

Popcorn Survey 2015 - Salt Data

Notes:

Data per 100g and per portion collected using CASH food and drink database, online and in store week commencing 13th April-15th June. See CASH website for further information.

Data table sorted by highest salt per suggestion portion size (g)

Salt calculated from sodium where necessary

Colour coding according to DH FoP Guidance: Green ≤0.30/100g, Amber 0.30-1.50g, red >1.50g /100g, >1.8g/portion

Where values were only given per portion, and portion size was known, per 100g information was calculated

Brand	Product Name	Category	Sub Category	Size (g)	Suggested Portion Size	Salt/ 100g	Salt/ portion (g)
Cineworld	Large Salted Popcorn	Cinema	Savoury	255	255	2	5.1
Empire Cinemas	Large Salted Popcorn	Cinema	Savoury	192	192	1.95	3.7
My Vue	Large Salted Popcorn	Cinema	Savoury	158	158	2	3.1
Odeon	Salt Popcorn Large	Cinema	Savoury	np	np	np	3.02
Empire Cinemas	Regular Salted Popcorn	Cinema	Savoury	141	141	1.95	2.7
Cineworld	Toffee Popcorn	Cinema	Sweet	200	200	1.25	2.5
Cineworld	Regular Salted Popcorn	Cinema	Savoury	117	117	2	2.3
My Vue	Regular Salted Popcorn	Cinema	Savoury	120	120	2	2.3
Odeon	Salt Popcorn Medium	Cinema	Savoury	np	np	np	2.27
Odeon	Salt Popcorn Small	Cinema	Savoury	np	np	np	1.33
Cineworld	Small Salted Popcorn	Cinema	Savoury	60	60	2	1.2
Empire Cinemas	Small Salted Popcorn	Cinema	Savoury	55	55	1.95	1.1
Odeon	Salt Popcorn Kids Mix	Cinema	Savoury	np	np	np	0.91
Metcalfe's	Skinny Topcorn Wasabi Glaze	Ready to Eat	Savoury	25	25	3.4	0.9
My Vue	Kids Salted Popcorn	Cinema	Savoury	48	48	2	0.9
Lidl McEnnedy	Microwave Popcorn Butter Flavour	Microwave	Savoury	100	40	2.2	0.88
Metcalfe's	Skinny Popcorn White Cheese	Ready to Eat	Savoury	75	25	3.45	0.86
Thomas Tucker	Fruits of the Forrest Popcorn	Cinema	Sweet	175	100	0.83	0.83
Pret a Manger	Rock Salt Popcorn	Ready to Eat	Savoury	29	29	2.6	0.8
Asda	Chosen by You Toffee Popcorn	Ready to Eat	Sweet	200	50	1.6	0.78
Popcorn Kitchen	Sea Salt & Olive Oil	Ready to Eat	Savoury	22	22	3.5	0.77
Thomas Tucker	Salt & Vinegar Popcorn	Cinema	Savoury	75	30	2.46	0.74
Thomas Tucker	Coconut Toffee Popcorn	Cinema	Sweet	175	100	0.73	0.73
Cineworld	Munchbox Portion (Salt)	Cinema	Savoury	31	31	2	0.62
Metcalfe's	Skinny Topcorn Sea Salt Flavour Popcorn	Ready to Eat	Savoury	70	23	2.64	0.61
Morrisons	Toffee Popcorn	Ready to Eat	Sweet	200	50	1.2	0.6
Tesco	Popcorn Salt & Vinegar	Ready to Eat	Savoury	80	20	2.8	0.6
Asda	Chosen by You Salted Popcorn 1+ Month Life	Ready to Eat	Savoury	90	45	1.3	0.60
Thomas Tucker	Smoked Cheddar Cheese Popcorn	Cinema	Savoury	70	25	2.2	0.55
Heston From Waitrose	Salted Caramel Popcorn	Ready to Eat	Mixed	35	35	1.5	0.53
Walkers	Sensations Thai Sweet Chilli Flavour Popcorn	Ready to Eat	Savoury	90	30	1.76	0.53
Marks & Spencer	Guilt Free Snacking Salted Popcorn	Ready to Eat	Savoury	25	25	1.85	0.48
Butterkist	Salted Caramel Popcorn	Ready to Eat	Mixed	150	25	1.81	0.45
Butterkist	Toffee Popcorn Snack Packs	Ready to Eat	Sweet	30	30	1.42	0.43
Thomas Tucker	Chilli & Lemon Popcorn	Cinema	Savoury	75	30	1.4	0.42
Portlebay Popcorn	Crispy Bacon & Maple Syrup	Ready to Eat	Savoury	25	25	1.8	0.40
Portlebay Popcorn	Chilli & Lime	Ready to Eat	Savoury	75	25	1.5	0.40
Portlebay Popcorn	Sweet & Salty	Ready to Eat	Mixed	25	25	1.5	0.4
Pret a Manger	Sweet & Salt Popcorn	Ready to Eat	Mixed	30	30	1.3	0.4
Tesco	Popcorn Sweet & Salted	Ready to Eat	Mixed	110	27	1.5	0.4
Tyrrells	Poshcorn Sweet & Salty	Ready to Eat	Mixed	23	23	1.6	0.4
Asda	Chosen by You Salted Popcorn	Ready to Eat	Savoury	90	45	0.8	0.40
Boots Shapers	Salted Popcorn	Ready to Eat	Savoury	20	20	2	0.40
EAT.	Rock Salt Popcorn	Ready to Eat	Savoury	23	23	1.9	0.4
Tesco	Popcorn Salted	Ready to Eat	Savoury	90	22	1.9	0.4
PROPERCORN	Sweet & Salty	Ready to Eat	Mixed	90	30	1.25	0.38
Portlebay Popcorn	Kracklecorn	Ready to Eat	Savoury	75	25	1.5	0.4
Butterkist	Salted Microwave Popcorn	Microwave	Savoury	70	20	1.85	0.37
Thomas Tucker	Sweet & Salt Popcorn	Cinema	Mixed	75	30	1.2	0.36
Butterkist	Toffee Popcorn	Ready to Eat	Sweet	200	25	1.42	0.36
Lidl Snaktastic	Toffee Popcorn	Ready to Eat	Sweet	200	25	1.4	0.35
Popcorn Kitchen	Sweet Chilli	Ready to Eat	Savoury	30	30	1.2	0.35
Thorntons	Toffee Covered Popcorn	Ready to Eat	Sweet	130	26	1.3	0.34
Walkers	Mixups Popcorn Mix Sweet & Salty	Ready to Eat	Mixed	110	30	1.12	0.34
Metcalfe's	Skinny Topcorn Sweet 'n Salt Flavour Popcorn	Ready to Eat	Mixed	25	25	1.35	0.34
Waitrose	Good To Go Smoked Bacon & Maple Syrup Popcorn	Ready to Eat	Mixed	25	25	1.38	0.34
Popcorn Kitchen	Sweet & Salt	Ready to Eat	Mixed	30	30	1.1	0.33
Joe & Seph's	Caramel with a Hint of Sea Salt	Ready to Eat	Mixed	90	22.5	1.4	0.32
Metcalfe's	Honey Bee Flavoured Popcorn	Ready to Eat	Sweet	75	25	1.26	0.32
Butterkist	Sea Salt & Balsamic Vinegar Flavour Popcorn	Ready to Eat	Savoury	80	20	1.58	0.32
Morrisons	Chocolate Coated Toffee Popcorn	Ready to Eat	Sweet	140	35	0.9	0.3
Tesco	Popcorn Toffee	Ready to Eat	Sweet	175	25	1.3	0.3
Portlebay Popcorn	Orchard Wood Smoked Cheddar	Ready to Eat	Savoury	75	25	1.1	0.3

Brand	Product Name	Category	Sub Category	Size (g)	Suggested Portion Size	Salt/ 100g	Salt/ portion (g)
Morrisons	Sweet & Salty Popcorn	Ready to Eat	Mixed	100	25	1.2	0.3
EAT.	Sweet & Salty Popcorn	Ready to Eat	Mixed	25	25	1.1	0.3
Tesco	Healthy Living Sour Cream & Black Pepper Popcorn	Ready to Eat	Savoury	20	20	1.4	0.3
Tesco	Healthy Living Red Thai Curry Popcorn	Ready to Eat	Savoury	20	20	1.3	0.3
Phileas Fogg	American Style Popcorn Californian Tangy & Tasty Cheese	Ready to Eat	Savoury	60	20	1.5	0.3
Joe & Seph's	Cheddar Cheese Popcorn	Ready to Eat	Savoury	90	22.5	1.2	0.3
Joe & Seph's	Goats Cheese & Black Pepper Popcorn	Ready to Eat	Savoury	90	22.5	1.2	0.3
Asda	Good & Counted Savoury Variety Popcorn	Ready to Eat	Savoury	15	15	1.7	0.30
The Co-Operative	Loved By Us Cinema Style Salted Popcorn	Ready to Eat	Savoury	100	25	1.3	0.3
Lidl Snaktastic	Sweet & Salted Popcorn	Ready to Eat	Mixed	200	25	1.1	0.28
PROPERCORN	Fiery Worcester Sauce & Sun Dried Tomato	Ready to Eat	Savoury	80	20	1.37	0.27
The Co-Operative	Loved By Us Thai Coconut Curry Flavour Popcorn	Ready to Eat	Savoury	20	20	1.3	0.26
Butterkist	Smokey Bacon Microwave Popcorn	Microwave	Savoury	60	20	1.31	0.26