-operative Truly Irresistible 10 Pork Chipolatas	Pork	Fresh	340	68*	2	1.12	0.76	0.38	21	7.0	4.8	Yes
Morrisons	Morrisons The Best 6 Thick British Pork & Caramelised Onion Sausages	Pork	Fresh	400	53	1	1.11	0.59	0.59	16.5	5.9	3.1	Yes
Tesco	Tesco Finest 10 British Pork Caramelised Onion Sausages	Pork	Fresh	667	117	2	1.11*	1.30	0.65	21.5	7.7*	9.0	Yes
The Co-operative	The Co-operative Truly Irresistible 6 Pork & Bramley Apple Sausages	Pork	Fresh	400	134*	2	1.1	1.47	0.74	16	5.2	7.0	Yes
The Co-operative	The Co-operative Truly Irresistible 6 Cumberland Pork Sausages	Pork	Fresh	400	134*	2	1.1	1.47	0.74	22	7.1	9.5	Yes
Marks & Spencer	Marks & Spencer British Outdoor Bred Lincolnshire Sausages	Pork	Fresh	400	66.5*	1	1.1	0.73	0.73	19.7	7.0	4.7	Yes
ASDA	Asda Butcher's Selection British 8 Cumberland Pork Sausages	Pork	Fresh	454	103	2	1.1	1.13	0.57	15	5.1	5.3	Yes
ASDA	ASDA Butcher's Selection 12 British Cumberland Pork Sausages	Pork	Fresh	681	103	2	1.1	1.13	0.57	15	5.1	5.3	Yes
ASDA	Asda 20 Thick Pork Sausages	Pork	Frozen	1000	79	2	1.1	0.87	0.43	16	5.5	4.3	Yes
Iceland	Iceland 8 British Cumberland Pork Sausages	Pork	Fresh	454	Not Available	Not Available	1.1	Not Available	Not Available	18.9	6.9	Not Available	No
Rankin Selection	Rankin Selection Pork & Caramelised Red Onion Sausages	Pork	Fresh	400	Not Available	Not Available	1.1	Not Available	Not Available	21.9	8.0	Not Available	Yes
G. White & Co	G. White & Co Porky Whites 10 Premium British Traditional Pork Sausages	Pork	Fresh	756	75.6	1	1.1*	0.83*	0.83*	17.7*	7.3*	5.52*	Yes
Tesco	Tesco Finest Reduced Fat Outdoor Bred 6 British Pork Sausages	Pork	Fresh	400	110	2	1.1*	1.21	0.61	12.6	4.5*	5.0	Yes
Tesco	Tesco Woodside Farms 8 Pork Sausages	Pork	Fresh	454	Not Available	Not Available	1.1*	Not Available	Not Available	11.3	3.4*	Not Available	No
Tesco	Tesco Finest 6 British Pork & Caramelised Onion Sausages	Pork	Fresh	400	117	2	1*	1.17	0.59	21.6	7.8*	9.1	Yes
Tesco	Tesco Healthy Living 8 Cumberland Pork Sausages	Pork	Fresh	454	85	2	1*	0.85	0.43	3.7	1.2*	1.0	Yes

Brand Name	Product Name	Meat	Fresh/ Frozen	Package Size (g)	Portion Size (g)	Sausages per Portion	Salt / 100g	Salt/portion (g)	Salt/sausage (g)	Total Fat/ 100g	Saturates / 100g	Saturates / portion (g)	FoP labelling present?
Tesco	Tesco Finest 12 British Pork Cumberland Chipolatas	Pork	Fresh	375	56	2	1*	0.56	0.28	26.1	8.3*	4.7	Yes
Tesco	Tesco Finest 12 British Pork Chipolatas	Pork	Fresh	375	50	2	1*	0.50	0.25	26.4	8.6*	4.3	Yes
Quorn	Quorn 4 Wild Garlic & Parsley Sausages 240g	Vegetarian	Fresh	240	60*	1	1*	0.6	0.6	9	2*	1.2	Yes
Waitrose	Waitrose 1 Free Range Lincolnshire Pork Sausages	Pork	Fresh	400	107	2	1.09	1.17	0.58	28	9.4	10.1	Yes
Morrisons	Morrisons The Best 6 Thick British Lincolnshire Sausages	Pork	Fresh	400	54	1	1.08	0.58	0.58	18.7	6.7	3.6	Yes
Waitrose	Waitrose 1 Free Range Pork Sausages	Pork	Fresh	400	107	2	1.08	1.16	0.58	26.1	9.0	9.6	Yes
Waitrose	Waitrose 12 Free Range Pork Sausages	Pork	Fresh	800	107	2	1.08	1.16	0.58	26.1	9.0	9.6	Yes
Waitrose	Waitrose 1 Free Range Pork Chipolatas	Pork	Fresh	375	52	2	1.08	0.56	0.28	26.1	9.0	4.7	Yes
Sainsbury's	Sainsbury's Taste The Difference 8 British Beef & Cracked Black Pepper Sausages	Beef	Fresh	470	98	2	1.07	1.05	0.52	14.2	5.8	5.7	Yes
Morrisons	Morrisons 8 Butcher's Style Cumberland Pork Sausages	Pork	Fresh	454	46	1	1.07	0.49	0.49	19	6.7	3.1	Yes
Lidl	Lidl Deluxe 6 Pork Sausages	Pork	Fresh	400	60.3	1	1.05	0.63	0.63	26.4	9.4	5.7	Yes
Lidl	Lidl Deluxe 10 Pork Chipolatas	Pork	Fresh	375	33.75	1	1.05	0.35	0.35	26.4	9.4	3.2	Yes
Sainsbury's	Sainsbury's Taste The Difference 6 Toulouse Inspired British Pork Sausages	Pork	Fresh	400	113	2	1.04	1.18	0.59	31	10.8	12.2	Yes
Marks & Spencer	Marks & Spencer British Outdoor Bred 6 Cumberland Sausages	Pork	Fresh	400	66.7*	1	1.03	0.69	0.69	20.2	7.4	4.9	Yes
Marks & Spencer	Marks & Spencer 6 Olde English Farmhouse Sausages	Pork	Fresh	400	66.5*	1	1.03	0.68	0.68	24.3	9.1	6.1	Yes
Morrisons	Morrisons The Best 10 Thick British Pork Sausages	Pork	Fresh	667	53	1	1.02	0.54	0.54	18.9	7.0	3.7	Yes
The Co-operative	The Co-operative Truly Irresistible 6 Pork and Caramelised Onion Sausages	Pork	Fresh	400	134*	2	1.01	1.35	0.68	21	6.7	9.0	Yes
Morrisons	Morrisons 8 Butcher's Style Lincolnshire Sausages	Pork	Fresh	454	46	1	1.01	0.46	0.46	19.6	6.9	3.2	Yes
Morrisons	Morrisons Irish Recipe Thick Pork Sausages	Pork	Frozen	1000	43	1	1	0.43	0.43	18.2	6.7	2.9	Yes
Iceland	Iceland The Butcher's Market 12 Pork & Caramelised Red Onion Sausages	Pork	Fresh	600	Not Available	Not Available	1	Not Available	Not Available	12.4	4.3	Not Available	No
Quorn	Quorn Meat Free Cumberland Sausages 6 Pack 300g	Vegetarian	Frozen	300	100	2	1	1	0.5	7	0.6	0.6	Yes
Sainsbury's	Sainsbury's Vegetarian 6 Meat Free Cumberland Style Sausages	Vegetarian	Frozen	264	80	2	1	0.8	0.4	10.7	0.8	0.6	Yes
ASDA	Asda Butcher's Selection 12 British Pork Sausages	Pork	Fresh	681	108	2	1	1.10	0.55	12	4.3	4.6	Yes
The Co-operative	The Co-operative 8 Cumberland Sausages	Pork	Fresh	454	114*	2	0.99	1.13	0.57	19	6.9	7.9	Yes
Linda McCartney	Linda McCartney's 6 Vegetarian Chorizo & Red Pepper Sausages	Vegetarian	Frozen	300	92	2	0.99	0.91	0.46	4.9	0.6	0.6	No
ASDA	ASDA Butcher's Selection British Reduced Fat 8 Pork Sausages	Pork	Fresh	400	94	2	0.94	0.88	0.44	10.5	4.1	3.9	Yes
The Co-operative	The Co-operative Reduced Fat 8 Pork Sausages	Pork	Fresh	454	114*	2	0.93	1.06	0.53	5.4	1.9	2.2	Yes
Aldi	Aldi Specially Selected Sweet Chilli 6 Pork Sausages	Pork	Fresh	400	62	1	1.3	0.79	0.79	20	7.1	4.1	Yes
Iceland	Iceland Luxury 6 Outdoor Bred Cumberland Premium Sausages	Pork	Fresh	400	57	1	0.9	0.50	0.50	15.1	5.1	2.9	No
ASDA	Asda Extra Special 6 Lincolnshire Pork Sausages	Pork	Fresh	400	108	2	0.83	0.90	0.45	21	7.3	7.9	Yes
Sainsbury's	Sainsbury's Taste The Difference 8 Wild Scottish Venison And Red Wine Sausages	Venison	Fresh	470	101	2	0.83	0.84	0.42	15	5.2	5.3	Yes
Lidl	Lidl Deluxe 6 Bramley Apple Pork Sausages	Pork	Fresh	400	60.3	1	0.80	0.48	0.48	22.2	8.0	4.8	Yes
The Co-operative	The Co-operative Irresistible 6 Sweet Chilli Sausages	Pork	Fresh	400	134*	2	0.75	1.00	0.50	11	3.7	5.0	Yes