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| --- | --- | --- | --- | --- | --- |
| **Product name** | **Average portion size** | **Salt per portion** | **% of max upper limit for 1-3 yrs (2g)** | **% of max upper limit for 4-6 yrs (3g)** | **% of max upper limit for 7-10 yrs (5g)** |
| Batchelors Super Noodles To Go – Roast  Chicken | 1 pot made up with water as directed | 4.05g | 203% | 135% | 81% |
| Morrison’s Southern Fried Chicken Portions | 217g (1 drumstick and 1 thigh) | 2.8g | 140% | 93% | 56% |
| Morrison’s Baked Beans in tomato sauce | Half a can – 210g | 2.8g | 140% | 93% | 56% |
| Morrisons Beans & sausages | Half a can – 210g | 2.1g | 105% | 70% | 42% |
| Tesco Thick Pork Sausages | 2 sausages (grilled) – 96g for 2 | 2.0g | 100% | 67% | 40% |
| Marks and Spencer Potato Croquettes | 3 croquettes -125g | 1.9g | 95% | 63% | 38% |
| Somerfield Spaghetti in tomato sauce | Half a can – 205g | 1.9g | 95% | 63% | 38% |
| Kraft Dairylea Lunchables Ham ‘n’ Cheese Crackers | 101.9g | 1.8g | 90% | 60% | 36% |
| Chicago Town Triple Cheese Individual small pizza | 170g | 1.8g | 90% | 60% | 36% |
| Golden Vale (Northern Foods) Attack a snack Ham Wrap with Cheestrings | 100g | 1.77g | 89% | 59% | 35% |
| Morrisons Cheese and ham kievs | 1 Kiev | 1.5g | 75% | 50% | 30% |
| Tesco quarterpounder beefburgers | 1 burger | 1.4g | 70% | 47% | 28% |
| Morrisons Salt and vinegar flavour sticks | 38g | 1.3 | 65% | 43% | 26% |
| Sainsbury’s pork sausage rolls | 1 sausage roll | 1.2g | 60% | 40% | 24% |
| Kingsmill Great Everyday Thick White Bread | 2 slices | 1.06g | 53% | 35% | 21% |