

Highest and lowest meal combinations:

| | Highest - Tesco meal - salt per portion | Lowest - M&S meal - salt per portion |
|------------------------------|--|---|
| Starter | Not in offer | (The Collection) 4 Dressed Orkney Crab Minis - 0.38g |
| Main course | Finest (Restaurant Collection) Slow Cooked Lamb Shanks with Roasted Vegetables - 4.3g | British Sirloin Steaks with Dried Red & Green Peppers & Lightly Seasoned Butter – 0.51g |
| Side Dish | Finest (Restaurant Collection) Roasted Potatoes with Bacon and Garlic - 1.6g | (Ready Prepared) Garlic Mushrooms with Soft Cheese Topped with Breadcrumbs – 0.15g |
| Dessert | Tesco Finest (Restaurant Collection) 2 Bramley Apple Tarts - 0.4g | 2 Chocolate & Raspberry Valentines - Trace |
| Wine & chocolates | bottle of wine - N/A | bottle of wine: N/A, box of chocolates: N/A |
| Total | 6.3g salt per portion | 1.04g salt per portion |

Highest and lowest available meal combinations from eating participating supermarket:

| The Co-operative: | Eat in £5: Includes 1 main +2 side dishes | |
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| | Highest combination - Salt per portion | Lowest combination - Salt per portion |
| Main course | (Eat in) Salmon En Croute - 1.5g | (Eat in) Sweet Potato with Chipotle and Tomberry Tartlets - 0.5g |
| Side Dish | (Eat in) Parmentier Potatoes - 0.9g | (Eat in) Winter Roasting Vegetables - 0.1g |
| Side Dish | (Eat in) Carrot & Swede Mash - 0.8g | (Eat in) Ready to Roast Chanteray Carrots & Red Onion - 0.1g |
| Total | 3.2 g salt per portion | 0.7g salt per portion |

| Marks & Spencer: | Gourmet Menu, dine in for two, £20: Includes starter + main meal + side dish + dessert + bottle of wine + box of chocolates | |
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| | Highest combination - Salt per portion | Lowest combination - Salt per portion |
| Starter | (The Cook Menu) Thai Style Fish Cakes Finished with an Aromatic Acacia Honey & Ginger Glaze – 1.80g | (The Collection) 4 Dressed Orkney Crab Minis - 0.38g |
| Main course | (The Cook Menu) 21 Day Matured British Beef Rump Steaks Served with a Creamy Peppercorn Sauce with a Madeira Wine & Brandy – 2.05g | British Sirloin Steaks with Dried Red & Green Peppers & Lightly Seasoned Butter – 0.51g |
| Side Dish | Ultimate Potato Mash - 1.35g | (Ready Prepared) Garlic Mushrooms with Soft Cheese Topped with Breadcrumbs – 0.15g |
| Dessert | 2 Melting Middle Chocolate Puddings – 0.90g | 2 Chocolate & Raspberry Valentines - Trace |
| Wine & chocs | bottle of wine: N/A, box of chocolates: N/A | bottle of wine: N/A, box of chocolates: N/A |
| Total | 6.1g salt per portion | 1.04g salt per portion |

| Sainsbury's: | Wine and Dine 2 for £15 pounds: Includes: starter, main, side, dessert, drink + chocolates | |
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| | Highest combination - Salt per portion | Lowest combination - Salt per portion |
| Starter | Taste the Difference Rarebit Fishcakes - 1.64g | New Covent Garden Plum Tomato & Basil Soup - 0.9g |
| Main course | Taste the Difference Spinach & Ricotta Cannelloni – 3.36g | 2 Sea Bass fillets with Caramelised Ginger & Lime Butter– 0.26g |
| Side Dish | Taste the Difference Gruyere Cheese and Garlic Fougasse – 0.76g | Taste the Difference (Gourmet) Garden Vegetables with Lemon and Mint Butter - 0.13g |
| Dessert | Sainsbury's British Cheese Selection - (overall) – 0.51g | Crème Brulee - 0.1g |
| Wine & chocs | bottle of wine: N/A, box of chocolates: N/A | bottle of wine: N/A, box of chocolates: N/A |
| Total | 6.27g salt per portion | 1.39g salt per portion |

| Tesco: | Finest Dinner for 2 £15: Includes 1 main + 1 side dish + 1 dessert + 1 bottle of wine | |
|-------------------------|---|---|
| | Highest combination - Salt per portion | Lowest combination - Salt per portion |
| Main course | Finest (Restaurant Collection), Slow Cooked Lamb Shanks with Roasted Vegetables - 4.3g | Finest (Restaurant Collection), Salmon En Crouete – 0.9g |
| Side Dish | Finest (Restaurant Collection) Roasted Potatoes with Bacon and Garlic - 1.6g | Finest Green Vegetables – 0.5g |
| Dessert | Tesco Finest (Restaurant Collection) 2 Bramley Apple Tarts - 0.4g | Gu 2 Hot Choc Melting Middle Puds - 0.25g |
| Wine & chocs | 1 bottle of wine - N/A | 1 bottle of wine: N/A |
| Total | 6.3g salt per portion | 1.65 salt per portion |

| Waitrose: | £15 dinner for 2: Includes main meal + side dish + dessert +Prosecco or chocolate | |
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| | Highest combination - Salt per portion | Lowest combination - Salt per portion |
| Main course | (Easy to Cook) Sirloin Steak with Creamy Bearnaise Butter - 2.08g | (Menu) Salmon Wellington for 2 – 1.49g |
| Side Dish | (Menu) Creamy Mash for 2 – 1.29g | (Ready Prepared) Chef's Selection 0.02g |
| Dessert | Fru 2 Sensationally Citrusy Lemon Cheesecakes – 0.5g | Gu 2 Raspberry and Chilli Choc Pots - trace |
| Wine & chocs | Prosecco or chocolates: N/A | Prosecco or chocolates: N/A |
| | 3.87g salt per portion | 1.51g per portion |

Product information was collected from product packaging on 9-10 February 2011 & rechecked on 11th February. See CASH website for further information