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# SALT CONTENT OF SAUCES

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September 2019



## BACKGROUND

There are many common table sauces, marinades and Asian sauces that are used daily by many British households. These can include ketchup, mayonnaise, hot sauce and BBQ sauce. It was reported that this year alone the nation brought a staggering 8.2 million kilograms extra of these sauces and condiments<sup>1</sup>. Ready-made sauces can be commonly found on kitchen tables and in cupboards all across homes in Britain. These table sauces contain a surprising amount of salt and it is thought that over 43% of Brits are consuming more of these sauces than ever before<sup>2</sup>.

### What's recommended?

The maximum daily allowance of salt for healthy adults is 6g/day with only 1-2g needed for good health. For children aged 4-6 years old this is even lower with the recommendations being no more than 3g/day<sup>3</sup>. However most of us eat much more than this; in 2014 it was found that on average adults in the UK were consuming 8g/day of salt, about a third more than current recommendations.

### Consequences of a high intake of salt and health

Consuming a diet high in salt can have negative health effects such as raised blood pressure, which is a known risk factor for strokes, kidney disease, heart disease and heart failure<sup>4</sup>. High salt intake can also be a contributor to increased risk of osteoporosis, obesity and stomach cancer<sup>5,6</sup>.

## SURVEY DETAILS

### Rationale

Action on Salt investigated the salt content of all available marinades, Asian sauces and table sauces to raise awareness of their high salt content and the consequences this can have on health.

### Method

Action on Salt surveyed 357 products consisting of Asian sauces, marinades and table sauces [See Annex 1]. Products were surveyed from all major retailers (Asda, Tesco, Sainsbury's, M&S, Lidl, Aldi, Waitrose, The Co-operative, Morrison's and Iceland). The nutritional information was collected in July 2019 and was taken from product packaging using the FoodSwitch app. Where this was not available, information was captured online from retailer's websites. Duplicates of the same product with different sizes were removed.

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<sup>1</sup> The Grocer. [www.thegrocer.co.uk/download?ac=134732](http://www.thegrocer.co.uk/download?ac=134732) [Accessed 23.09.2019]

<sup>2</sup> Citylicious. <https://citylicious.co.uk/blogs/brits-most-saucy-habits-revealed-1556> [Accessed 23.09.2019]

<sup>3</sup> SACN Salt and Health report: recommendations on salt in diet.

<sup>4</sup> National Health Service (NHS). Salt: the facts. <https://www.nhs.uk/live-well/eat-well/salt-nutrition> [Accessed 23.09.2019]

<sup>5</sup> World Action on Salt (WASH). [www.worldactiononsalt.com/salthhealth/factsheets/stomach](http://www.worldactiononsalt.com/salthhealth/factsheets/stomach) [Accessed 23.09.2019]

<sup>6</sup> Action on Salt. [www.actiononsalt.org.uk/salthhealth/factsheets/osteoporosis](http://www.actiononsalt.org.uk/salthhealth/factsheets/osteoporosis) [Accessed 23.09.2019]

## RESULTS

### Key findings

- Over 1 in 2 sauces (54%) were found to be high in salt
- Over a third (38%) of sauces with salt targets as set by Government to be achieved by 2017 currently exceed their respective maximum target
- Only 1 in 5 products displayed colour coded nutrition information on front of pack
- Sauces with highest salt content on average, are currently not included in the salt reduction programme.

Table 1 Average Salt Content of Sauces Surveyed

	Sauce	Average/100g
Asian Sauces	Fish sauce	23.8g
	Dark soy	14.9g
	Light soy	12.8g
	Oyster	8.91g
	Teriyaki Sauce and Marinade	5.16g
	Hoisin	4.86g
	Other Asian Sauces	3.99g
	Plum	2.67g
	Sweet Chilli	2.4g
	Satays	1.23g
	Marinades	Peri-peri Marinade
BBQ Marinade		1.99g
Jerk Marinade		1.55g
Thai Marinade		1.39g
Table Sauces	Hot Sauce	4.03g
	Peri-Peri Sauce	3.52g
	Burger Sauce	1.58g
	BBQ Sauce	1.51g
	Mayonnaise	1.37g
	Tomato Ketchup	1.17g
	Relish	0.88g
	Brown Sauce	0.19g

**Table 1** shows the average salt content for each type of sauce included in the survey, with Fish sauce having the highest salt content and brown sauce having the lowest.

Across all the different sauces, variation in salt content was evident, with some brands containing a fraction of the amount of salt as their competitors. This demonstrates that reducing salt is possible, with no technological implications in doing so.

### **Asian Sauces**

The high salt content of Asian sauces is very apparent in this survey, with 88% considered to be high in salt (i.e. >1.5g/100g). In other words, they should receive a red label on front of pack.

**Table 2** shows the worst offenders for the saltiest Asian sauces, with their least salty counterparts.

Table 2 Asian Sauces

Sauce Type	High example	Salt per 100g	Low Example	Salt per 100g	Difference in Salt Content
Teriyaki	Kikkoman Teriyaki Marinade 250ml	10.2g	Aldi Skeeter's Teriyaki Sauce & Marinade 350g	0.32g	32 times more salt
Plum	Waitrose Cooks' Plum Sauce	4.71g	Blue Dragon Sticky Plum Sauce	1.3g	3.6 times more salt
Sweet Chilli	Blue Dragon Hot Sweet Chilli Sauce	4.3g	Lidl Batts Sweet Chilli Dipping Sauce	1.23g	3.5 times more salt
Hoisin	Blue Dragon Rich Hoisin Sauce	8g	Grossingham Plum & Hoisin Sauce	2.18g	3.7 times more salt
Reduced Salt Soy	Amoy Reduced Salt Soy Sauce	11.3g	Tesco Reduced Salt Soy Sauce	5.7g	2 times more salt
Dark Soy	Lee Kum Kee Premium Dark Soy Sauce	19.3g	Tesco Dark Soy Sauce	9.7g	2 times more salt
Oyster	Lee Kum Kee Panda Brand Oyster Flavoured Sauce	11.5g	Waitrose Oyster Sauce	5.67g	2 times more salt
Light Soy	Lee Kum Kee Premium Light Soy Sauce	17.2g	Sainsbury's Light Soy Sauce	9.28g	1.9 times more salt
Fish	Blue Dragon Fish Sauce	26.7g	Thai Taste Fish Sauce	17.7g	1.5 times more salt

**Blue Dragon Fish Sauce** had an astonishingly high salt content, with over 10 times the concentration of seawater<sup>7</sup>. Additionally, one tablespoon of **Asda's Dark Soy Sauce** or **Lee Kum Kee's Premium Dark Soy Sauce** provides nearly 50% of an adult's maximum daily salt intake and is the equivalent to 6 packets of ready salted crisps<sup>8</sup>.

Only seven products claimed to be 'reduced' salt on the label (representative of 24% of all soy sauces surveyed), however what is worrying to note is that some brands actually contain more salt than 'normal' soy varieties. For example, **Amoy Reduced Salt Soy Sauce** 11.3g/100g vs. **Waitrose Cook's Ingredients Soya Sauce** 10.1g/100g. Additionally, lower-salt varieties are only likely to attract interest from the health conscious minority, who are aware of the dangers of too much salt. These products are not always readily available in all supermarkets, meaning customers are not given enough options, and without front of pack colour coded labelling, they are even less able to tell at a glance which ones are lower in salt.

## Marinades

Forty sauces surveyed claim to be suitable for marinating<sup>9</sup>. Of these, 58% are high in salt, with no low salt products available (i.e.  $\leq 0.3\text{g}/100\text{g}$ ). One of the saltiest marinades is **Aldi's Bramwells Peri-Peri Medium Sauce & Marinade** with 5.8g/100g of salt.

Table 3 Marinades

Sauce Type	High example	Salt per 100g	Low Example	Salt per 100g	Difference in Salt Content
BBQ marinade	Stubb's Hickory Liquid Smoke	4.7	Red's Devil Wing Barbecue Sauce 320g	0.8	5.9 times more salt
Peri-peri marinade	Aldi Bramwells Peri-Peri Medium Sauce & Marinade	5.8	Morrisons Spicy Piri Piri Marinade	0.5	12.0 times more salt
Jerk	Grace Coconut Jerk Mild Marinade	2.7	Aldi Skeeter's Jerk Sauce & Marinade	0.54	5 times more salt

<sup>7</sup> Atlantic seawater contains 1.0g of sodium per 100g, which equates to 2.5g of salt per 100g

<sup>8</sup> A standard 32.5g packet of Walkers Ready Salted Crisps contains 0.46g of salt <https://www.walkers.co.uk/crisps-range/walkers-crisps/ready-salted>

<sup>9</sup> Some sauces (peri-peri and BBQ) claim to be both marinades and sauces. Where this is the case, they have been included in analysis for both marinades and table sauces.



## Table Sauces

261 table sauces, which would typically be used after cooking, were included in the survey, including hot sauces, tomato ketchup, mayonnaise and brown sauce, as well as peri-peri and bbq. Hot sauces were shown to be the saltiest of all table sauces per 100g, and were the only table sauce category to not have a definitive salt target.

**Table 4** shows that the saltiest product was **Franks RedHot Original Cayenne Pepper Sauce**, with 8.4g/100ml. One tablespoon would provide 21% of an adult's maximum daily intake for salt. This hot sauce also had a colossal 93 times more salt than the least salty product (**Dunn's River Jamaican Style Hot Sauce**).

Overall, 42% of table sauces surveyed are considered high in salt (i.e. >1.5g/100g), with only ten being classed as 'low' ( $\leq 0.3\text{g}/100\text{g}$ ).

Table 4 Table Sauces

Sauce Type	High example	Salt per 100g	Low Example	Salt per 100g	Difference in Salt Content
Hot Sauce	Franks RedHot Original Cayenne Pepper Sauce	8.4	Dunn's River Jamaican Style Hot Sauce	0.09	93.3 times more salt
Tomato Ketchup	Marks & Spencer The Grill House Smoky Tomato	2.21	Heinz Tomato Ketchup No Added Sugar & Salt	0.05	44 times more salt
Brown Sauce	Daddies Favourite Brown Sauce	1.2	Tesco Reduced Sugar & Salt Brown Sauce	0.3	4 times more salt
Mayonnaise	Sriracha Mayo Sauce	4.1	Wilkin & Sons Ltd Roasted Garlic Mayonnaise	0.07	58.6 times more salt
Peri-peri sauce	Nando's Medium Peri-Peri	6.0	M&S the Grill Piri Piri Dip Sauce Marinade 265g	0.63	9.5 times more salt
BBQ sauce	Newman's Own Sticky BBQ Sauce Original Recipe	3.3	Tesco Reduced Sugar & Salt BBQ Sauce 470g	0.3	11 times more salt

### Front of Pack Labelling

The presence of colour coded nutrition information on front of pack was very limited in sauces, with only one in five (19%) products surveyed displaying clear colour coded information. Supermarkets were more likely to display colour coding with 18.2% of products having front of pack labels, compared to only 0.8% from manufacturers. Retailers are therefore acting more responsibly than manufacturers, but clearly both need to do more to include front of pack labels across all their products.

Without front of pack colour coded labels, it can be difficult for the consumer to make informed choices and decisions on their salt consumption in a short space of time.

### Were the 2017 Salt targets achieved?

In 2016 Public Health England (PHE) took responsibility for the salt reduction programme and thus took over the 2014 salt reduction targets which were due to be met by the end of 2017. In 2018, PHE released an analysis of the food industry's progress. The report found that half of the top 15 contributors to salt intake had not met their average salt targets, including the top three: - bread and rolls, bacon and ready meals/meal centres. The report also revealed

that table sauces were one of three categories with the lowest number of products at or below the maximum target (60%)<sup>10</sup>.

This survey assessed whether sauces were any closer to achieving their salt target in 2019. In marinades, 50% of BBQ sauces exceeded their maximum targets, as did 43% of jerk marinades. Table sauces appear to making the most progress, with 75% at or below the maximum target. However, it is important to note, that data from 2014 suggests many products were already close to achieving their respective 2017 target (58% of brown sauces and 67% of tomato ketchup). This implies insufficient progress has been made in table sauces, and companies should have gone further in reducing their salt levels.

This survey also highlights many sauces that do not have respective salt targets, including fish sauce, soy sauce and hot sauce. These sauces are extremely high in salt and contribute to the UK diet, yet without a specific target, there is no reason to expect the food industry to reduce the salt content.

A comprehensive salt reduction programme needs to be reignited, and the food industry cannot, and must not, be made solely responsible it. Targets for key contributors of salt to the UK diet should be made mandatory, with penalties given if they are not met.

### Does Voluntary Salt Reduction Work?

These findings coincide with a new study published today in the BMJ Open<sup>11</sup> which analysed the salt content of sauces in the UK and in China.

In summary, key UK findings saw an overall decline in the average salt content between 2008 and 2018. Sauces with clearly defined salt targets were shown to decrease over time (in 10 out of the 11 categories for which salt targets were set). On the other hand, such a pattern was not seen in sauce categories without targets, where median salt content increased in 4 out of 6 categories. This finding reinforces the evidence that salt targets are effective.

Interestingly, whilst overall the salt content of sauces declined, the authors observed an interruption in progress between 2013 and 2015, where salt levels either plateaued or even increased. This interruption could be a knock-on effect of the Public Health Responsibility Deal, launched in 2011, where the responsibility for improving nutrition was moved from the Food Standards Agency (an independent agency) to the food industry. This suggests that salt targets (even voluntary ones) can be an effective policy tool, providing there are clear mechanisms for monitoring and penalties for non-compliance

Companies should also provide a greater duty of care to their customers and assist in driving consumer trends to lower salt varieties. This includes not selling them at a premium, which unfortunately appeared to be the case.

## **CONCLUSION**

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<sup>10</sup> Public Health England. Salt targets 2017: Progress report. A report on the food industry's progress towards meeting the 2017 salt targets. [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/765571/Salt\\_targets\\_2017\\_progress\\_report.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/765571/Salt_targets_2017_progress_report.pdf) [Accessed 23.09.2019]

<sup>11</sup> Tan M, He FJ, Ding J, et al. Salt content of sauces in the UK and China: cross-sectional surveys. BMJ open 2019; 0:e025623.doi:10.1136/bmjopen-2018-025623.

Consumers are being misled on the amount of salt in their table sauces, marinades and Asian sauces. Many products do **not** have any colour coded labels on front of pack or fall into any obvious category for a specified salt target. Shockingly over a third of products exceeded their respective maximum targets, despite ample opportunity for industry to reduce them.

The food industry is one of the most powerful industries in the world and thus there needs to be more vigorous targets and controls to ensure that the health and well-being of the consumer is at the forefront of policies and strategies<sup>12</sup>. Reducing the salt content of products can significantly improve public health and therefore a greater emphasis and further work by the government needs to be put on the campaign to decrease salt. The Green Paper “Advancing our health: prevention in the 2020s” published earlier this summer, proposes future plans for salt reduction, including new targets for 2020<sup>13</sup>.

This survey highlights the need for these plans to be more rigorous, with additional targets and divisions, as over the past two years PHE and the Department of Health and Social Care (DHSC) have done minimal to get the food industry to meet the 2017 targets.

## **CALL TO ACTION**

- PHE must expand on list of categories with salt targets for 2020, with a robust monitoring mechanism in place.
- Government must look to mandate targets for main contributors of salt in the UK diet
- Clearer front of pack labelling across all food and drink should be mandated across all food and drink

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<sup>12</sup> MacGregor Graham A, He Feng J, Pombo-Rodrigues Sonia. Food and the responsibility deal: how the salt reduction strategy was derailed. *BMJ* 2015; 350:h19.

<sup>13</sup> Public Health England. Advancing our health: Prevention in the 2020s. <https://www.gov.uk/government/consultations/advancing-our-health-prevention-in-the-2020s> [Accessed 23.09.2019]

## **ABOUT US**

Action on Salt and Action on Sugar are groups concerned with salt and sugar and its effects on health, supported by 24 expert scientific members. Action on Salt and Action on Sugar are successfully working to reach a consensus with the food industry and Government over the harmful effects of a high salt and sugar diet, and bring about a reduction in the amount of salt and sugar in processed foods as well as added to cooking, and at the table.



## Annex 1.



## Sauce Survey 2019 - All Sauces

### Notes:

Data table sorted highest to lowest for salt per 100g  
Data per 100g was collected using Action on Salt food and drink database, online and instore from the week commencing 03.07.2019. See Action on Salt website for further information.

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

n/a = not applicable

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
AB World Foods	Blue Dragon Fish Sauce 150ml	26.7	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Ingredients Nam Pla Fish Sauce 150ml	25.47	n/a	n/a	n/a	No
Empire Bespoke Foods	Thai Taste Vegetarian Fish Sauce 180ml	25.2	n/a	n/a	n/a	No
ASDA	Asda Dark Soy Sauce 150ml	19.3	n/a	n/a	n/a	Yes
Lee Kum Kee	Lee Kum Kee Premium Dark Soy Sauce 150ml	19.3	n/a	n/a	n/a	No
Empire Bespoke Foods	Thai Taste Fish Sauce 200ml	17.7	n/a	n/a	n/a	No
Lee Kum Kee	Lee Kum Kee Premium Light Soy Sauce 150ml	17.2	n/a	n/a	n/a	No
Kikkoman	Kikkoman Soy Sauce 150ml	16.9	n/a	n/a	n/a	No
Kikkoman	Kikkoman Tamari Gluten Free Soy Sauce 250ml	16.4	n/a	n/a	n/a	No
Lidl	Lidl Taste of China Dark Soy Sauce 150ml	16.02	n/a	n/a	n/a	Yes
The Co-Operative	Co-operative Dark Soy Sauce 150ml	16	n/a	n/a	n/a	Yes
The Kraft Heinz Company	Amoy Dark Soy Sauce 150ml	15.8	n/a	n/a	n/a	No
Lidl	Lidl Spicy & Sour Habanero Sauce 100ml	15.76	n/a	n/a	n/a	No
The Kraft Heinz Company	Amoy Light Soy Sauce 150ml	15.3	n/a	n/a	n/a	No
Lidl	Lidl Taste of China Light Soy Sauce 150ml	14.94	n/a	n/a	n/a	Yes

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
The Co-Operative	Co-operative Light Soy Sauce 150ml	14.9	n/a	n/a	n/a	Yes
Aldi	Aldi Asia Specialities Dark Soy Sauce 150ml	14.7	n/a	n/a	n/a	Yes
Meridian	Nature's Energy Meridian Free From Tamari Soya Sauce 150ml	14.5	n/a	n/a	n/a	No
Marks & Spencer	Marks & Spencer Dark Soy Sauce 150ml	14.25	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Ingredients Light Soya Sauce 150ml	13.5	n/a	n/a	n/a	No
ASDA	Asda Light Soy Sauce 150ml	13	n/a	n/a	n/a	No
Aldi	Aldi Asia Specialities Light Soy Sauce 150ml	12.7	n/a	n/a	n/a	Yes
Lee Kum Kee	Lee Kum Kee Panda Brand Oyster Flavoured Sauce 510g	11.5	15.2	N	N	No
Lee Kum Kee	Lee Kum Kee Premium Oyster Sauce 255g	11.3	15.2	N	N	No
The Kraft Heinz Company	Amoy Reduced Salt Soy Sauce 150ml	11.3	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's Dark Soy Sauce 150ml	10.3	n/a	n/a	n/a	Yes
Kikkoman	Kikkoman Teriyaki Marinade 250ml	10.2	n/a	n/a	n/a	No
Tesco	Tesco Oyster Sauce 150ml	10.1	15.2	N	N	No
Waitrose	Waitrose Cooks' Ingredients Soya Sauce 150ml	10.1	n/a	n/a	n/a	No
Tazaki Foods	Yutaka Reduced Salt Soy Sauce 150ml	10	n/a	n/a	n/a	No
Tesco	Tesco Light Soy Sauce 150ml	10	n/a	n/a	n/a	No
Yan Wal Yun	Healthy Boy Brand Thick Oyster Sauce 700ml	9.75	15.2	N	N	No
Tesco	Tesco Dark Soy Sauce 150ml	9.7	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's Light Soy Sauce 150ml	9.28	n/a	n/a	n/a	Yes
AB World Foods	Blue Dragon Teriyaki Marinade 150ml	9.2	n/a	n/a	n/a	No
Kikkoman	Kikkoman Soy Sauce Less Salt 150ml	9.1	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Sweet Teriyaki Sauce 190ml	8.5	n/a	n/a	n/a	No
The French's Food Company LLC	Frank's RedHot Original Cayenne Pepper Sauce 148ml	8.4	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Rich Hoisin Sauce 190ml	8	15.2	N	N	No
Grace Foods	Encona West Indian Original Hot Pepper Sauce 285ml	7.8	n/a	n/a	n/a	No
Marks & Spencer	Marks & Spencer Oyster Sauce 150g	7.65	15.2	N	N	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Flying Goose Brand	Flying Goose Sriracha Wasabi Sauce 200ml	7.5	n/a	n/a	n/a	No
McIlhenny Company	Tabasco Brand Mild Green Pepper Sauce 57ml	7.4	n/a	n/a	n/a	No
Flying Goose Brand	Flying Goose Sriracha Hot Chilli Sauce 455ml	7.3	n/a	n/a	n/a	No
Lidl	Lidl Spicy & Sour Jalapeno Sauce 100ml	6.91	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Ingredients Reduced Salt Light Soy Sauce 150ml	6.8	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's Reduced Salt Dark Soy Sauce 150ml	6.66	n/a	n/a	n/a	Yes
ASDA	Asda Reduced Salt Soy Sauce 150ml	6.6	n/a	n/a	n/a	No
Lee Kum Kee	Lee Kum Kee Hoisin Sauce 210g	6.6	15.2	N	N	No
AB World Foods	Blue Dragon Spicy Korean Gochujang Sauce 250ml	6.5	n/a	n/a	n/a	No
The French's Food Company LLC	Frank's Red Hot Wings Buffalo Sauce 148ml	6.5	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Ingredients Sriracha Chilli Dip Sauce 240ml	6.42	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Oyster Sauce 150ml	6.4	15.2	N	N	No
Aldi	Aldi Bramwells Peri-Peri Hot Sauce & Marinade 250g	6.3	n/a	n/a	n/a	No
Marks & Spencer	M&S Sriracha Sauce 290g	6.3	n/a	n/a	n/a	No
Grace Foods	Encona West Indian Extra Hot Pepper Sauce 142g	6.2	n/a	n/a	n/a	No
Kikkoman	Kikkoman Teriyaki Sauce with Toasted Sesame 250ml	6.1	n/a	n/a	n/a	No
Nando's	Nando's Medium Peri-Peri Sauce 250g	6	n/a	n/a	n/a	No
Tabasco	Mc. Ilhenny Co. Tabasco Habanero Sauce 60ml	6	n/a	n/a	n/a	No
Marks & Spencer	Marks & Spencer Ketjap Manis 150ml	5.95	n/a	n/a	n/a	No
East End Foods	East End Green Chilli Sauce Very Hot 260g	5.9	n/a	n/a	n/a	No
Nando's	Nando's Hot Peri-Peri Sauce 250g	5.9	n/a	n/a	n/a	No
Aldi	Aldi Bramwells Peri-Peri Medium Sauce 250g	5.8	n/a	n/a	n/a	No
McIlhenny Company	McIlhenny Co. Tabasco Brand Chipotle Pepper Sauce 60ml	5.8	n/a	n/a	n/a	No
Tesco	Tesco Reduced Salt Soy Sauce 150ml	5.7	n/a	n/a	n/a	No
Waitrose	Waitrose Oyster Sauce 240g	5.67	15.2	N	N	No
KTC	KTC Peri-Peri Chilli Sauce Extra Hot 450g	5.6	n/a	n/a	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Marks & Spencer	Marks & Spencer Hoisin Sauce 150g	5.5	15.2	N	N	No
Grace Foods	Encona West Indian Smooth Papaya Hot Pepper Sauce 142ml	5.1	n/a	n/a	n/a	No
Nando's	Nando's Garlic Peri-Peri Sauce 125ml	5.1	n/a	n/a	n/a	No
Thai Agri	Tuong Ot Sriracha Uni-Eagle Sriracha Hot Chilli Sauce 475g	5.1	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Thai Hot Chilli Sriracha 435ml	5	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Plum Sauce 240g	4.71	15.2	N	N	No
Stubbs Legendary Barb-B-Q	Stubb's Hickory Liquid Smoke 148ml	4.7	14.2	N	n/a	No
Waitrose	Waitrose Cooks' Ingredients Subtle Citrus Ponzu Sauce 150ml	4.54	n/a	n/a	n/a	No
Cholula	Cholula Chipotle Hot Sauce 150g	4.5	n/a	n/a	n/a	No
Nando's	Nando's XX Hot Peri-peri Sauce 125g	4.5	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's Teriyaki Sauce 150ml	4.42	n/a	n/a	n/a	Yes
Nando's	Nando's Mild Peri-Peri Sauce 250g	4.4	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Hot Sweet Chilli Sauce 190ml	4.3	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Black Bean Sauce 220g	4.3	n/a	n/a	n/a	No
Grace Foods	Grace Scotch Bonnet Grilling Hot Sauce 340g	4.2	n/a	n/a	n/a	No
Yan Wal Yun	Healthy Boy Brand Siracha Chilli Sauce 700ml	4.2	n/a	n/a	n/a	No
Marks & Spencer	M&S Teriyaki 175g	4.18	n/a	n/a	n/a	No
Huy Fong Foods	Sriracha Mayo Sauce 200ml	4.1	14.4.1	N	n/a	No
Nando's	Nando's Peri-peri Sauce Coconut & Lemon Medium 125g	4.1	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Hoisin Sauce 240g	4.07	15.2	N	N	No
Waitrose	Waitrose Cooks' Ingredients Sweet Aromatic Soya Ketjap Manis 200ml	3.84	n/a	n/a	n/a	No
Wanis	Tropical Sun West Indian Original Hot Pepper Sauce 150ml	3.8	n/a	n/a	n/a	No
Empire Bespoke Foods	Thai Taste Sriracha Hot Chilli Sauce 200ml	3.7	n/a	n/a	n/a	No
Mahi	Mahi Peri Peri Hot Sauce 165g	3.6	n/a	n/a	n/a	No
Morrisons	Morrisons Hot Habanero Chilli Sauce 165ml	3.5	n/a	n/a	n/a	No
Wanis	Tropical Sun Jamaican Scotch Bonnet 142ml	3.5	n/a	n/a	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Cocofina	Coco Fina Coconut Amino Soy/Teriyaki Alternative 250ml	3.4	n/a	n/a	n/a	No
King Pepper Products	Eaton's Jamaican Scotch Bonnet Pepper Sauce 148g	3.4	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Sweet Chilli Sauce Original 380g	3.3	n/a	n/a	n/a	No
Newman's Own	Newman's Own Sticky BBQ Sauce Original Recipe 250ml	3.3	14.2	N	n/a	No
Nando's	Nando's Perinaise Peri-Peri Mayonnaise Hot 265g	3.2	14.4.1	N	n/a	No
The French's Food Company LLC	French's BBQ Sauce 396g	3.2	14.2	N	n/a	No
Grace Foods	Encona African Peri Peri Sauce 142ml	3.1	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's New York Style Buffalo Marinade	3.03	14.2	N	n/a	Yes
Laila Foods	Laila Jalapeno Hot & Spicy Sauce 1000ml	3	n/a	n/a	n/a	Yes
Lee Kum Kee	Lee Kum Kee Plum Sauce 220g	3	15.2	N	N	No
Mahi	Mahi Bhut Jolokia Hot Pepper Sauce 165g	3	n/a	n/a	n/a	No
The Kraft Heinz Company	Bull's Eye Dark Beer BBQ Sauce 300ml	3	14.2	N	n/a	No
Waitrose	Waitrose Cooks' Ingredients Thai Sweet Chilli Sauce 295ml	2.93	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Chilli Sauce Sweet Light 350g	2.9	n/a	n/a	n/a	No
Empire Bespoke Foods	Thai Taste Sweet Chilli Dipping Sauce 450ml	2.9	n/a	n/a	n/a	No
The Kraft Heinz Company	Bull's Eye New York Steakhouse BBQ Sauce 300ml	2.9	14.2	N	n/a	No
Grace Foods	Encona Carolina Reaper Chilli 142ml	2.89	n/a	n/a	n/a	No
Laila Foods	Laila Sweet Chilli Sauce 1000ml	2.8	n/a	n/a	n/a	Yes
Mahi	Mahi Cayenne & Cranberry Hot Sauce 280g	2.8	n/a	n/a	n/a	No
Nando's	Nando's Perinaise 265g	2.8	14.4.1	N	n/a	No
Premier Foods	Sharwood's Dipping Sauce Hoisin 290g	2.8	15.2	N	N	No
Grace Foods	Encona Thai Sweet Chilli Sauce 142ml	2.78	n/a	n/a	n/a	No
Morrisons	Morrisons Hot Ghost Chilli Sauce 150ml	2.76	n/a	n/a	n/a	Yes
Marks & Spencer	Marks & Spencer Teriyaki Marinade + Sauce 305g	2.75	n/a	n/a	n/a	No
Grace Foods	Grace Coconut Jerk Mild Marinade 330g	2.7	14.2	N	n/a	No
Nestle	Maggi Authentic Indian Masala Chilli Sauce 400g	2.65	n/a	n/a	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Kuehne	Made For Meat Chipotle Burger Style Sauce 235ml	2.6	14.2	N	n/a	No
Nando's	Nando's Lemon & Herb Peri-Peri Sauce 125ml	2.6	n/a	n/a	n/a	No
Marks & Spencer	Marks & Spencer Sweet Chilli Dipping Sauce 230g	2.55	n/a	n/a	n/a	No
Waitrose	Waitrose Cooks' Ingredients Teriyaki Sauce 150ml	2.55	n/a	n/a	n/a	No
Nestle	Maggi Chilli Extra Hot 320g	2.51	n/a	n/a	n/a	No
Kuehne	Made For Meat Sriracha Hot Chilli Sauce 235ml	2.5	n/a	n/a	n/a	No
Laila Foods	Laila Hot Chilli Sauce 1000ml	2.5	n/a	n/a	n/a	Yes
The Kraft Heinz Company	Bull's Eye Original BBQ Sauce 300ml	2.5	14.2	N	n/a	No
King Pepper Products	Eaton's Original Jamaican Jerk Barbecue Sauce 555g	2.4	14.2	N	n/a	No
Marks & Spencer	Marks & Spencer Mango & Sweet Chilli Dipping Sauce 230g	2.38	n/a	n/a	n/a	No
Baxters	Jack Daniels' Honey Barbecue Glaze 275g	2.3	14.2	N	n/a	No
The French's Food Company LLC	French's Authentic American BBQ Sauce 396g	2.3	14.2	N	n/a	No
Marks & Spencer	Marks & Spencer The Grill House Smoky Tomato	2.21	14.1	N	n/a	No
Kuehne	Made For Meat Smoked Pepper BBQ Sauce 235ml	2.2	14.2	N	n/a	No
Nando's	Nando's Peri-Peri Marinade Medium 262g	2.2	n/a	n/a	n/a	No
Gressingham	Gressingham Plum & Hoisin Sauce 320g	2.18	15.2	N	N	No
The Crucial Sauce Company	Crucials Extra Hot Chilli Sauce 500ml	2.16	n/a	n/a	n/a	No
Nestle	MAGGI Hot & Sweet Sauce 400g	2.15	n/a	n/a	n/a	No
Aldi	Aldi Skeeter's Original BBQ Sauce 350ml	2.1	14.2	N	n/a	No
The Kraft Heinz Company	Bull's Eye Smokey Bacon BBQ Sauce 300ml	2.1	14.2	N	n/a	No
The Kraft Heinz Company	Heinz American Style Burger Sauce 230g	2.1	14.2	N	n/a	No
AB World Foods	Levi Roots Reggae Reggae X-Hot Jerk BBQ Marinade & Sauce 290g	2.09	14.2	N	n/a	No
All About Food	Red's Buffalo Wing Sauce 290g	2	n/a	n/a	n/a	No
GBK	Gourmet Burger Kitchen Smoked Chilli Mayo 225g	2	14.4.1	N	n/a	No
Stubbs Legendary Barb-B-Q	Stubb's Legendary Bar-B-Q Sauce 300ml	2	14.2	N	n/a	No
Sainsbury's	Sainsbury's Hot & Zingy Peri Peri Sauce	1.94	n/a	n/a	n/a	Yes



Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
The Co-Operative	Co-operative Memphis Sauce 340g	1.94	14.2	N	n/a	Yes
Wanis	Tropical Sun Traditional Chilli Garlic Sauce 150ml	1.91	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Sriracha Mayonnaise 250g	1.9	14.4.1	N	n/a	No
All About Food	Red's Unholy Barbecue Sauce 320g	1.9	14.2	N	n/a	No
Baxters	Jack Daniel's Barbecue Sauce Full Flavour Smokey 260g	1.9	14.2	N	n/a	No
Baxters	Jack Daniel's Barbecue Sauce Smooth Original 260g	1.9	14.2	N	n/a	No
Sweet Baby Ray's	Sweet Baby Ray's Barbecue Sauce 510g	1.9	14.2	N	n/a	No
Sweet Baby Ray's	Sweet Baby Ray's Honey Barbecue Sauce 510g	1.9	14.2	N	n/a	No
Unilever	Hellmann's Chunky Burger Sauce 258g	1.9	14.2	N	n/a	No
Wilkin & Sons Ltd Tiptree	Wilkin & Sons Ltd Sriracha Mayonnaise 165g	1.9	14.4.1	N	n/a	No
Aldi	Aldi Bramwells Peri-Peri Lemon & Herb Sauce 250g	1.8	n/a	n/a	n/a	No
All About Food	Red's Kansas City BBQ Sauce 320g	1.8	14.2	N	n/a	No
Lidl	Lidl Batts Tomato Ketchup 500ml	1.8	14.1	N	n/a	No
McIlhenny Company	McIlhenny Co. Tabasco Brand Pepper Sauce 57ml	1.8	n/a	n/a	n/a	No
The Kraft Heinz Company	Bull's-Eye Bold Spicy Texas Hot Sauce 265g	1.8	14.2	N	n/a	No
The Kraft Heinz Company	Heinz Tomato Ketchup 650g	1.8	14.1	N	n/a	No
Unilever	Hellmann's Chilli Mayonnaise 250ml	1.8	14.4.1	N	n/a	No
Unilever	Hellmann's Honey BBQ Sauce 250ml	1.8	14.2	N	n/a	No
Wanis	Tropical Sun Sweet Mango Chilli Sauce 150g	1.77	n/a	n/a	n/a	No
Marks & Spencer	Marks & Spencer Reduced Fat Mayo 413g	1.73	14.4.2	N	n/a	No
Aldi	Aldi Bramwells Tomato Ketchup 560g	1.7	14.1	Y	n/a	No
ASDA	Asda Classic Tomato Ketchup 470g	1.7	14.1	Y	n/a	Yes
Nando's	Nando's Peri BBQ Sauce 290g	1.7	14.2	N	n/a	No
Nando's	Nando's Perinise Lemon & Herb Extra Mild 265g	1.7	14.4.1	N	n/a	No
Tesco	Tesco Garlic Mayo 250ml	1.7	14.4.1	N	n/a	No
The Kraft Heinz Company	Bull's Eye Roasted Onion BBQ Sauce 300ml	1.7	14.2	N	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
The Kraft Heinz Company	Bull's-Eye Red Hot Chilli Hot Sauce 270g	1.7	n/a	n/a	n/a	No
The Kraft Heinz Company	Heinz Balsamic Vinegar & Sun Ripened Tomato Ketchup 270g	1.7	14.1	Y	n/a	No
The Kraft Heinz Company	Heinz Fiery Chilli Ketchup 255g	1.7	14.1	Y	n/a	No
The Kraft Heinz Company	Heinz Organic Tomato Ketchup 580g	1.7	14.1	Y	n/a	No
The Kraft Heinz Company	Heinz Seriously Good Light Mayonnaise 420g	1.7	14.4.2	Y	n/a	No
Unilever	Hellmann's Light Mayonnaise 250ml	1.7	14.4.2	Y	n/a	No
Unilever	Hellmann's Lighter than Light Mayonnaise 430ml	1.7	14.4.2	Y	n/a	No
Unilever	Hellmann's Mayonnaise Roasted Garlic Mayonnaise 250ml	1.7	14.4.1	N	n/a	No
Wilkin & Sons Ltd Tiptree	Wilkin & Sons Ltd Truffle Mayonnaise 165g	1.7	14.4.1	N	n/a	No
Lidl	Lidl Batts Light Mayonnaise 500g	1.68	14.4.2	Y	n/a	No
Morrisons	Morrisons Light Mayonnaise 450ml	1.68	14.4.2	Y	n/a	No
Lidl	Lidl Batts Lighter than Light Mayonnaise 510g	1.66	14.4.2	Y	n/a	No
Marks & Spencer	Marks & Spencer Plum Dipping Sauce 220g	1.65	15.2	N	N	No
The Co-Operative	The Co-operative Garlic Mayonnaise 250ml	1.64	14.4.1	N	n/a	No
Aldi	Aldi Bramwells Light Mayonnaise 500ml	1.6	14.4.2	Y	n/a	No
ASDA	Asda Smart Price Tomato Ketchup 500g	1.6	14.1	Y	n/a	Yes
Marks & Spencer	M&S Food The Grill Special Burger Sauce, Dip, Dressing 250ml	1.6	14.2	N	n/a	No
Nando's	Nando's Hot Marinade for Peri-Peri Chicken 260g	1.6	n/a	n/a	n/a	No
Tesco	Tesco Chilli Mayo 250ml	1.6	14.4.1	N	n/a	No
The French's Food Company LLC	French's Texan Jalapeno Tomato Relish 320g	1.6	14.1	Y	n/a	No
The Kraft Heinz Company	Heinz Roasted Garlic & Sundried Tomato Ketchup 265g	1.6	14.1	Y	n/a	No
Wilkin & Sons Ltd Tiptree	Wilkin & Sons Ltd Herb Mayonnaise 165g	1.6	14.4.1	N	n/a	No
Sainsbury's	Sainsbury's Tomato Relish 320g	1.51	n/a	n/a	n/a	Yes
AB World Foods	Blue Dragon Nutty Indonesian Satay Sauce 250ml	1.5	14.2	N	n/a	No
ASDA	Asda Lighter Than Light Mayonnaise 400ml	1.5	14.4.2	Y	n/a	Yes
East End Foods	East End Honey Chilli Sauce 270g	1.5	n/a	n/a	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
HP Foods	Daddies Tomato Ketchup 685g	1.5	14.1	Y	n/a	No
Nando's	Nando's Peri-Peri Marinade Lemon & Herb Extra Mild 260g	1.5	n/a	n/a	n/a	No
Tesco	Tesco Lighter Than Light Mayonnaise 450ml	1.5	14.4.2	Y	n/a	No
The Kraft Heinz Company	Heinz Aromatic Herbs & Sun Ripened Tomato Ketchup 265g	1.5	14.1	Y	n/a	No
The Kraft Heinz Company	Heinz Mexican Style Firecracker Sauce 220ml	1.5	14.1	Y	n/a	No
Unilever	Hellmann's Real Mayonnaise 250ml	1.5	14.4.1	N	n/a	No
Unilever	Hellmann's Vegan Mayo 270g	1.5	14.4.1	N	n/a	No
The Crucial Sauce Company	Crucials BBQ Sauce Smoky Flavour 500ml	1.49	14.2	N	n/a	No
Sainsbury's	Sainsbury's Classic Burger Sauce 300g	1.46	14.2	N	n/a	Yes
Sainsbury's	Sainsbury's Be Good To Yourself 80% Less Fat Mayonnaise 430ml	1.45	14.4.2	Y	n/a	Yes
Sainsbury's	Sainsbury's Lighter Mayonnaise 250ml	1.45	14.4.2	Y	n/a	Yes
Waitrose	Essential Waitrose Tomato Ketchup 470g	1.45	14.1	Y	n/a	No
The Crucial Sauce Company	Crucials Garlic Mayo 500ml	1.43	14.4.1	N	n/a	No
Aldi	Aldi Bramwells Garlic Mayonnaise 250ml	1.4	14.4.1	N	n/a	No
Ballymaloe	Ballymaloe Original Relish 210g	1.4	n/a	n/a	n/a	No
Unilever	Hellmann's Chicken Chilli BBQ Sauce 233g	1.4	14.2	N	n/a	No
Marks & Spencer	Marks & Spencer The Grill Sweet Chilli, Lime and Lemongrass Dip, Sauce, Marinade 250ml	1.39	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's Sweet Chilli Sauce 360g	1.37	n/a	n/a	n/a	Yes
The Crucial Sauce Company	Crucials Spicy Mayo 500ml	1.37	14.4.1	N	n/a	No
Marks & Spencer	Simply M&S Tomato Ketchup 495g	1.33	14.1	Y	n/a	No
Sainsbury's	Sainsbury's Basics Mayonnaise 500ml	1.33	14.4.1	N	n/a	Yes
AB World Foods	Blue Dragon Mild Japanese Katsu Curry Sauce 250ml	1.3	n/a	n/a	n/a	No
AB World Foods	Blue Dragon Sticky Plum Sauce 190ml	1.3	15.2	Y	Y	No
Aldi	Aldi Bramwells Peri-Peri Mango & Lime Sauce & Marinade 250g	1.3	n/a	n/a	n/a	No
Aldi	Aldi Just Good Sauce Co. Garlic & Herb Burger Sauce 250ml	1.3	14.2	N	n/a	No
ASDA	Asda Pesto Mayonnaise 252g	1.3	14.4.1	N	n/a	Yes

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
AB World Foods	Levi Roots Reggaenaise 250g	1.3	14.4.1	N	n/a	No
Tesco	Tesco T. E. Stockwell & Co. Mayonaise 500ml	1.3	14.4.1	N	n/a	No
Tesco	Tesco Tomato Ketchup 550g	1.3	14.1	Y	n/a	No
The Kraft Heinz Company	Bull's-Eye Smokey Chipotle Hot Sauce 265g	1.3	n/a	n/a	n/a	No
Wanis	Ghana Best Shito Hot Chilli Sauce with Shrimp & Fish 160g	1.29	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's Sweet Chilli Sauce 300g	1.27	n/a	n/a	n/a	Yes
Marks & Spencer	M&S Food House BBQ Dip, Sauce, Marinade 300g	1.25	14.2	N	n/a	No
Plamil Foods	Plamil Egg Free Mayo With Garlic	1.25	14.4.1	Y	n/a	No
Plamil Foods	Plamil Egg Free Mayonnaise	1.25	14.4.1	Y	n/a	No
Sainsbury's	Sainsbury's Scorching Hot Chilli Sauce	1.25	n/a	n/a	n/a	Yes
English Provender	Ravish Butternut & Chilli Relish 195g	1.24	n/a	n/a	n/a	No
Lidl	Lidl Batts Sweet Chilli Dipping Sauce 330g	1.23	n/a	n/a	n/a	No
Lidl	Lidl Deluxe Tomato Sauce	1.21	14.1	Y	n/a	No
Aldi	Aldi Just Good Sauce Co. Jalapeno Burger Sauce 250ml	1.2	14.2	Y	n/a	No
Aldi	Aldi Skeeter's New York Steakhouse BBQ Sauce 350ml	1.2	14.2	Y	n/a	No
ASDA	Asda Garlic Mayonnaise 252g	1.2	14.4.1	Y	n/a	Yes
ASDA	Asda Light Mayonnaise 500ml	1.2	14.4.2	Y	n/a	Yes
HP Foods	Daddies Favourite Brown Sauce 400g	1.2	14.2	Y	n/a	No
Mahi	Mahi Tamarind & Mango Hot Sauce 280g	1.2	n/a	n/a	n/a	No
Tesco	Tesco All-American Inspired BBQ Sauce 250ml	1.2	14.2	Y	n/a	No
The Kraft Heinz Company	Heinz Classic Barbecue Sauce 480g	1.2	14.2	Y	n/a	No
The Kraft Heinz Company	Heinz Spicy Barbecue 490g	1.2	14.2	Y	n/a	No
The Kraft Heinz Company	HP Classic BBQ Sauce 465g	1.2	14.2	Y	n/a	No
The Kraft Heinz Company	HP Honey BBQ 465g	1.2	14.2	Y	n/a	No
The Kraft Heinz Company	HP Original Sauce 255g	1.2	14.2	Y	n/a	No
Unilever	Hellmann's Olive Oil Mayonnaise Style Dressing 430ml	1.2	14.4.1	Y	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Wilkin & Sons Ltd Tiptree	Wilkin & Sons Ltd Tomato Ketchup 310g	1.2	14.1	Y	n/a	No
Marks & Spencer	M&S Peanut Satay Sauce 180g	1.18	14.2	Y	n/a	No
Sainsbury's	Sainsbury's French Style Mayonnaise 500ml	1.18	14.4.1	Y	n/a	Yes
Sainsbury's	Sainsbury's SO Organic Tomato Ketchup 460g	1.17	14.1	Y	n/a	Yes
Lidl	Lidl Batts Real Mayonnaise 475g	1.16	14.4.1	Y	n/a	No
Marks & Spencer	Marks & Spencer Peri Peri Mayo 280ml	1.13	14.4.1	Y	n/a	No
Lidl	Lidl Batts Chilli Mayonnaise 255g	1.11	14.4.1	Y	n/a	No
Aldi	Aldi Bramwells Smokey Chipotle Mayonnaise 250ml	1.1	14.4.1	Y	n/a	No
ASDA	Asda Brown Sauce 480g	1.1	14.2	Y	n/a	Yes
ASDA	Asda Chunky Burger Sauce 275g	1.1	14.2	Y	n/a	Yes
ASDA	Asda Classic BBQ Sauce 460g	1.1	14.2	Y	n/a	Yes
ASDA	Asda Smart Price Mayonnaise 500g	1.1	14.4.1	Y	n/a	Yes
Branston	Branston Hot Dog Relish Tomato & Pepper 350g	1.1	n/a	n/a	n/a	No
Granovita (Huegli)	GranoVita Mayola Original 280g	1.1	14.4.1	Y	n/a	No
Sainsbury's	Sainsbury's BBQ Sauce 500g	1.1	14.2	Y	n/a	Yes
Sainsbury's	Sainsbury's Hot & Fruity Mango & Habanero Chilli Sauce	1.1	n/a	n/a	n/a	Yes
Tesco	Tesco Mayonnaise 450ml	1.1	14.4.1	Y	n/a	No
Tesco	Tesco Tennessee Inspired BBQ Sauce 250ml	1.1	14.2	Y	n/a	No
The Kraft Heinz Company	Heinz American Style Smokey Baconnaise Sauce 225g	1.1	14.4.1	Y	n/a	No
The Kraft Heinz Company	Heinz Sticky Barbecue Sauce 500g	1.1	14.2	Y	n/a	No
Lidl	Lidl Batts Garlic Mayonnaise 256g	1.09	14.4.1	Y	n/a	No
Lidl	Lidl Batts Mustard Mayonnaise 253g	1.09	14.4.1	Y	n/a	No
Waitrose	Essential Waitrose Brown Sauce 480g	1.09	14.2	Y	n/a	No
AB World Foods	Levi Roots Reggae Reggae Sauce Jerk BBQ 330g	1.08	14.2	Y	n/a	No
AB World Foods	Levi Roots Reggae Reggae Jerk BBQ Sauce and Marinade 290g	1.08	14.2	Y	n/a	No
Marks & Spencer	M&S Sicilian Lemon Mayo 280ml	1.08	14.4.1	Y	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Grace Foods	Grace Jamaican Style Jerk BBQ Sauce 375g	1.07	14.2	Y	n/a	No
Morrisons	Morrisons Bourbon BBQ Sauce 300g	1.06	14.2	Y	n/a	No
Sainsbury's	Sainsbury's Brown Sauce 450g	1.06	14.2	Y	n/a	Yes
The Co-Operative	The Co-operative Mayonnaise 500ml	1.02	14.4.1	Y	n/a	Yes
Waitrose	Waitrose Lemon Mayonnaise 250ml	1.02	14.4.1	Y	n/a	No
Sainsbury's	Sainsbury's Onion Relish 320g	1.01	n/a	n/a	n/a	Yes
Aldi	Aldi Just Good Sauce Co. Tomato Burger Relish 300g	1	n/a	n/a	n/a	No
Aldi	Aldi Skeeter's Satay Sauce & Marinade 350g	1	14.2	Y	n/a	Yes
ASDA	Asda Real Mayonnaise 400ml	1	14.4.1	Y	n/a	Yes
ASDA	Asda Smart Price Brown Sauce 540g	1	14.2	Y	n/a	Yes
Lidl	Lidl Batts Medium Peri Peri Sauce 260g	1	n/a	n/a	n/a	No
Morrisons	Morrisons Mayonnaise 450ml	1	14.4.1	Y	n/a	Yes
Tesco	Tesco Burger Sauce 250ml	1	14.2	Y	n/a	No
Tesco	Tesco French Inspired Mayonnaise 250ml	1	14.4.1	Y	n/a	No
Tesco	Tesco Light Mayonnaise 650ml	1	14.4.1	Y	n/a	No
Tesco	Tesco Organic Mayonnaise 250ml	1	14.4.1	Y	n/a	No
The Kraft Heinz Company	Heinz Seriously Good Mayonnaise 775g	1	14.4.1	Y	n/a	No
Waitrose	Waitrose Garlic Mayonnaise 250ml	1	14.4.1	Y	n/a	No
Waitrose	Waitrose Wholegrain Mustard Mayonnaise 250ml	1	14.4.1	Y	n/a	No
Sainsbury's	Sainsbury's Sweet & Spicy Jerk Marinade	0.99	14.2	Y	n/a	Yes
Aldi	Aldi Bramwells Brown Sauce 455g	0.98	14.2	Y	n/a	No
ASDA	Asda Garlic & Herb Sauce 275g	0.98	14.4.1	Y	n/a	No
Marks & Spencer	Marks & Spencer Spicy Cajun Mayo 280ml	0.98	14.4.1	Y	n/a	No
Marks & Spencer	Marks and Spencer Truffle Mayonnaise	0.98	14.4.1	Y	n/a	No
Sainsbury's	Sainsbury's Basics Brown Sauce 450g	0.98	14.2	Y	n/a	Yes
Bart	Bart Texas Hot Barbecue Sauce 325g	0.97	14.2	Y	n/a	No



Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Branston	Branston Burger Relish Caramelised Red Onion 335g	0.97	n/a	n/a	n/a	No
Morrisons	Morrisons Sriracha Chilli Sauce 285g	0.97	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's Tomato Ketchup 460g	0.97	14.1	Y	n/a	Yes
The Co-Operative	The Co-Operative Reduced Fat Mayonnaise 480ml	0.96	14.4.2	Y	n/a	Yes
Aldi	Aldi Bramwells Mild Kansas BBQ Sauce 300g	0.95	14.2	Y	n/a	No
The Co-Operative	Co-operative BBQ Sauce 300g	0.95	14.2	Y	n/a	No
The Co-Operative	Co-operative Brown Sauce 505g	0.95	14.2	Y	n/a	Yes
Marks & Spencer	Simply M&S Barbecue Sauce 500g	0.93	14.2	Y	n/a	No
ASDA	Asda Chilli Mayonnaise 252g	0.9	14.4.1	Y	n/a	Yes
Marks & Spencer	Marks & Spencer Roasted Garlic Mayo 280ml	0.9	14.4.1	Y	n/a	No
Sainsbury's	Sainsbury's Mayonnaise 250ml	0.9	14.4.1	Y	n/a	Yes
Tesco	Tesco T. E. Stockwell & Co. Tomato Ketchup 550g	0.9	14.1	Y	n/a	No
The Kraft Heinz Company	Heinz Korean Style Sticky BBQ Sauce 265g	0.9	14.2	Y	n/a	No
The Kraft Heinz Company	Heinz Tomato Ketchup 50% less sugar & salt 625g	0.9	14.1	Y	n/a	No
The Kraft Heinz Company	HP Reduced Salt & Sugar Sauce 450g	0.9	14.2	Y	n/a	No
ASDA	Asda Smoky BBQ Marinade & Sauce 280g	0.89	14.2	Y	n/a	Yes
Morrisons	Morrisons Chilli Cheese Sauce 280g	0.89	n/a	n/a	n/a	No
Lidl	Levi Roots Reggaenaise 250g	0.88	14.2	Y	n/a	No
Aldi	Aldi Specially Selected Mayonnaise with Extra Virgin Olive Oil 250ml	0.87	14.4.1	Y	n/a	No
Aldi	Aldi Bramwells Caramelised Red Onion Burger Relish 300g	0.86	n/a	n/a	n/a	No
Aldi	Aldi Bramwells Peri-Peri Mayonnaise 250ml	0.86	14.4.1	Y	n/a	No
English Provender	Ravish Banana & Habanero Relish 200g	0.83	n/a	n/a	n/a	No
Sainsbury's	Sainsbury's SO Organic Mayonnaise 250ml	0.83	14.4.1	Y	n/a	Yes
ASDA	Asda 50% Reduced Sugar and Salt Tomato Ketchup 700g	0.82	14.1	Y	n/a	Yes
All About Food	Red's Devil Wing Barbecue Sauce 320g	0.8	14.2	Y	n/a	No
Tesco	Tesco Fruity Brown Sauce 480g	0.8	14.2	Y	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Bart	Bart Kansas City Barbecue Sauce 300g	0.79	14.2	Y	n/a	No
Sainsbury's	Sainsbury's Basics Tomato Ketchup 460g	0.77	14.1	Y	n/a	Yes
Morrisons	Morrisons Tomato Ketchup 470g	0.76	14.1	Y	n/a	No
ASDA	Asda Scorching BBQ Sauce 310g	0.74	14.2	Y	n/a	No
The Co-Operative	The Co-Operative Tomato Ketchup	0.73	14.1	Y	n/a	Yes
Aldi	Aldi Bramwells Original Barbecue Sauce 480g	0.71	14.2	Y	n/a	Yes
ASDA	Asda Medium Piri Piri Marinade & Sauce 260g	0.7	n/a	n/a	n/a	Yes
Morrisons	Morrisons Savers Tomato Ketchup 1kg	0.7	14.1	Y	n/a	Yes
Marks & Spencer	M&S the Grill Piri Piri Dip Sauce Marinade 265g	0.63	n/a	n/a	n/a	No
Tesco	Tesco Organic Tomato Ketchup 460g	0.6	14.1	Y	n/a	No
Sainsbury's	Sainsbury's Reduced Sugar & Salt Tomato Ketchup 445g	0.56	14.1	Y	n/a	Yes
Aldi	Aldi Skeeter's Jerk Sauce & Marinade 350g	0.54	14.2	Y	n/a	Yes
Aldi	Aldi Bramwells Sweetcorn & Pepper Burger Relish 310g	0.5	n/a	n/a	n/a	No
Morrisons	Morrisons Spicy Piri Piri Marinade 260g	0.5	n/a	n/a	n/a	Yes
Tesco	Tesco BBQ Sauce 480g	0.5	14.2	Y	n/a	No
Tesco	Tesco Brown Sauce 480g	0.5	14.2	Y	n/a	No
Tesco	Tesco T. E. Stockwell Brown Sauce 545g	0.5	14.2	Y	n/a	No
Aldi	Aldi Skeeter's American Style BBQ Sauce 350g	0.46	14.2	Y	n/a	Yes
Aldi	Aldi Skeeter's Teriyaki Sauce 350g	0.32	n/a	n/a	n/a	Yes
Mahi	Mahi Scorpion Pepper & Passion Hot Pepper Sauce 280g	0.3	n/a	n/a	n/a	No
Tesco	Tesco Reduced Sugar & Salt BBQ Sauce 470g	0.3	14.2	Y	n/a	No
Tesco	Tesco Reduced Sugar & Salt Brown Sauce 460g	0.3	14.2	Y	n/a	No
Morrisons	Morrisons Reduced Sugar & Salt Tomato Ketchup 465g	0.28	14.1	Y	n/a	No
Tesco	Tesco Reduced Sugar & Salt Tomato Ketchup 525g	0.2	14.1	Y	n/a	No
ASDA	Asda No Added Sugar & Salt Tomato Ketchup 680g	0.15	14.1	Y	n/a	Yes
Tesco	Tesco Finest Chilli Relish 295g	0.1	n/a	n/a	n/a	No

Manufacturer Name	Product Name	Salt Per 100 ( g )	Target Number	Below Max target?	Below Average target?	FoP labelling?
Grace Foods	Dunn's River Jamaican Style Hot Sauce 85ml	0.09	n/a	n/a	n/a	No
Wilkin & Sons Ltd Tiptree	Wilkin & Sons Ltd Roasted Garlic Mayonnaise 165g	0.07	14.4.1	Y	n/a	No
The Kraft Heinz Company	Heinz Tomato Ketchup No Added Sugar & Salt 610g	0.05	14.1	Y	n/a	No
Aldi	Aldi Habanero Chilli Relish 340g	0.01	n/a	n/a	n/a	No