



Notes:

Data per 100g and per portion was collected using CASH FoodSwitch Data App, online and in store from the week commencing 15/05/2017.

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

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

Serving size as stated on pack. Where serving size was not stated on pack, this was

Where pack size was missing this was calculated from serving size and no. of servings per pack where given

Products that are not explicitly mentioned in the PHE salt targets (vegetable crisps and popcorn) have been allocated the target for the product category that most closely resembles the product and is the most comparable. These products are marked in the table with a *

Full front of pack colour-coded nutrition labelling defined according to the Department of Health's definition, as combining colour coding and percentage reference intakes. For full definition, please see: <https://www.gov.uk/government/publications/front-of-pack-nutrition-labelling-guidance>

Brand	Product Name	Pack Size (g)	Servings Per Pack	Serving Size (g)	Salt (g) per 100g	Salt (g) per serve	Exceeds 2017 average salt target	Exceeds 2017 maximum salt target	Full front of pack colour-coded nutrition labelling present?	Gluten-Containing Comparison Product	Salt (g) per 100g of GF-Equivalent	Saltier than Gluten-containing Equivalent?
Mrs Crimble's	Mrs Crimble's Original Cheese Crackers	130	7	18.6	3.50	0.65	Yes	Yes	No	Ritz Original Crackers	1.38	Yes
Schar	Schar Gluten Free Pretzels	60	1	60	3.00	1.80	Yes	Yes	No	Sainsbury's Salted Pretzels	1.50	Yes
Mrs Crimble's	Mrs Crimble's Original Cheese Bites	30	1	30	3.00	0.90	Yes	Yes	No	Asda Salt & Vinegar Flavour Sticks	1.20	Yes
Hippeas	Hippeas Organic Chickpea Puffs Pepper Power	22	1	22	3.00	0.66	Yes	Yes	No	Waitrose Wasabi Peas	1.08	Yes
Asda	Asda Free From Cheese Crackers	125	32	3.9	3.00	0.12	Yes	Yes	Yes	Ritz Original Crackers	1.38	Yes
Snack Organisation	Snack Organisation Sweet Chilli Rice Crackers	100	4	25	2.60	0.65	Yes	Yes	No	Aldi The Foodie Market Crunchy Chilli Rice Snacks	0.84	Yes
Gratify	Gratify Gluten Free Sea Salt Bites	227	8	28	2.50	0.70	Yes	Yes	No	Asda Salt & Vinegar Flavour Sticks	1.20	Yes
Gratify	Gratify Gluten Free Tuscan Herb Bites	200	7	28	2.50	0.70	Yes	Yes	No	Asda Salt & Vinegar Flavour Sticks	1.20	Yes
Popchips	Popchips Ridges Crazy Hot	85	3.5	23	2.50	0.58	Yes	Yes	No	M&S Hand Cooked Lobser Cocktail Crisps	1.10	Yes
Marks & Spencer	M&S Made Without Wheat Cheese Puffs	100	4	25	2.45	0.61	Yes	Yes	Yes	Asda Salt & Vinegar Flavour Sticks	1.20	Yes
Tesco	Tesco Free From Gluten & Wheat Mini Breadsticks	125	18	3	2.40	0.07	Yes *	Yes *	Yes	Ritz Original Crackers	1.38	Yes
Tesco	Tesco Free From Gluten & Wheat Plain Crackers	125	33	3.8	2.30	0.09	Yes	Yes	Yes	Ritz Original Crackers	1.38	Yes
Popchips	Popchips Sea Salt & Vinegar	85	3.5	23	2.20	0.51	Yes	No	No	M&S Sea Salt & Balsamic Vinegar Hand Cooked Crisps	1.83	Yes
Popchips	Popchips Sea Salt & Black Pepper	85	3.5	23	2.20	0.51	Yes	Yes	No	M&S Hand Cooked Lobser Cocktail Crisps	1.10	Yes
Marks & Spencer	M&S Made Without Wheat Gluten Free Cheese Crackers	100	28	3.6	2.13	0.08	Yes	Yes	No	Ritz Original Crackers	1.38	Yes
Tyrrells	Tyrrells Hand-Cooked English Crisps Cheese & Pickled Onion Furrows	40	1	40	2.10	0.84	Yes	Yes	No	Walkers Cheese & Onion	1.22	Yes
Popchips	Popchips Sea Salt	85	3.5	23	2.10	0.48	Yes	Yes	No	Walkers Ready Salted	1.40	Yes
Nairn's	Nairn's Gluten Free Cheese Oatcakes	180	20	9	2.07	0.19	Yes	Yes	No	Ritz Original Crackers	1.38	Yes
Eat Real	Eat Real Hummus Chips Sea Salt Flavour	28	1	28	1.98	0.55	Yes	No	No	Waitrose Wasabi Peas	1.08	Yes
Popchips	Popchips Sour Cream & Onion	85	3.5	23	1.90	0.44	Yes	Yes	No	Pringles Sour Cream and Onion	1.50	Yes
Nairn's	Nairn's Gluten Free Snackers Cheese	23	1	23	1.89	0.43	Yes	Yes	No	Ritz Original Crackers	1.38	Yes
Pom-Bear	Pom-Bear Salt & Vinegar Potato Snacks	90	6	15	1.80	0.27	No	No	No	Asda Salt & Vinegar Flavour Sticks	1.20	Yes
Aldi	Aldi Passions Deli Gluten Free Sea Salt & Cider Vinegar Flavour Lattice Cut Crisps	120	4	30	1.80	0.54	No	No	Yes	M&S Sea Salt & Balsamic Vinegar Hand Cooked Crisps	1.83	Yes
Sainsbury's	Sainsbury's Sea Salt & Pepper Popped Potato Chips	88	4	22	1.80	0.40	Yes	Yes	Yes	M&S Hand Cooked Lobser Cocktail Crisps	1.10	Yes
Marks & Spencer	M&S Made Without Wheat Gluten Free Date & Walnut Toasts	125	16	7.9	1.76	0.14	Yes	Yes	No	Ritz Original Crackers	1.38	Yes
Marks & Spencer	M&S Made Without Wheat Salt & Pepper Lentil Crackers	150	6	25	1.75	0.44	Yes	No	Yes	Ritz Original Crackers	1.38	Yes
Marks & Spencer	M&S Made Without Wheat Gluten Free Apricot & Cashew Nut Toasts	125	16	7.9	1.71	0.14	Yes	No	No	Ritz Original Crackers	1.38	Yes
Pom-Bear	Pom-Bear Original Potato Snacks	15	1	15	1.70	0.26	No	No	No	Asda Salt & Vinegar Flavour Sticks	1.20	Yes
Marks & Spencer	Marks & Spencer Crispy Chickpea Crackers	100	4	25	1.68	0.42	No	No	No	Ritz Original Crackers	1.38	Yes
PROPERCORN	Propercorn Lightly Sea Salted	70	3.5	20	1.67	0.33	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Marks & Spencer	M&S Cheese & Multiseed Crackers	130	36	3.6	1.65	0.06	Yes	No	No	Ritz Original Crackers	1.38	Yes
Nairn's	Nairn's Gluten Free Snackers Sea Salt & Balsamic Vinegar	23	1	23	1.64	0.38	No	No	No	Ritz Original Crackers	1.38	Yes
Nairn's	Nairn's Gluten Free Oatcakes	213	24	8.8	1.62	0.14	Yes	No	No	Ritz Original Crackers	1.38	Yes
Nature's Store	Nature's Store Tomato Corn Rolls	100	4	25	1.60	0.40	No	No	No	Asda Salt & Vinegar Flavour Sticks	1.20	Yes
Tyrrells	Tyrrells Poshcorn Sweet & Salty	80	4	23	1.60	0.37	No	No	No	Morrisons Salted Popcorn	0.80	Yes
Nude Popcorn Company	Nude Popcorn Company Sweet and Salty	72	6	12	1.60	0.19	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Hippeas	Hippeas Organic Chickpea Puffs In Herbs We Trust	110	5	22	1.52	0.33	No	No	No	Waitrose Wasabi Peas	1.08	Yes
Sainsbury's	Sainsbury's Sea Salted Popped Potato Chips	88	4	22	1.50	0.33	Yes	Yes	Yes	Walkers Ready Salted	1.40	Yes
Kent Crisps	Kent Crisps Oyster & Vinegar	40	1	40	1.50	0.60	Yes	Yes	No	M&S Hand Cooked Lobser Cocktail Crisps	1.10	Yes
Kettle	Kettle Chips Sea Salt & Crushed Black Peppercorns	150	5	30	1.50	0.45	Yes	Yes	No	Walkers Ready Salted	1.40	Yes
PROPERCORN	Proper Corn Crunch Corn Sweet & Smoky Chilli	30	1	30	1.50	0.45	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Kettle Chips	Kettle Chips Chef's Signature Maldon Sea Salt Flakes	150	5	30	1.45	0.44	Yes	No	No	Walkers Ready Salted	1.40	Yes
Aldi	Aldi Passions Deli Gluten Free Mature Cheddar & Red Onion Flavour Lattice Cut	120	4	30	1.40	0.42	Yes	No	Yes	Walkers Cheese & Onion	1.22	Yes
Well & Truly	Well & Truly Gluten Free Tortilla Chips Salted	115	5	23	1.40	0.32	No	No	No	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Popchips	Popchips Ridges Smoky Bacon Flavour Chips	85	3.5	23	1.40	0.32	Yes	No	No	M&S Hand Cooked Lobser Cocktail Crisps	1.10	Yes
Kettle Chips	Kettle Chips Chef's Signature Gressingham Duck Plum Sauce & Spring Onion	150	5	30	1.40	0.42	Yes	No	No	M&S Hand Cooked Lobser Cocktail Crisps	1.10	Yes
Seabrook	Seabrook Akbar's Lattice Food Heroes Chicken Jalfrezi Flavour	120	4	30	1.40	0.42	Yes	No	No	M&S Hand Cooked Lobser Cocktail Crisps	1.10	Yes
Schar	Schar Gluten Free Crispbread	150	21	7	1.40	0.10	Yes	No	No	Ritz Original Crackers	1.38	Yes
Tyrrells	Tyrrells Veg Crisps	125	5	25	1.40	0.35	Yes *	No *	No	Asda Hand Cooked Vegetable Crisps	1.20	Yes

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Kettle	Kettle Ridge Cut Chips Sea Salted	150	5	30	1.40	0.42	Yes	No	No	Walkers Ready Salted	1.40	No
PROPERCORN	Proper Corn Crunch Corn Salt & Vinegar	90	3	30	1.40	0.42	No	No	No	Morrisons Salted Popcorn	0.80	Yes
Hippeas	Hippeas Organic Chickpea Puffs Sweet & Smokin'	110	5	22	1.36	0.30	No	No	No	Waitrose Wasabi Peas	1.08	Yes
Sainsbury's	Sainsbury's Barbecue Flavour Popped Potato Chips	88	4	22	1.33	0.29	Yes	No	Yes	Walkers Tear 'n' Share Sticky BBQ Ribs Flavour	1.20	Yes
Metcalfe's	Metcalfe's Skinny Popcorn Sweet 'n Salt	80	3	25	1.31	0.33	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Aldi	Aldi Passions Deli Flavoured Pea Snacks Sea Salt & Vinegar	21	1	21	1.30	0.27	No	No	Yes	Waitrose Wasabi Peas	1.08	Yes
Asda	Asda Free From Crispbreads	125	21	5.9	1.30	0.08	No	No	Yes	Ritz Original Crackers	1.38	No
Seabrook	Seabrook Lattice Natural Sea Salt Potato Crisps	120	4	30	1.30	0.39	No	No	No	Walkers Ready Salted	1.40	No
PROPERCORN	Proper Corn Crunch Corn Rock Salt	90	3	30	1.30	0.39	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Tyrrells	Tyrrells Poshcorn Sea Salted	70	4.1	17	1.30	0.22	No	No	No	Morrisons Salted Popcorn	0.80	Yes
Marks & Spencer	M&S Spirit of Summer Roasted Red Pepper Corn Couscous Chips	40	1	40	1.28	0.51	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Marks & Spencer	M&S Cool Tortillas	175	7	25	1.28	0.32	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
PROPERCORN	Proper Corn Sweet & Salty Popcorn	84	6	14	1.25	0.18	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Butterkist	Butterkist Sweet & Salted Popcorn	90	6	15	1.23	0.18	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Manomasa	Manomasa Manchego & Green Olive	160	6	25	1.20	0.30	No	No	No	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Kettle Chips	Kettle Chips Crispy Bacon & Maple Syrup	150	5	30	1.20	0.36	No	No	No	M&S Hand Cooked Lobster Cocktail Crisps	1.10	Yes
The Co-operative	Co-op Free From Sea Salt & Black Pepper Crackers	150	25	6	1.20	0.07	No	No	Yes	Ritz Original Crackers	1.38	No
Kettle Chips	Kettle Veg Chips Honey & Black Pepper	125	5	25	1.20	0.30	No *	No *	No	Asda Hand Cooked Vegetable Crisps	1.20	No
Butterkist	Butterkist Salted Popcorn	80	3	25	1.20	0.30	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Kettle Chips	Kettle Chips Sour Cream & Sweet Onion	150	5	30	1.20	0.36	No	No	No	Pringles Sour Cream and Onion	1.50	No
Marks & Spencer	M&S Spirit of Summer Paprika Hand Cooked Crisps	40	1	40	1.13	0.45	No	No	Yes	M&S Hand Cooked Lobster Cocktail Crisps	1.10	Yes
Kettle Chips	Kettle Chips Mature Cheddar & Red Onion	150	5	30	1.10	0.33	No	No	No	Walkers Cheese & Onion	1.22	No
Marks & Spencer	M&S Nacho Cheese Tortillas	175	7	25	1.10	0.28	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Kettle Chips	Kettle Chips Sweet Chilli & Sour Cream	150	5	30	1.10	0.33	No	No	No	Co-op Truly Irresistible Sweet Chilli Flavour Crisps	0.70	Yes
Peckish	Peckish Rice Crackers Tangy Barbecue Flavour	100	5	20	1.06	0.21	No	No	Yes	Aldi The Foodie Market Crunchy Chilli Rice Snacks	0.84	Yes
Marks & Spencer	M&S Fire Roasted Chilli Tortillas	175	7	25	1.05	0.26	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Manomasa	Manomasa Tomatillo Salsa	160	6	25	1.00	0.25	No	No	No	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Marks & Spencer	M&S Chorizo & Red Pepper Tortillas	175	7	25	1.00	0.25	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Tesco	Tesco Free From Cheese Flavour Nachos	200	8	25	1.00	0.25	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	No
Kettle	Kettle Veg Chips Lightly Salted	125	5	25	1.00	0.25	No *	No *	No	Asda Hand Cooked Vegetable Crisps	1.20	No
Aldi	Aldi Passions Deli Pea Snacks Chilli with a Twist of Lime	126	6	21	1.00	0.21	No	No	Yes	Waitrose Wasabi Peas	1.08	No
Kettle Chips	Kettle Chips Chef's Signature Yorkshire Wensleydale & Cox Apple Chutney	150	5	30	1.00	0.30	No	No	No	M&S Hand Cooked Lobster Cocktail Crisps	1.10	No
Peckish	Peckish Rice Crackers Sour Cream and Chive Flavour	100	5	20	1.00	0.20	No	No	Yes	Aldi The Foodie Market Crunchy Chilli Rice Snacks	0.84	Yes
Tyrrells	Tyrrells Sea Salted Furrows	150	5	30	1.00	0.30	No	No	No	Walkers Ready Salted	1.40	No
Ten Acre	Ten Acre Auntie Winifred's Sweet & Salty Popcorn	30	1	30	1.00	0.30	No *	No *	No	Morrisons Salted Popcorn	0.80	Yes
Manomasa	Manomasa Serrano Chilli & Yucatan Honey	160	6	25	0.90	0.23	No	No	No	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Manomasa	Manomasa Chipotle & Lime	160	6	25	0.90	0.23	No	No	No	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Manomasa	Manomasa Sea Salt & Cracked Black Pepper	160	6	25	0.90	0.23	No	No	No	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Calbee	Calbee Yushoi Snapea Rice Sticks Soy & Balsamic Vinegar	126	6	21	0.90	0.19	No	No	Yes	Waitrose Wasabi Peas	1.08	No
Tyrrells	Tyrrells Hand-Cooked English Crisps Goat's Cheese Garlic & Rosemary	150	5	30	0.90	0.27	No	No	No	M&S Hand Cooked Lobster Cocktail Crisps	1.10	No
Morrisons	Morrisons Free From Crackers	200	33	6	0.90	0.05	No	No	Yes	Ritz Original Crackers	1.38	No
Kettle Chips	Kettle Chips Lightly Salted	150	5	30	0.90	0.27	No	No	No	Walkers Ready Salted	1.40	No
Peckish	Peckish Rice Crackers Sea Salt & Vinegar Flavour	100	5	20	0.89	0.18	No	No	Yes	Aldi The Foodie Market Crunchy Chilli Rice Snacks	0.84	Yes
Marks & Spencer	M&S Maple Bacon Tortilla Rolls	190	6	30	0.85	0.26	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Marks & Spencer	M&S Made Without Wheat Gluten Free Sea Salt & Lime Pepper Multigrain Mini Tortilla Chips	100	5	20	0.85	0.17	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	Yes
Marks & Spencer	M&S Kerala Curry Dhal Chips	150	6	25	0.85	0.21	No	No	Yes	Waitrose Wasabi Peas	1.08	No
Marks & Spencer	M&S Cantina Tortillas Restaurant Style	150	6	25	0.80	0.20	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	No
PROPERCORN	Proper Corn Crunch Corn Salt & Pepper	90	3	30	0.80	0.24	No *	No *	No	Morrisons Salted Popcorn	0.80	No
Selwyn's	Selwyn's Seaweed Snack Sea Salt & Vinegar	4	1	4	0.79	0.03	No	No	No	Asda Hand Cooked Vegetable Crisps	1.20	No
Marks & Spencer	M&S Made Without Wheat Lightly Salted Tortilla	40	1	40	0.78	0.31	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	No
Marks & Spencer	M&S Lightly Salted Tortillas	175	7	25	0.78	0.20	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	No
Yushoi	Yushoi Snapea Rice Sticks Sweet Chilli & Lemon	63	3	21	0.73	0.15	No	No	Yes	Waitrose Wasabi Peas	1.08	No
Aldi	Aldi Passions Deli Pea Snacks Malaysian Sweet Curry	126	6	21	0.72	0.15	No	No	Yes	Waitrose Wasabi Peas	1.08	No
Marks & Spencer	Marks & Spencer Lime Salsa Tortilla Scoops	150	5	30	0.70	0.21	No	No	Yes	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	No
Rude Health	Rude Health Multigrain Crackers	160	22	7	0.70	0.04	No	No	No	Ritz Original Crackers	1.38	No

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Tyrrells	Tyrrells My Sweet Potato Lightly Sea Salted Hand-Cooked English Crisps	125	4	31	0.50	0.16	No	No	No	Walkers Ready Salted	1.40	No
R.W. Garcia	R.W. Garcia Dippers 3 Seed Veggie Dipping Chips	170	3	50	0.46	0.23	No	No	No	Sainsbury's Taste the Difference Sour Cream & Lime Tortillas	0.80	No

* products are not explicitly mentioned in PHE salt reduction targets and therefore the target for similar products that are most comparable has been used. As these products may not have been expected to meet these targets they are for reference only.