**OUT OF HOME MAXIMUM PER SERVING SALT TARGETS**

| **Main product category** | **Sub category** | **Maximum per serving targets** | **Additional information** |
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| **DISH TARGET**  **1. Potato products** | **1.1 Seasoned fries** Includes all chips below 8mm thickness | **0.88g salt or 350mg sodium** | Chips served unseasoned (i.e. without being pre-salted) are excluded from this target. |
| **1.2 Seasoned chips and other potato products**  Includes chips with an 8mm or bigger width that have been pre seasoned before serving. Also includes other potato based products e.g. wedges, potato skins and roast potatoes. Excludes potato products cooked in a sauce such as bombay potatoes, gratin dauphinois etc. | **1.5g salt or 600mg sodium** |
| **DISH TARGET**  **2. Burgers in bun** | **2.1 Small burgers without cheese or other cured meats** Includes single beef/pork patty burgers and chicken burgers. Excludes burgers with cheese or cured meat (e.g. bacon) additions. Also excludes single beef patties at or above 6oz in weight. | **2.4g salt or 960mg sodium** | Theses target cover burger patties, additions and sauces within a bun. Accompaniments served outside of the bun are consider as side dishes and are not covered by the burger target.  The targets include sauce and topping options where these are served in the bun and are included in the fixed price of the burger. |
| **2.2 Burgers with cured meats**  Includes single or multiple beef/pork patty burgers and chicken burgers with cured meat additions such as bacon or chorizo (e.g. bacon and cheese). | **4g salt or 1600mg sodium** |
| **2.3 All other burgers**  Includes single patties with cheese, multiple patties with or without cheese and vegetarian/bean or fish alternatives. Also includes single beef patties at or above 6oz in weight. | **3.5g salt or 1400mg sodium** |
| **DISH TARGET**  **3. Battered or breaded chicken portions and pieces** | **3.1 Under 200kcal** Includes all breaded chicken portions and pieces with a calorie level below 200kcal | **1g salt or 400mg sodium** | For larger sharing type products over 750kcal the targets should be applied on a suggested serving basis. |
| **3.2 200-400kcal** Includes all breaded chicken portions and pieces with a calorie range from 200-400kcal | **2g salt or 800mg sodium** |
| **3.3 Over 400kcal** Includes all breaded chicken portions and pieces with a calorie level above 400kcal | **3.5g salt or 1400mg sodium** |
| **MEAL TARGET**  **4. Battered or breaded seafood based meals** | **4.1 Fish fillet meals** Includes all battered or breaded fish fillet based meals, such as cod, haddock, coley etc | **2.75g salt or 1100mg sodium** | Meal target includes sides and accompaniments (e.g. served with chips, mushy peas, tartar sauce). |
| **4.2 Bitesize seafood meals** Includes all battered or breaded seafood meals e.g. fish nuggets, scampi and tempura prawns etc. | **3.75g salt or 1500mg sodium** |
| **MEAL & DISH TARGET**  **5. Pies** | **5.1 Pie based meals**  Includes all pies, pasties, slices, suet pudding and sausage rolls served with side dishes and accompaniments. | **4.25g salt or 1700mg sodium** | Meal target includes sides and accompaniments (e.g. served with mashed potato and gravy). |
| **5.2 Pies only** Includes all pies, pasties, slices, suet pudding and sausage rolls.  For pies intended for sharing, the targets should be applied on a suggested serving basis. | **1.9g salt or 760mg sodium** |
| **MEAL TARGET**  **6. Sauce based main dishes** | **6.1 Curry main meals** Includes all curries of South/ Southeast Asian origin (e.g. Indian, Thai etc) served with side dishes and accompaniments. | **4g salt or 1600mg sodium** | Meal target includes sides and accompaniments (e.g. served with side dishes such as rice, naan). |
| **6.2 All other sauce based main meals** Includes all dishes cooked in a sauce (e.g. chilli con carne, sweet and sour chicken). Excludes sauce based pasta dishes and dishes with a gravy or sauce topping added after cooking. | **3.2g salt or 1300mg sodium** |
| **MEAL TARGET**  **7. Beef steaks, grilled chicken and roast main meals** | **7.1 Beef steaks, grilled chicken and roast main meals** Includes beef roast dinners, carvery, steak, pork chops and vegetarian equivalents served with sides and toppings and gravy. | **4.5g salt or 1800mg sodium** | Meal target includes sides and accompaniments (e.g. roast potatoes, vegetables, steak sauces).  Vegetarian alternatives include meals such as Vegetarian nut roast.  The targets include sauce options where this is part of the fixed price. |
| **DISH TARGET**  **8. Sandwiches** | **8.1 Cured meat sandwiches** Includes rolls, baguettes, paninis, ciabattas, 6” subs and wraps with cured meat fillings e.g. bacon, ham, salami etc. | **3.75g salt or 1500mg sodium** | Uncured salami and pepperoni are included in cured.  Brined meats fall into all other sandwiches. |
| **8.2 All other sandwiches**  Includes rolls, baguettes, paninis, ciabattas, 6” subs and wraps with fillings that do not contain cured meat e.g. tuna, cheese, vegetables. | **2.75g salt or 1100mg sodium** |
| **MEAL TARGET**  **9. Pasta meal** | **9.1 Lasagne, risotto, gnocchi and pasta with cured meat additions** Includes all meat and vegetarian lasagne, risotto and gnocchi based dishes. Also includes all pasta dishes with cured meat as a main ingredient e.g. carbonara. | **3.75g salt or 1500mg sodium** | Side dishes such as garlic bread and salad are included in the target if they are included in the price as a complete main meal. |
| **9.2 All other pasta dishes** Includes pasta based dishes without cured meat as a main ingredient e.g. Spaghetti Bolognese, pasta in a tomato, cheese or cream sauce etc. | **2.75g salt or 1100mg sodium** |
| **DISH TARGET**  **10. Pizza** | **10.1 Take away style pizza with cured meat toppings (per slice)** Includes all takeaway pizza toppings with cured meat e.g. ham, pepperoni etc. | **1.25g salt or 500mg sodium** | Take away style pizza is defined as any pizza that does not meet the definition of an Italian style pizza. Generally these pizzas are served in a variety of sizes and base options, have a thicker layer of topping and are pre-sliced.  Excludes speciality base (e.g. stuffed crust) combinations, although reformulation of dough and topping should extend to all base options.  Uncured salami and pepperoni are included in cured meat.  Brined meats fall into all other toppings.  The following slice guide applies: Personal ≤7" = 4 slices Small >7" ≤9.5" = 6 slices Medium > 9.5" ≤12.5" = 8 slices Large >12.5" = 10 slices or more |
| **10.2 Take away style pizza with all other toppings (per slice)** Includes all takeaway pizza toppings without cured meat e.g. chicken, beef, fish, margherita etc. | **0.88g salt or 350mg sodium** |
| **10.3 Traditional Italian style pizza with cured meat toppings (per pizza)** Includes all Italian style pizza, calzone and stromboli with cured meat e.g. ham, pepperoni etc. | **6g salt or 2400mg sodium** | Traditional Italian style pizza is defined as any pizza that is based on the tradition Neapolitan or Lazio (Roman) style. Generally these have a thin base, thin layer of topping, are below 12” in size, served unsliced and eaten by one person. |
| **10.4 Traditional Italian style pizza with all other toppings (per pizza)**  Includes all Italian style pizza, calzone and stromboli without cured meat e.g. Chicken, beef, fish, margherita etc. | **5g salt or 2000mg sodium** |
| **MEAL TARGET**  **11. Children's main meals** | **All children's main meals** Includes all main meals aimed primarily at children. | **1.8g salt or 720mg sodium** | Does not include starters, desserts or drinks which may be included in some children’s meal deals.    Excludes school foods. |

**Notes for clarification**

Meal vs. Dish target

There are two types of target used in the table above. The first is a ‘Dish Target’ which is used for individual dishes that can be served as part of a meal or on its own e.g. Burgers, pies, chips. The second is a ‘Meal Target’, which is based around a specific dish, but includes sides and accompaniment e.g. Pasta served with salad and garlic bread.

Combination meals

The meal targets also include combination meals, where customers select from a defined number of sides and accompaniments for a fixed price. In order to reduce unnecessary burden on business that employ a combination meal type format, non-standard combinations are excluded from the meal targets. This means, where there are a large number of possible combinations, a business will apply the targets to combinations that customers are likely to make. As an example, while it is possible for a customer to select a sirloin steak with piri piri sauce and sides this is a non-standard combination and would not be expected to meet the beef steaks, grilled chicken and roast main meals target.

General exclusions

The targets cover a standardised item, which means a reproducible product that is offered for at least 30 days in a year. Items not meeting this criteria are excluded from the targets along with self-service items (where portion sizes are not standardised) and create your own product.