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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)** |
| Butterkist Butter Flavour Microwave Popcorn | 90g | 2.2g | 110% | 73% | 44% |
| Butterkist ‘The Simpsons’ Honey Nut Popcorn (ready to eat) | 100g | 1.25g | 63% | 42% | 25% |
| Asda Roly Poly Pudding (fresh) | 114g (1 pudding) | 1.1g | 55% | 36% | 22% |
| Tesco Banana Flavour Delight | Half pack made up with 150ml semi-skimmed milk | 1.0g | 50% | 33% | 20% |
| Heinz Treacle Sponge Pudding (tinned) | Quarter of a tin | 0.8g | 40% | 27% | 16% |
| Kellogg’s Rice Krispies | 30g serving with 125g semi-skimmed milk | 0.65g | 33% | 22% | 13% |
| Kellogg’s Chocotastic Poptarts | 1 poptart (50g) | 0.6g | 30% | 20% | 12% |
| Tesco and Sainsbury’s Blueberry Muffin | 1 muffin | 0.6g | 30% | 20% | 12% |
| Ovaltine Instant Chocolate flavour drink (Light) | 1 sachet made up with 200 ml hot water | 0.5g | 25% | 17% | 10% |
| Sainsbury’s Basics Instant Hot Chocolate Drink | 34g serving made up with 180ml hot water | 0.5g | 25% | 16% | 10% |