



Chinese Survey 2018 - Takeaways

Notes:

Data table sorted highest per portion

Product information collected week commencing 1st January and analysed at Kent Scientific Services by Public Analyst Jon Griffin, 8 Abbey Wood Road, Kings Hill. Kent. ME 194YT

Colour coding according to Department of Health Front of Pack Guidance: Green $\leq 0.3/100g$, Amber $>0.3 - \leq 1.5g$, Red $>1.5g/100g$, $>1.8g/portion$ for salt

See Action on Salt website for more information

Restaurant	Dish	Weight of dish (g)	Salt per 100g (g)	Salt per dish (g)
Wong Kei	Beef in black bean sauce	498	1.37	6.80
Lido	Beef in black bean sauce	392	1.59	6.20
Hungs	Beef in black bean sauce	417	1.44	6.00
Gerrards Corner	Beef in satay sauce	432	1.24	5.40
Four Seasons	Egg fried rice	539	0.98	5.30
Wong Kei	Vegetable noodles	678	0.69	4.70
Lido	Szechuan beef	325	1.42	4.60
Gerrards Corner	Beef in black bean sauce	375	1.21	4.50
Hungs	Szechuan beef	414	1.01	4.20
Gerrards Corner	Vegetable noodles	405	1.03	4.20
Four Seasons	Beef in black bean sauce	399	1.04	4.10
Lido	Vegetable noodles	487	0.83	4.10
Wong Kei	Egg fried rice	487	0.83	4.10
Hungs	Vegetable noodles	554	0.74	4.10
Hungs	Egg fried rice	362	1.05	3.80
Wan Chai Corner	Beef in black bean sauce	385	0.96	3.70
Four Seasons	Vegetable noodles	545	0.68	3.70
Lido	Sweet and sour chicken	455	0.75	3.40
Wan Chai Corner	Vegetable noodles	517	0.61	3.20
Four Seasons	Prawn crackers	149	1.93	2.90
Gerrards Corner	Egg fried rice	279	0.96	2.70
Four Seasons	Szechuan beef	239	1.08	2.60
Wan Chai Corner	Egg fried rice	469	0.53	2.50
Lido	Egg fried rice	301	0.75	2.30
Wan Chai Corner	Szechuan beef	337	0.67	2.30
Gerrards Corner	Sweet and sour chicken	352	0.63	2.20
Four Seasons	Sweet and sour chicken	309	0.66	2.00
Wan Chai Corner	Sweet and sour chicken	393	0.51	2.00
Wong Kei	Sweet and sour chicken	523	0.39	2.00
Lido	Prawn crackers	74	1.86	1.40
Four Seasons	Vegetable spring rolls	83	1.29	1.10
Hungs	Sweet and sour chicken	362	0.27	1.00
Lido	Vegetable spring rolls	76	1.09	0.80



Chinese Survey 2018 - Ready Meals

Notes:

Data per 100g and per portion was collected using Action on Salt food and drink database, online and in store from the week commencing 01.01.2018. See Action on Salt website for further information.

Data sorted from highest to lowest for salt per suggested portion size

Colour coding according to Department of Health Front of Pack Guidance: Green ≤0.3/100g, Amber >0.3 - ≤1.5g, Red >1.5g /100g, >1.8g/portion for salt

Portion size as suggested on pack

Manufacturer Name	Product Name	Category	Pack Size (g)	Servings Per Pack	Serving Size (g)	Salt Per 100 (g)	Salt Per Serve (g)
Iceland	Slimming World Chinese Style Banquet Rice 550g	Other	550	1	550	0.80	4.40
Marks & Spencer	Marks & Spencer Crispy Sweet & Sour Chicken Banquet 500g	Sweet & Sour	500	1	500	0.83	4.13
Sainsbury's	Sainsbury's Beef in Black Bean Sauce with Egg Fried Rice 450g	Black Bean	450	1	450	0.93	3.96
Waitrose	Waitrose Chinese Chicken Chow Mein 400g	Chow Mein	400	1	400	0.95	3.80
Iceland	Iceland Luxury Szechuan Prawns & Jasmine Rice 450g	Other	450	1	450	0.90	3.80
The City Kitchen	The City Kitchen Shredded Hoisin Duck Noodles 385g	Other Noodles	385	1	385	0.90	3.50
Iceland	Slimming World Chicken in Black Bean Sauce 500g	Black Bean	500	1	500	0.70	3.50
The Co-Operative	Coop Chicken Chow Mein 450g	Chow Mein	450	1	450	0.76	3.42
Iceland	Iceland Takeaway Chicken in Black Bean Sauce 375g	Black Bean	375	1	375	1.00	3.40
Iceland	Iceland Takeaway Chicken Chow Mein 375g	Chow Mein	375	1	375	0.90	3.40
Morrisons	Morrisons Chinese Chicken in Black Bean Sauce & Egg Fried Rice 450g	Black Bean	450	1	420	0.83	3.50
Marks & Spencer	Marks & Spencer Beef in Black Bean & Egg Fried Rice 400g	Black Bean	400	1	400	0.83	3.30
Morrisons	Morrisons Chinese Chilli Garlic Chicken & Egg Fried Rice 450g	Other	450	1	435	0.76	3.27
Blue Dragon	Blue Dragon Chicken in Black Bean Sauce with Egg Fried Rice 400g	Black Bean	400	1	378	0.85	3.22
Morrisons	Morrisons Chinese Chicken Chow Mein 400g	Chow Mein	400	1	380	0.85	3.22
Marks & Spencer	Marks & Spencer Chicken Chow Mein 400g	Chow Mein	400	1	400	0.78	3.10
Marks & Spencer	Marks & Spencer Sweet & Sour Chicken 400g	Sweet & Sour	400	1	400	0.78	3.10
Marks & Spencer	M&S Wok Fried Beef & Mushroom Noodles 350g	Other Noodles	350	1	350	0.88	3.08
Sainsbury's	Sainsbury's Chinese Chicken Curry with Egg Fried Rice 450g	Curry	450	1	450	0.68	2.93
Marks & Spencer	M&S Hoisin Duck Noodles 350g	Other Noodles	350	1	350	0.83	2.90
Marks & Spencer	Marks & Spencer Shanghai Beef Noodles 350g	Other Noodles	350	1	350	0.83	2.90
The Co-Operative	Coop Beef & Blackbean Sauce with Egg Rice 450g	Black Bean	450	1	450	0.64	2.86
Lidl	Chef Select Chow Mein Chicken 400g	Chow Mein	400	1	400	0.73	2.83
Sainsbury's	Sainsbury's Crispy Sweet & Sour Chicken with Egg Fried Rice 400g	Sweet & Sour	400	1	400	0.66	2.82
Iceland	Slimming World Aromatic Chicken Noodles 550g	Other Noodles	550	1	550	0.50	2.80
Sainsbury's	Sainsbury's Singapore Noodles 450g	Singapore Noodles	450	1	450	0.63	2.76
Waitrose	Waitrose Chinese Singapore Noodles 400g	Singapore Noodles	400	1	400	0.69	2.75
Iceland	Iceland Oriental Beef Noodle Bowl 450g	Other Noodles	450	1	450	0.60	2.50
Iceland	Slimming World Sweet & Sour Chicken 500g	Sweet & Sour	500	1	500	0.50	2.50
Sainsbury's	Sainsbury's Chicken Chow Mein 400g	Chow Mein	400	1	400	0.63	2.41
Aldi	Simply Bistro Chicken Sweet & Sour 400g	Sweet & Sour	400	1	400	0.64	2.40
Sainsbury's	Sainsbury's Chicken Chow Mein 450g	Chow Mein	450	1	450	0.55	2.39
Morrisons	Morrisons Chinese Chicken Curry & Egg Fried Rice 450g	Curry	450	1	415	0.57	2.37
Sainsbury's	Sainsbury's Crispy Half Peking Duck 800g	Duck	800	2	400	0.70	2.31
Iceland	Iceland Meal in a Bag Chinese Chicken Stir Fry 750g	Other	750	2	375	0.70	2.30
Iceland	Iceland Takeaway Chinese Chicken Curry 375g	Curry	375	1	375	0.60	2.30
Aldi	Asian Cuisine Chicken Curry With Egg Fried Rice Chinese 450g	Curry	450	1	450	0.55	2.30
Marks & Spencer	Marks & Spencer Singapore Noodles 400g	Singapore Noodles	400	1	400	0.55	2.20
Iceland	Slimming World Chicken Chow Mein 550g	Chow Mein	550	1	550	0.40	2.20
Sainsbury's	Sainsbury's Sweet & Sour Chicken with Rice 400g	Sweet & Sour	400	1	400	0.61	2.17
Morrisons	Morrisons Chinese Chicken Chow Mein 400g	Chow Mein	400	1	400	0.56	2.15

Tesco	Tesco Chicken in Black Bean 350g	Black Bean	350	1	318	0.70	2.10
Morrisons	Morrisons Chinese Sweet & Sour Chicken & Egg Fried Rice 450g	Sweet & Sour	450	1	450	0.47	2.10
Blue Dragon	Blue Dragon Chicken Chow Mein with Egg Noodles 400g	Chow Mein	400	1	372	0.56	2.06
Morrisons	Morrisons Chinese Sweet & Sour Battered Chicken with Egg Fried Rice 400g	Sweet & Sour	400	1	400	0.55	2.06
Sharwood's	Sharwood's Chicken Chow Mein 340g	Chow Mein	340	1	340	0.60	2.04
Iceland	Iceland Takeaway Kung Po Chicken 375g	Other	375	1	375	0.60	2.00
Tesco	Tesco Chicken Chow Mein 350g	Chow Mein	350	1	320	0.60	2.00
Sainsbury's	Sainsbury's Duck in Plum Sauce with Egg Fried Rice 450g	Duck	450	1	450	0.46	1.99
Morrisons	Morrisons Chinese Hoisin Duck & Noodles 400g	Other Noodles	400	1	400	0.54	1.96
Blue Dragon	Blue Dragon Sweet Chilli Chicken with Egg Noodles 400g	Other Noodles	400	1	372	0.53	1.96
Marks & Spencer	M&S Firecracker Chicken 350g	Other	350	2	175	1.10	1.93
Sharwood's	Sharwood's Chinese Chicken Curry with Rice 375g	Curry	375	1	375	0.51	1.91
Morrisons	Morrisons Chinese Takeaway Beef in Black Bean Sauce 350g	Black Bean	350	2	175	1.10	1.90
Iceland	Iceland Takeaway Sweet & Sour Battered Chicken 228g	Sweet & Sour	228	1	228	0.90	1.90
The Co-Operative	Coop Blackbean Pulled Beef & Noodle Meal Pot 260g	Other Noodles	260	1	260	0.73	1.90
Tesco	Tesco Hoisin Duck Noodles 400g	Other Noodles	400	1	388	0.50	1.90
ASDA	Asda Chinese Chicken Curry with Egg Fried Rice 450g	Curry	450	1	450	0.43	1.90
Morrisons	Morrisons Savers Sweet & Sour Chicken & Rice 400g	Sweet & Sour	400	1	400	0.47	1.87
Lidl	Chef Select Sweet & Sour Chicken With Egg Fried Rice 450g	Sweet & Sour	450	1	450	0.43	1.82
Tesco	Tesco Chicken & Black Bean 460g	Black Bean	460	2	219	0.80	1.80
Sainsbury's	Sainsbury's Shredded Peking Duck 240g	Duck	240	1	240	0.75	1.80
Fit Kitchen	Fit Kitchen Kung Pao Chicken with Zesty Sauce 380g	Other	380	1	380	0.50	1.80
Marks & Spencer	Marks & Spencer Count On Us Chicken & Vegetable Chow Mein 380g	Chow Mein	380	1	380	0.48	1.80
Tesco	Tesco Chicken & Black Bean With Egg Fried Rice 432g	Black Bean	432	1	432	0.40	1.80
Sainsbury's	Sainsbury's Sweet & Sour Chicken with Egg Fried Rice 450g	Sweet & Sour	450	1	450	0.41	1.77
Marks & Spencer	Marks & Spencer King Prawn with Ginger & Spring Onion 350g	Other	350	1	175	1.00	1.75
The Co-Operative	Coop Balance King Prawn Singapore Noodles 350g	Singapore Noodles	350	1	350	0.49	1.72
Morrisons	Morrisons Chinese Takeaway Crispy Chilli Chicken 400g	Sweet & Sour	400	2	185	0.93	1.71
Iceland	Iceland Takeaway Salt & Pepper Chicken 242g	Other	242	1	242	0.90	1.70
Iceland	Iceland Meal in a Bag Singapore Noodles Stir Fry 750g	Singapore Noodles	750	2	375	0.50	1.70
Tesco	Tesco Sweet & Sour Chicken with Rice 400g	Sweet & Sour	400	1	380	0.50	1.70
Sainsbury's	Sainsbury's Be Good to Yourself Chicken Chow Mein 400g	Chow Mein	400	1	400	0.43	1.70
The Co-Operative	Coop Firecracker Chicken with Rice 400g	Other	400	1	400	0.42	1.68
Sainsbury's	Sainsbury's My Goodness! Singapore Chicken Noodles 350g	Singapore Noodles	350	1	341	0.48	1.64
Marks & Spencer	Marks & Spencer Crispy Aromatic Half Duck 652g	Duck	652	4	163	1.00	1.63
Marks & Spencer	Marks & Spencer Chicken Fillets With Sweet & Sour Sauce 420g	Sweet & Sour	420	2	210	0.78	1.63
Morrisons	Morrisons Crispy Sweet & Sour Chicken 400g	Sweet & Sour	400	2	175	0.93	1.62
ASDA	Asda Crispy Aromatic Shredded Duck 225g	Duck	225	2	112.5	1.40	1.60
Aldi	Simply Bistro Sweet & Sour Chicken 400g	Sweet & Sour	400	1	400	0.43	1.60
Marks & Spencer	Marks & Spencer Beef & Black Bean 350g	Black Bean	350	2	175	0.90	1.58
Lidl	Lidl Chef Select Chicken With Noodles Sweet Chilli 300g	Other Noodles	300	1	300	0.55	1.55
Morrisons	Morrisons Chinese Chicken Noodles 380g	Other Noodles	380	1	380	0.41	1.51
ASDA	Asda Crispy Aromatic Half Duck 560g	Duck	560	4	140	1.10	1.50
Waitrose	Waitrose Chinese Char Sui Pork 350g	Other	350	2	175	0.86	1.50
ASDA	Asda Chinese Chicken Curry 450g	Curry	450	2	225	0.66	1.50
ASDA	Asda Sweet & Sour Crispy Chicken with Egg Fried Rice 400g	Sweet & Sour	400	1	400	0.39	1.50
Aldi	Simply Bistro Low Fat Steamed Sweet Chilli Chicken with Noodles 400g	Other Noodles	400	1	400	0.38	1.50
The Co-Operative	Coop Hoisin Chicken Noodle Box 244g	Other Noodles	244	1	244	0.61	1.49
Morrisons	Morrisons Eat Smart Counted Sweet & Sour Chicken & Egg Fried Rice 380g	Sweet & Sour	380	1	380	0.41	1.49
Marks & Spencer	Marks & Spencer Char Siu Roast Pork in a Chinese Style Bbq Sauce 350g	Other	350	1	175	0.83	1.45
Waitrose	Waitrose Chinese Chicken & Cashew Nuts 350g	Other	350	2	175	0.83	1.44

Marks & Spencer	Marks & Spencer Sticky Chilli Chicken 370g	Sweet & Sour	370	2	185	0.78	1.43
Tesco	Tesco Chinese Chicken Curry With Egg Fried Rice 450g	Curry	450	1	414	0.40	1.40
Weight Watchers	Weight Watchers from Heinz Aromatic Chicken Noodles 400g	Other Noodles	400	1	400	0.40	1.40
Marks & Spencer	Marks & Spencer Cantonese Sweet & Sour Chicken with Rice 400g	Sweet & Sour	400	1	400	0.35	1.40
Morrisons	Morrisons Lunch Pot Duck Hoisin Noodles 380g	Other Noodles	380	1	380	0.38	1.39
Sainsbury's	Sainsbury's Chinese Chicken Chow Mein 350g	Chow Mein	350	1	350	0.41	1.37
Morrisons	Morrisons Chinese Takeaway Special Chow Mein	Chow Mein	350	2	171	0.78	1.33
Tesco	Tesco Chinese Chicken Curry 350g	Curry	350	1	296	0.40	1.30
Iceland	Iceland Sweet & Sour Chicken with Rice 500g	Sweet & Sour	500	1	500	0.30	1.30
Sainsbury's	Sainsbury's Crispy Sweet & Sour Chicken 350g	Sweet & Sour	350	2	165	0.78	1.28
Sainsbury's	Sainsbury's Crispy Lemon Chicken 350g	Lemon Chicken	350	2	175	0.75	1.25
Sainsbury's	Sainsbury's Be Good to Yourself Sweet & Sour Chicken with Egg Fried Rice 380g	Sweet & Sour	380	1	350	0.36	1.25
Marks & Spencer	M&S Balanced For You Soy, Ginger & Lime Chicken 360g	Other	360	1	360	0.35	1.25
Waitrose	Waitrose Chinese Half Crispy Aromatic Duck 800g	Duck	800	4	150	0.82	1.23
Sharwood's	Sharwood's Sweet & Sour Chicken with Rice 375g	Sweet & Sour	375	1	375	0.33	1.22
Weight Watchers	Weight Watchers from Heinz Chicken Sweet & Sour 320g	Sweet & Sour	320	1	320	0.40	1.20
Sainsbury's	Sainsbury's Crispy Chilli Beef 300g	Sweet & Sour	300	2	134	0.89	1.19
Morrisons	Morrisons Chinese Takeaway Crispy Lemon Chicken 400g	Lemon Chicken	400	2	187	0.61	1.14
Blue Dragon	Blue Dragon Sweet & Sour Chicken with Egg Fried Rice 400g	Sweet & Sour	400	1	378	0.30	1.13
Tesco	Tesco Crispy Chilli Prawns 300g	Sweet & Sour	300	2	123	0.90	1.10
Tesco	Tesco Sweet Sour Chicken with Egg Fried Rice 450g	Sweet & Sour	450	1	416	0.30	1.10
Marks & Spencer	Marks & Spencer Crispy Aromatic Quarter Duck 310g	Duck	310	2	155	0.70	1.08
Marks & Spencer	Marks & Spencer Crispy Lemon Chicken 340g	Lemon Chicken	340	2	170	0.63	1.08
Sainsbury's	Sainsbury's Sticky Oriental Ribs 340g	Other	340	2	170	0.62	1.06
Morrisons	Morrisons Eat Smart Counted Sweet & Sour Chicken With Rice 350g	Sweet & Sour	350	1	350	0.33	1.01
Morrisons	Morrisons Chinese Takeaway Chinese Chicken Curry 350g	Curry	350	2	174	0.58	1.00
ASDA	Asda Chicken Chow Mein 400g	Chow Mein	400	2	200	0.54	1.00
ASDA	ASDA Singapore Noodles 400g	Singapore Noodles	400	2	200	0.53	1.00
Tesco	Tesco Chinese Noodles Stir Fry 500g	Other Noodles	500	2	250	0.50	1.00
Sainsbury's	Sainsbury's Crispy Chilli Chicken 350g	Sweet & Sour	350	2	175	0.60	0.98
Marks & Spencer	Marks & Spencer Crispy Prawns With Sweet Chilli Sauce 240g	Sweet & Sour	240	2	120	0.80	0.96
Morrisons	Morrisons Chinese Takeaway Crispy Chilli Beef 250g	Sweet & Sour	250	2	120	0.79	0.95
Marks & Spencer	Marks & Spencer Egg Noodles With Wok Fried Beansprouts 300g	Other Noodles	300	2	150	0.63	0.95
Tesco	Tesco Aromatic Shredded Duck with Pancakes & Hoisin Sauce 230g	Duck	230	2	113	0.80	0.90
Tesco	Tesco Sweet & Sour Chicken 460g	Sweet & Sour	460	2	221	0.40	0.90
Marks & Spencer	Marks & Spencer Crispy Chilli Beef 250g	Sweet & Sour	250	2	125	0.70	0.88
ASDA	Asda Stir-Fried Pork With Ginger And Honey 400g	Other	400	2	200	0.46	0.88
Tesco	Tesco Crispy Sweet & Sour Chicken 350g	Sweet & Sour	350	2	165	0.50	0.80
Waitrose	Waitrose Chinese Sweet & Sour Chicken 350g	Sweet & Sour	350	2	175	0.45	0.79
Marks & Spencer	M&S Mini Spare Ribs 165g	Other	165	2	83	0.95	0.78
ASDA	Asda Black Pepper Beef Noodles 400g	Other Noodles	400	2	200	0.40	0.77
Tesco	Tesco Peking Ribs 340g	Other	340	2	104	0.60	0.60
Morrisons	Morrisons Chinese Takeaway Sweet & Sour Chicken 350g	Sweet & Sour	350	2	167	0.36	0.60
Tesco	Tesco Crispy Lemon Chicken 350g	Lemon Chicken	350	2	163	0.30	0.60
Sainsbury's	Sainsbury's Sweet & Sour Chicken 350g	Sweet & Sour	350	2	175	0.32	0.53
Tesco	Tesco Crispy Aromatic Half Duck 510g	Duck	510	6	79	0.60	0.50
Morrisons	Morrisons Shredded Duck Kit 210g	Duck	210	8	34	1.17	0.40
Tesco	Tesco Vegetable Chow Mein 250g	Chow Mein	250	2	120	0.40	0.40
Morrisons	Morrisons Chinese Takeaway Half Crispy Aromatic Duck 540g	Duck	540	12	36	1.03	0.37



Chinese Survey 2018 - Rice, Noodles & Other Side Dishes

Notes:

Data per 100g and per portion was collected using Action on Salt food and drink database, online and in store from the week commencing 01.01.2018. See Action on Salt website for further information.

Data sorted from highest to lowest for salt per suggested portion size

Colour coding according to Department of Health Front of Pack Guidance: Green ≤0.3/100g, Amber >0.3 - ≤1.5g, Red >1.5g /100g, >1.8g/portion for salt

Portion size as suggested on pack

Manufacturer Name	Product Name	Category	Pack Size (g)	Servings Per Pack	Serving Size (g)	Salt Per 100 (g)	Salt Per Serve (g)
Iceland	Iceland Takeaway Egg Fried Rice 350g	Egg Fried Rice	350	1	350	1.20	4.10
Iceland	Iceland Takeaway Chicken Fried Rice 350g	Other Fried Rice	350	1	350	1.00	3.30
Iceland	Iceland Takeaway Special Fried Rice 350g	Special Fried Rice	350	1	350	0.90	2.90
Morrisons	Morrisons Chinese Special Chicken Fried Rice 400g	Special Fried Rice	400	1	360	0.49	1.75
Sainsbury's	Sainsbury's Special Fried Rice 200g	Special Fried Rice	200	1	190	0.68	1.28
Marks & Spencer	Marks & Spencer Egg Fried Rice 300g	Egg Fried Rice	300	2	150	0.75	1.13
Waitrose	Waitrose Chinese Special Fried Rice 400g	Special Fried Rice	400	2	200	0.55	1.11
Morrisons	Morrisons Chinese Takeaway Special Fried Rice 350g	Special Fried Rice	350	2	171	0.65	1.11
ASDA	Asda Chicken Fried Rice 400g	Other Fried Rice	400	2	200	0.53	1.10
The Co-Operative	Coop Soy & Ginger Noodles 265g	Noodles	265	2	132.5	0.76	1.01
Sainsbury's	Sainsbury's Egg Fried Rice 200g	Egg Fried Rice	200	1	183	0.55	1.01
Waitrose	Waitrose Chinese Egg Fried Rice 350g	Egg Fried Rice	350	2	175	0.55	0.96
Morrisons	Morrisons Chinese Takeaway Egg Fried Rice 300g	Egg Fried Rice	300	2	149	0.56	0.84
Sainsbury's	Sainsbury's 6 Hoisin Duck Spring Rolls 240g	Spring Rolls	240	3	80	0.96	0.81
Morrisons	Morrisons Microwave Egg Fried Rice 250g	Egg Fried Rice	250	2	125	0.60	0.80
Morrisons	Morrisons Market ST Soy, Ginger & Garlic Special Noodles 410g	Noodles	410	4	102	0.70	0.80
Sainsbury's	Sainsbury's Egg Noodles with Beansprouts and Chargrilled Onions 350g	Noodles	350	2	175	0.46	0.79
Sainsbury's	Sainsbury's 6 Vegetable Spring Rolls 240g	Spring Rolls	240	3	80	0.90	0.75
Sainsbury's	Sainsbury's Singapore Style Noodles 300g	Noodles	300	2	150	0.48	0.71
Uncle Ben's	Uncle Ben's Special Fried Rice 250g	Special Fried Rice	250	2	125	0.53	0.67
Sainsbury's	Sainsbury's 8 Prawn Toasts 240g	Prawn Toast	240	4	60	1.12	0.67
The Co-Operative	The Co-operative Chinese Egg Rice 250g	Egg Fried Rice	250	2	125	0.50	0.63
Morrisons	Morrisons Chinese Takeaway Chicken Spring Rolls 240g	Spring Rolls	240	4	60	1.04	0.63
Morrisons	Morrisons Chinese Takeaway Prawn Toast 256g	Prawn Toast	256	4	64	0.97	0.62
Morrisons	Morrisons Chinese Takeaway Egg Noodles 250g	Noodles	250	2	124	0.48	0.60
Uncle Ben's	Uncle Ben's Wholegrain Egg Fried Rice 250g	Egg Fried Rice	250	2	125	0.46	0.57
Uncle Ben's	Uncle Ben's Special Egg Fried Rice 250g	Egg Fried Rice	250	2	125	0.45	0.57
Sharwood's	Sharwood's Prawn Crackers 60g	Prawn Crackers	60	2	30	1.70	0.51
Marks & Spencer	M&S Prawn Crackers 50g	Prawn Crackers	50	2	25	2.15	0.55
Sainsbury's	Sainsbury's Egg Fried Rice 250g	Egg Fried Rice	250	2	125	0.44	0.55

Marks & Spencer	M&S High Protein Pea Noodles	Noodles	275	2	137.5	0.40	0.55
Marks & Spencer	M&S High Protein Lentil Noodles	Noodles	275	2	137.5	0.40	0.55
Aldi	Worldwide Foods Fried Rice Egg Classic 250g	Egg Fried Rice	250	2	125	0.43	0.54
Lidl	Snaktastic Crackers Prawn 100g	Prawn Crackers	100	4	25	2.14	0.54
Uncle Ben's	Uncle Ben's Special Chinese Style Rice 250g	Other Fried Rice	250	2	125	0.43	0.54
Marks & Spencer	M&S Egg Noodles	Noodles	275	2	137.5	0.38	0.53
Morrisons	Morrisons Crackers Prawn 80g	Prawn Crackers	80	4	20	1.90	0.50
Tesco	Tesco 4 Duck Spring Rolls 200g	Spring Rolls	200	4	49	1.00	0.50
Tesco	Tesco 4 Vegetable Spring Rolls 240g	Spring Rolls	240	4	60	0.80	0.50
Marks & Spencer	M&S Spring Rolls 6 Vegetable 215g	Spring Rolls	215	6	35.5	1.35	0.48
ASDA	Asda Egg Fried Rice 300g	Egg Fried Rice	300	2	150	0.33	0.48
ASDA	ASDA 4 Hoisin Duck Spring Rolls	Spring Rolls	200	4	50	0.93	0.46
Sainsbury's	Sainsbury's Prawn Crackers 80g	Prawn Crackers	80	3	25	1.84	0.46
Marks & Spencer	M&S Chilli & Coriander Noodles	Noodles	300	2	150	0.30	0.45
Marks & Spencer	Marks & Spencer 6 Duck Spring Rolls 215g	Spring Rolls	215	6	36	1.18	0.42
ASDA	Asda Prawn Crackers 40g	Prawn Crackers	40	2	20	2.10	0.41
ASDA	Asda 4 Vegetable Spring Rolls 240g	Spring Rolls	240	4	60	0.67	0.40
Morrisons	Morrisons Chinese Takeaway Duck Spring Rolls 240g	Spring Rolls	240	6	40	1.01	0.40
Lidl	Golden Sun Egg Fried Rice Microwaveable 250g	Egg Fried Rice	250	2	125	0.30	0.38
Aldi	Asian Cuisine Spring Rolls 4 Vegetable 240g	Spring Rolls	240	4	60	0.60	0.36
ASDA	Asda Prawn Crackers 70g	Prawn Crackers	70	4	17.5	2.10	0.36
ASDA	Asda Prawn Crackers 70g	Prawn Crackers	70	4	17.5	2.10	0.36
The Co-Operative	Coop Vegetable Spring Rolls 200g	Spring Rolls	200	2	100	0.36	0.36
Marks & Spencer	M&S Singapore Rice Noodles	Noodles	300	2	150	0.23	0.35
Morrisons	Morrisons Chinese Takeaway Vegetable Spring Rolls 240g	Spring Rolls	240	4	60	0.56	0.33
Marks & Spencer	Marks & Spencer 8 Sesame Prawn Toasts 236g	Prawn Toast	236	8	30	1.03	0.30
Tesco	Tesco Prawn Crackers 60g	Prawn Crackers	60	3	20	1.60	0.30
Tesco	Tesco 4 Prawn Toasts	Prawn Toast	128	4	30	1.00	0.30
Waitrose	Waitrose 6 Duck Spring Rolls 216g	Spring Rolls	216	6	36	0.66	0.24
ASDA	Asda Prawn Toast 200g	Prawn Toast	200	8	25	0.89	0.22
Waitrose	Waitrose Chinese 4 Prawn Toasts 146g	Prawn Toast	146	4	36.5	0.57	0.21
Iceland	Iceland 10 Duck Spring Rolls 200g	Spring Rolls	200	10	20	0.80	0.20
Sainsbury's	Sainsbury's 10 Hoisin Duck Spring Rolls 200g	Spring Rolls	200	10	20	0.93	0.19
Sainsbury's	Sainsbury's 12 Vegetable Spring Rolls	Spring Rolls	216	12	18	0.56	0.10
Tesco	Tesco 12 Mini Vegetable Spring Rolls 216g	Spring Rolls	216	12	16	0.70	0.10
Tesco	Tesco 14 Mini Duck Spring Rolls 252g	Spring Rolls	252	14	18	0.40	0.10
Tesco	Tesco's Egg Fried Rice 250g	Egg Fried Rice	250	1	245	0.10	0.10
Sainsbury's	Sainsbury's Crispy Seaweed 50g	Crispy Seaweed	50	2	25	0.41	0.09
Marks & Spencer	M&S Made Without Whear Rice Noodles	Noodles	275	2	137.5	0.03	0.03
Blue Dragon	Blue Dragon Prawn Crackers 70g	Prawn Crackers	70	not provided	not provided	2.04	not provided
ASDA	Asda Chicken Satay Skewers with Peanut Dip 131g	Satay Skewers	131	2	65.5	1.20	not provided
Sainsbury's	Sainsbury's Chicken Satay Skewers with a Peanut Dipping Sauce 170g	Satay Skewers	170	2	85	0.64	not provided



Chinese Survey 2018 - Table & Dipping Sauces

Notes:

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

Data sorted from highest to lowest for salt per 100g

Colour coding according to Department of Health Front of Pack Guidance: Green $\leq 0.3/100g$, Amber $>0.3 - \leq 1.5g$, Red $>1.5g/100g$, $>1.8g/portion$ for salt

Portion size as suggested on pack

Manufacturer Name	Product Name	Category	Pack Size (g)	g/ml	Servings Per Pack	Serving Size (g)	Salt Per 100 (g)	Salt Per Serve (g)
ASDA	Asda Dark Soy Sauce 150ml	Soy	150	ml	10	15ml	19.30	2.90
Waitrose	Waitrose Light Soya Sauce 250ml	Soy	250	ml	not provided	not provided	18.70	not provided
Kikkoman	Kikkoman Soy Sauce 150ml	Soy	150	ml	not provided	not provided	16.90	not provided
Blue Dragon	Blue Dragon Dark Soy Sauce 150ml	Soy	150	ml	not provided	not provided	16.60	not provided
Amoy	Amoy Dark Soy Sauce 150ml	Soy	150	ml	30	5ml	15.80	0.80
Lidl	Taste of China Dark Soy Sauce 150ml	Soy	150	ml	10	15ml	15.60	2.34
Amoy	Amoy Light Soy Sauce 150ml	Soy	150	ml	30	5ml	15.30	0.80
Aldi	Asia Specialities Dark Soy Sauce 150ml	Soy	150	ml	10	15ml	14.70	2.20
Lidl	Taste of China Light Soy Sauce 150ml	Soy	150	ml	10	15ml	14.30	2.15
The Co-Operative	Coop Light Soy Sauce 150ml	Soy	150	ml	10	15ml	14.30	2.14
Marks & Spencer	Marks & Spencer Dark Soy Sauce 150ml	Soy	150	ml	not provided	not provided	14.25	not provided
Waitrose	Waitrose Cooks' Dark Soya Sauce 250ml	Soy	250	ml	not provided	not provided	14.05	not provided
ASDA	Asda Light Soy Sauce 150ml	Soy	150	ml	10	15ml	13.00	1.95
Blue Dragon	Blue Dragon Light Soy Sauce 150ml	Soy	150	ml	not provided	not provided	13.00	not provided
Tesco	Tesco Light Soy Sauce 150ml	Soy	150	ml	10	15ml	12.90	1.90
Aldi	Asia Specialities Soy Sauce Light 150ml	Soy	150	ml	10	15ml	12.70	1.90
Blue Dragon	Blue Dragon Reduced Salt Soy Sauce 150ml	Soy	150	ml	not provided	not provided	12.30	not provided
Tesco	Tesco Dark Soy Sauce 150ml	Soy	150	ml	10	15ml	11.80	1.80
Amoy	Amoy Reduced Salt Soy Sauce 150ml	Soy	150	ml	30	5ml	11.30	0.60
Sainsbury's	Sainsbury's Dark Soy Sauce 150ml	Soy	150	ml	30	5ml	10.51	0.53
Sainsbury's	Sainsbury's Light Soy Sauce 150ml	Soy	150	ml	30	5ml	9.16	0.46
Kikkoman	Kikkoman Soy Sauce Less Salt 150ml	Soy	150	ml	not provided	not provided	9.10	not provided
Blue Dragon	Blue Dragon Rich Hoisin Sauce 190ml	Hoisin	190	ml	not provided	not provided	8.00	not provided
Marks & Spencer	Marks & Spencer Oyster Sauce 150g	Oyster	150	g	not provided	not provided	7.65	not provided
Sainsbury's	Sainsbury's Reduced Salt Dark Soy Sauce 150ml	Soy	150	ml	30	5ml	7.10	0.36
Lee Kum Kee	Lee Kum Kee Hoisin Sauce 210g	Hoisin	210	g	5	42	6.60	2.80
Blue Dragon	Blue Dragon Oyster Sauce 150ml	Oyster	150	ml	not provided	not provided	6.20	not provided
Waitrose	Waitrose Oyster Sauce 240g	Oyster	240	g	not provided	not provided	4.73	not provided

Waitrose	Waitrose Cooks' Plum Sauce 240g	Plum	240	g	not provided	not provided	4.71	not provided
Marks & Spencer	Marks & Spencer Hoisin Sauce 150g	Hoisin	150	g	not provided	not provided	4.48	not provided
Blue Dragon	Blue Dragon Sweet Chilli Sauce Hot 190ml	Sweet Chilli	190	ml	not provided	not provided	4.30	not provided
Blue Dragon	Blue Dragon Original Sweet Chilli Sauce 300ml	Sweet Chilli	300	ml	not provided	not provided	4.30	not provided
Waitrose	Waitrose Cooks' Hoisin Sauce 240g	Hoisin	240	g	not provided	not provided	4.07	not provided
Blue Dragon	Blue Dragon Sweet Sauce Mild 190ml	Sweet Chilli	190	ml	not provided	not provided	3.80	not provided
Blue Dragon	Blue Dragon Hot Sweet Chilli Sauce 380g	Sweet Chilli	380	g	not provided	not provided	3.30	not provided
Blue Dragon	Blue Dragon Sweet Chilli Sauce Original 380g	Sweet Chilli	380	g	not provided	not provided	3.30	not provided
Grace Foods	Encona Sweet Chilli Sauce 285ml	Sweet Chilli	285	ml	not provided	not provided	3.30	not provided
Blue Dragon	Blue Dragon Sweet Chilli Sauce Mild 380g	Sweet Chilli	380	g	not provided	not provided	3.10	not provided
Blue Dragon	Blue Dragon Sweet Chilli Sauce Original 500g	Sweet Chilli	500	g	not provided	not provided	3.00	not provided
Marks & Spencer	M&S Hoisin & Plum 175g	Hoisin	175	g	not provided	not provided	3.00	not provided
Waitrose	Waitrose Cooks' Ingredients Sweet Chilli Sauce 295ml	Sweet Chilli	295	ml		9 30ml	2.93	0.88
Blue Dragon	Blue Dragon Chilli Sauce Sweet Light 350g	Sweet Chilli	350	g	not provided	not provided	2.90	not provided
Sharwood's	Sharwood's Dipping Sauce Hoisin 290g	Hoisin	290	g		4 72	2.80	2.02
Morrisons	Morrisons Sweet Chilli Dipping Sauce 200ml	Sweet Chilli	200	ml		5 36ml	2.80	1.0
Marks & Spencer	M&S Sweet Chilli Dipping Sauce	Sweet Chilli	230	g	not provided	not provided	2.55	not provided
Marks & Spencer	M&S Deliciously Versatile Spiced Soy & Garlic 155g	Soy	155	g	not provided	not provided	2.43	not provided
Marks & Spencer	Marks & Spencer Mango & Sweet Chilli Dipping Sauce 230g	Sweet Chilli	230	g	not provided	not provided	2.38	not provided
The Flava People	Meat Lust Green Sweet Chilli Sauce 250ml	Sweet Chilli	250	ml	not provided	not provided	2.20	not provided
Marks & Spencer	Marks & Spencer Dipping Sauce Plum 220g	Plum	220	g		14 15	1.65	0.20
Aldi	Asia Specialities Sweet Chilli Sauce 300g	Sweet Chilli	300	g		20 15	1.60	0.25
Tesco	Tesco Hoisin Dipping Sauce 290g	Hoisin	290	g		5 58	1.40	0.80
ASDA	Asda Sweet Chilli Sauce 200ml	Sweet Chilli	200	ml		13 15ml	1.40	0.21
Sainsbury's	Sainsbury's Satay Dipping Sauce 150g	Satay	150	g		4 37.5	1.39	0.52
Blue Dragon	Blue Dragon Sticky Plum Sauce 190ml	Plum	190	ml	not provided	not provided	1.30	not provided
Sainsbury's	Sainsbury's Sweet Chilli Sauce 300g	Sweet Chilli	300	g		20 15	1.27	0.19
Tesco	Tesco Sweet Chilli Dipping Sauce 290g	Sweet Chilli	290	g		5 58	0.90	0.52