

Salt Content of Bacon

January 2020



BACKGROUND

Bacon is a commonly consumed meat product in the UK, eaten in a wide variety of occasions, be it in the morning in a bacon roll or part of your breakfast at home or on the go, or as an ingredient in home cooking, ready meals, sandwiches and even salads. According to the Agriculture and Horticulture Development Board, the bacon industry is worth over £900 million, with consumers currently purchasing over 150,000 tonnes per year¹. Bacon is also the second biggest contributor of salt to UK diet, contributing to a total of 4.66% in adults.

Eating too much salt can have a huge impact on health. A diet high in salt raises blood pressure, which is a known risk factor for strokes, kidney disease, heart disease and heart failure. High salt intake can also be a contributor to increased risk of osteoporosis, obesity and stomach cancer.

The recommended daily limit of salt we are recommended to eat is a teaspoon (6g) of salt per day, but as the majority of the salt we eat comes from salt already present in processed, packaged foods and food we eat outside the home, we are unknowingly eating more – on average 8g per day.

To raise awareness of the salt content of bacon and to inform policy, Action on Salt surveyed the salt content of all available bacon products sold at the UK's major retailers.

OUR POLICY RECOMMENDATIONS

- A comprehensive salt reduction programme needs to be reignited, and the food industry cannot, and must not, be made solely responsible for it
- The Department of Health and Social Care must release new salt targets, to be met by 2023, and Public Health England must ensure that robust monitoring mechanisms are in place so that all companies are expected to reduce salt levels in their products, not just the responsible few
- Government must issue mandatory targets for the main contributors of salt in the UK diet, including bread, processed meat and cheese. If manufacturers fail to meet these targets, penalties must be issued
- Government must introduce mandatory colour coded front of pack nutrition labelling across all products and menus following Brexit

SURVEY DETAILS

Action on Salt investigated the salt content of all available bacon products. 171 products were surveyed, including 108 back bacon, 16 medallions, 3 middle bacon and 44 streaky bacon from ten of the UK's major retailers (Asda, Tesco, Sainsbury's, M&S, Lidl, Aldi, Waitrose, The Co-operative, Morrisons and Iceland).

Nutrition information was collected between November and December 2019 from product packaging using the FoodSwitch Data Collector app. Duplicates of the same product with different sized packaging were removed.

RESULTS

- All products were high in salt according to front of pack labelling criteria, with the exception of 1 product
- Average salt content was 3.21g of salt per 100g, with an average salt of 1.47g in 2 cooked rashers
- Tesco and Iceland do not display colour coded nutrition labelling on front of pack
- Products labelled as 'reduced salt' were not necessarily the lowest salt products on the market

Overview of salt content of bacon

Our survey revealed the huge and unnecessary salt content of bacon products. The most salty product surveyed was **Tesco Finest Unsmoked 8 Wiltshire Cure Back Bacon Medallions** with 5.3g/100g (raw) which is more than twice the salt concentration of seawater. Once cooked the salt concentration is likely to be up to 30% higher, as raw figures do not take into consideration any loss of water during cooking.

Other examples of excessively high salt bacon types include:

- Back Bacon – **Lidl Birchwood Unsmoked Thick Cut Back Bacon** (2.84g in 2 grilled rashers - More salt than 4 slices of Pizza Hut Pepperoni Feast Pizzaⁱⁱ)
- Bacon Medallions – **Asda The Butcher's Selection Reduced Fat 8 Unsmoked Bacon Medallions** (1.7g in 2 grilled medallions – Nearly as much salt as 3 slices of Pizza Hut Pepperoni Feast Pizza)
- Streaky Bacon - **Lidl Deluxe 12 Unsmoked Dry Cured Streaky Bacon Rashers** (1.25g in 2 grilled rashers – as salty as 1 slice of Pizza Hut Pepperoni Feast Pizza)

However, it is possible to make bacon, even smoked bacon, with much less salt. The least salty bacon overall was **The Co-operative 8 Reduced Fat Unsmoked Bacon Medallions** with 1.45g/100g (raw) of salt. This product has four times less salt compared to the saltiest product. Other examples of less salty bacon include:

- Back Bacon - **Sainsbury's Smoked Reduced Salt 8 British Back Bacon Rashers** (0.81g in 2 grilled rashers)
- Bacon Medallions – **Aldi Freshcure 75% Less Fat Unsmoked Lean Bacon Medallions 10 Rashers** (0.99g in 2 cooked medallions)
- Streaky Bacon - **Artisan Finnebrogue Naked Bacon 12 Smoked Streaky Bacon Rashers** (0.55g in 2 cooked rashers)

The variation in salt content of bacon products seen in this survey clearly demonstrates that it is possible to produce bacon with less salt. Excess salt intake is known to be harmful to health and so all companies should aim to follow the example set by more responsible companies and reduce salt levels in bacon to help protect their consumer's health.

It was surprising to see that products sold within a retailer can have a huge variation in salt content. All retailers sell bacon products that are at least 50% more salty than their lower salt products. All

retailers are aware that the Government has in place a voluntary salt reduction programme and it is concerning to see that all retailers continue to provide such salty offerings.

Table 1: Variation in salt content of bacon products sold at UK supermarkets

Retailer	High Salt Examples	Salt (g)/ 100g	Lower Salt Alternatives	Salt (g)/ 100g	Difference
Aldi	Aldi Everyday Essentials Smoked Streaky Bacon 275g	4.4g (grilled)	Freshcure Reduced Salt Smoked Back Bacon 8 Rashers 250g	2.3g (grilled)	1.9 times more salt
Asda	The Butcher's Selection at Asda Reduced Fat 8 Unsmoked Bacon Medallions 250g	5.5g (grilled)	The Butcher's Selection at Asda Reduced Fat 8 Smoked Bacon Medallions 250g	3.3g (grilled)	1.7 times more salt
Iceland	Iceland 8 Smoked Bacon Medallions 200g	3.0g (raw)	Iceland 12 Unsmoked Streaky Bacon 270g	2.5g (raw)	1.2 times more salt
Lidl	Lidl Deluxe 6 Smoked Dry Cured Back Bacon Rashers 220g	4.75g (grilled)	Lidl Deluxe 12 Smoked Honey Cured Streaky Bacon Rashers 240g	2.88g (grilled)	2.4 times more salt
Marks & Spencer	M&S British Wiltshire Cured Unsmoked Back Bacon 240g	3.9g (raw)	M&S Food British Outdoor Bred Unsmoked Bacon 6 Rashers 200g	2.1g (raw)	1.9 times more salt
Morrisons	Morrisons Smoked Streaky Bacon 16 Rashers 250g	5.3g (grilled)	Morrisons The Best Hampshire Breed 6 British Traditionally Cured Back Bacon Smoked 200g	2.4g (grilled)	2.2 times more salt
Sainsbury's	Sainsbury's Taste the Difference Oak Smoked 14 Dry Cured Outdoor Bred British Streaky Bacon Rashers 220g	4.95g (grilled)	Sainsbury's Smoked Reduced Salt 8 British Back Bacon Rashers 250g	2.26g (grilled)	2.3 times more salt
Tesco	Tesco Finest Unsmoked 8 Wiltshire Cure Back Bacon Medallions 160g	5.3g (raw)	Tesco Finest 8 Rashers Back Bacon Dry Cure Unsmoked 240g	2.4g (raw)	2.2 times more salt
The Cooperative	Co-op Irresistible Air Dry Cured Smoked Back Bacon Rashers 230g	3.2g (raw)	The Co-operative 8 Reduced Fat Unsmoked Bacon Medallions 200g	1.45g (raw)	2.2 times more salt
Waitrose	Waitrose Duchy Organic Free Range Dry Cured British Back Bacon Smoked 184g	2.93g (raw)	Waitrose & Partners Free Range Unsmoked Back Bacon 200g	1.51g (raw)	1.9 times more salt

Labelling

If all products surveyed displayed colour coded nutrition labels on front of pack, as requested by the Department of Health and Social Care, all would have a red label for salt on front of pack, except one – **The Co-operative 8 Reduced Fat Unsmoked Bacon Medallions** (1.45g/100g)¹.

Thankfully, three in four (74%) of the bacon products surveyed had colour coded labelling on front of pack, which is a significant improvement from Action on Salt's 2012 bacon survey, where only half (51%) provided some form of labelling on front of pack.

Tescoⁱⁱⁱ and Iceland are the only two supermarkets who have opted for no front of pack label on any of their bacon products, putting their customers at a disadvantage.

Confusingly, products labelled with 'reduced salt' aren't necessarily the lowest in salt. Some still contain more salt than those which did not display a specific nutrition claim in relation to salt content. Examples were **Lidl Birchwood Smoked Reduced Salt Back Bacon** (2.13g per 100g as sold) vs **Waitrose Free Range Unsmoked Back Bacon** (1.51g per 100g as sold). Under EU law, products are allowed to display a 'reduced' nutrition label if they have achieved a 30% reduction in salt content compared to the original product formulation. While it is encouraging to see that companies have reduced salt levels in their products to a level that they can display a 'reduced salt' label, this form of labelling is confusing for consumers as it is not indicating the true lowest salt bacon available. Government should investigate these labels following Brexit and put in place a labelling scheme that is useful for consumers.

To add to further confusion, there is no consistency in the declaration of nutrition information on pack. Some companies provide nutrition information for the raw product, while other companies declare information for the product once it is cooked. This makes it difficult to compare products, as salt values for raw bacon are significantly lower than for cooked (by as much as 30%), and misleads consumers by implying they are eating less salt compared to other products as they are unlikely to know the salt concentration would increase after cooking. For example, **The Co-operative Reduced Fat Unsmoked Bacon Medallions** currently has an amber label on front of pack for salt, but if they displayed nutrition values for cooked bacon, this would very likely exceed the threshold criteria >1.5g/100g and become a red label.

Some companies tackle the salt content of their bacon through portion reformulation, i.e. reducing the portion size of their rashers so that the salt content per portion is reduced. But this does not address the overall salt content of the bacon, and if the rashers are made too small, then the consumer may eat more. This is why it is important for bacon manufacturers to reduce the salt per 100g rather than just reduce the size of the bacon rasher to reduce salt content.

2012 survey

Action on Salt previously surveyed the salt content of bacon in 2012. The 2012 survey included 130 products available at Asda, Sainsbury's, Tesco, Morrisons, Marks & Spencer, Waitrose and The Co-operative.

Of the 33 directly comparable bacon products surveyed, nearly two thirds have either stayed the same or have become MORE salty since 2012. The bacon with the biggest reduction was **Co-op Outdoor Bred British Smoked Rindless Back Bacon**, which was 3.8g/100g in 2012 and is now 2.78g/100g. Overall, **Marks & Spencer** seemed to have made the least amount of progress, increasing their salt content on average by 0.27g. Notably, their **Dry Cured Smoked Back Bacon** appears to have increased by almost a third (30%), from 2.55g/100g in 2012 to 3.33g/100g in 2019.

¹ Nutrition value is for 'as sold' i.e. raw bacon
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Bacon Roll At Home

It is important to recognise the variation of salt content present in all food, not just bacon, and that lower salt options are possible. With simple swaps, using tools like FoodSwitch^{iv}, consumers can make significant changes to their overall salt intake. For example, if someone were to make a bacon roll at home using saltier ingredients, they could consume as much as 4.02g salt – two thirds of their MAXIMUM DAILY intake^v - and 531kcal. However, by using lower salt ingredients, their bacon roll could deliver 3.5 times LESS salt – reducing it to 1.14g salt and consuming nearly 150 fewer calories.

	High Example	Energy (kcal)/roll	Salt (g)/roll	Lower Example	Energy (kcal)/roll	Salt (g)/roll
Roll	Tesco Big Bite Soft White Roll	257	0.7	Waitrose LoveLife 4 wholemeal seeded rolls	200	0.31
Butter	Kerrygold Pure Irish Butter 10g	74	0.18	Tesco British Unsalted Butter	74	0.01
Ketchup	Heinz Ketchup 15g	15	0.3	Heinz No Added Salt and Sugar Ketchup	7	0.01
Bacon	Lidl Birchwood Unsmoked Thick Cut Back Bacon 7 Rashers 350g	185	2.84	Sainsbury's Unsmoked Reduced Salt 8 British Back Bacon Rashers 250g	101	0.81
	Total	531	4.02		382	1.14

Table 2: Examples of homemade bacon rolls made using higher and lower salt ingredients.

Bacon Roll On the Go

Bacon is said to be the UK's fastest growing out of home sandwich, and appears in a third of out of home breakfast mealsⁱ. But unsurprisingly, they also contain a lot of salt. A survey of bacon rolls sold at popular high street café chains found that the saltiest bacon roll is available from **Pret a Manger** with 3.7g salt per roll. In comparison, **Subway's Bacon Sub** provide less than half the salt, containing 1.4g per portion. The fat and calorie content is also worth noting, with Pret a Manger providing more than three times the amount of fat and saturated fat compared to Subway, as well as 35% more calories in one portion.

Outlet	Product Name	Kcal/portion	Fat (g) /portion	Saturated fat (g) /portion	Salt (g) /portion
Pret a Manger	Bacon Brioche	420	23	10.8	3.7
Gregg's	Bacon Breakfast Baguette	507	15	5.5	3
McDonalds	Bacon Roll	351	11	3.4	2.4
Gregg's	Bacon Breakfast Roll	349	13	4.3	2.2
Starbucks	Smoked Bacon Roll	334	10.7	4	1.9
Costa	Smoked Bacon Sourdough Roll	389	17.4	6.3	1.8
Caffe Nero	Bacon Ciabatta Roll	354	13	6.3	1.5
Subway	Bacon Sub	273	6.6	2.7	1.4

Table 2: Salt content of bacon rolls sold at high street café chains

Salt Reduction Targets

Salt reduction in the UK was made a public health priority in the early 2000's by the Food Standards Agency (FSA) through the setting of voluntary targets for more than 80 different categories of food. This has been successful in driving down population intakes of salt by 11% between 2005 and 2014. The latest set of targets which were due to be met by the end of 2017, are now currently under the control of Public Health England. In 2018, PHE released an analysis of the food industry's progress. The report found that retailers and manufacturers had not managed to achieve the average salt target for bacon, with an average salt content of 3.14g/100g - significantly higher than the target of 2.88g/100g. This is despite ample time and opportunity to reformulate and bring down average salt content, considering the target has not progressed since 2012. The food industry have tools available at their disposal to reduce salt, including the use of salt replacers such as potassium chloride, which

the Scientific Advisory Committee on Nutrition and the Committee on Toxicity have ruled as safe for the general population^{vi}.

CONCLUSION

Our survey shows the excessive levels of salt still present in bacon, despite salt reduction targets being in place since the early 2000s. The large variation in the salt content of the bacon products surveyed shows it is possible to make bacon with less salt and so all manufacturers should aim to reduce salt levels in their products. Moving forward, manufacturers should use their lowest available bacon as their default ingredient in their pre-prepared foods, including sandwiches, salads and ready meals.

Our survey has also highlighted that colour-coded front-of-pack nutrition labels are not displayed on every product and claims made on products can be misleading to consumers. As nutrition labelling is currently controlled by EU law, government must seize the opportunity Brexit presents to make nutrition labelling mandatory, clear and useful.

POLICY RECOMMENDATIONS

- A comprehensive salt reduction programme needs to be reignited, and the food industry cannot, and must not, be made solely responsible for it
- The Department of Health and Social Care must release new salt targets, to be met by 2023, and Public Health England must ensure that robust monitoring mechanisms are in place so that all companies are expected to reduce salt levels in their products, not just the responsible few
- Government must issue mandatory targets for the main contributors of salt in the UK diet, including bread, processed meat and cheese. If manufacturers fail to meet these targets, penalties must be issued
- Government must introduce mandatory colour coded front of pack nutrition labelling across all products and menus following Brexit

TOP TIPS TO ENJOY BACON AND HELP LOWER SALT INTAKE

- Check the label and use the FoodSwitch app to find healthier options
- Try to avoid eating bacon with other salty ingredients such as bread, cheese, baked beans and instead have grilled tomato, grilled mushrooms, no added salt baked beans or eggs
- Bacon can also be high in fat, so grill your rashers to reduce the amount of fat
- For a healthier bacon, soak in water beforehand to remove some of the salt, and remove the rind to reduce saturated fat
- If you want to have ketchup, mustard or brown sauce with your bacon, check the labels first and choose the lower salt options as these can be a source of hidden salt
- Alternatives to pork tend to be lower in saturated fat and salt, e.g. turkey rashers, or vegan options
- When eating out, ask for 'less salt please' and tell the waiter if you find your meal too salty

ABOUT US

Action on Salt is a group concerned with salt and its effects on health, supported by 24 expert scientific members. Action on Salt is successfully working to reach a consensus with the food industry and Government over the harmful effects of a high salt diet, and bring about a reduction in the amount of salt in processed foods as well as salt added to cooking, and at the table.

In the early 2000's the UK pioneered a salt reduction strategy with the Food Standards Agency and Action on Salt with the setting of incremental salt targets, so that the food industry was slowly reducing the huge and unnecessary amounts of salt they add to food. This resulted in a fall in UK population salt intake, a fall in average blood pressure and more than 12,000 lives have been saved from preventing strokes and heart disease. However, in 2010 responsibility for salt reduction was switched to the Department of Health and the food industry was made responsible for policing itself, a policy that unsurprisingly failed. Further salt reduction targets were set to be achieved by the end of 2017 but little action has been taken to ensure the food industry is meeting these targets. All of the above has meant that the salt reduction programme has been slowed down with the result that many thousands of people have died unnecessarily and huge and unnecessary costs have been incurred by the NHS. Salt is the forgotten killer; the time has come for the Department of Health and Social Care to allocate sufficient resources to Public Health England to immediately resuscitate the UK salt reduction programme.



FoodSwitch UK is a free app brought to you by Action on Salt, in collaboration with The George Institute for Global Health, to help you find out what's in the food you're eating, so you can make simple switches to healthier options. Simply scan the barcode of your regular brand to get colour coded nutrition information and see a list of healthier alternatives. Download the app [here](#).



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@EatLessSalt



@actiononsaltandsugar



Bacon Survey January 2020

Notes:

Data table sorted highest to lowest for salt per 100g

Data per 100g was collected using Action on Salt food and drink database, online and instore from the week commencing 25.11.2019. See Action on Salt website for further information.

Colour coding according to Department of Health Front of Pack Guidance: Green $\leq 0.3/100g$,

Amber $>0.3 - \leq 1.5g$, Red $>1.5g /100g$.

np = not provided

* Front of Pack Labelling

Manufacturer Name	Product Name	Salt / 100g	Salt/ 2 Rashers	Presence FoP*	Values displayed as
ASDA	The Butcher's Selection at Asda Reduced Fat 8 Unsmoked Bacon Medallions 250g	5.5	1.7	Yes	Grilled
Morrisons	Morrisons Smoked Streaky Bacon 16 Rashers 250g	5.3	1	Yes	Grilled
Morrisons	Morrisons Unsmoked Streaky Bacon 16 Rashers 250g	5.3	1	Yes	Grilled
Tesco	Tesco Finest Unsmoked 8 Wiltshire Cure Back Bacon Medallions 160g	5.3	2.1	No	Sold
Sainsbury's	Sainsbury's Taste the Difference Oak Smoked 14 Dry Cured Outdoor Bred British Streaky Bacon Rashers 220g	4.95	0.91	Yes	Grilled
Sainsbury's	Sainsbury's Smoked 14 Streaky Bacon Rashers 300g	4.77	1	Yes	Grilled
Sainsbury's	Sainsbury's Unsmoked 14 Streaky Bacon Rashers 300g	4.77	1	Yes	Grilled
Lidl	Lidl Deluxe 6 Smoked Dry Cured Back Bacon Rashers 220g	4.75	2.42	Yes	Grilled
Lidl	Lidl Deluxe 6 Unsmoked Dry Cured Back Bacon Rashers 220g	4.75	2.42	Yes	Grilled
Morrisons	Morrisons Unsmoked Bacon 3 x 250g	4.75	1.72	Yes	Grilled
Morrisons	Morrisons The Best Hampshire Breed 16 British Dry Cured Streaky Bacon Smoked 240g	4.73	0.78	Yes	Grilled
Sainsbury's	Sainsbury's Taste the Difference Unsmoked 8 Wiltshire Cured Outdoor Bred Bacon Rashers 240g	4.73	1.72	Yes	Grilled
The Jolly Hog	The Jolly Hog Outdoor Bred 12 Oak & Beech Smoked Dry Cured Streaky Bacon Rashers 180g	4.5	np	No	Grilled
Aldi	Aldi Everyday Essentials Smoked Streaky Bacon 275g	4.4	np	Yes	Grilled
Morrisons	Morrisons Smoked Back Bacon 20 Rashers 670g	4.38	1.76	Yes	Grilled
ASDA	Asda Farm Stores Unsmoked Back Bacon 300g	4.3	np	Yes	Grilled
ASDA	ASDA Butcher's Selection 18 Unsmoked Back Bacon Rashers 600g	4.3	1.4	Yes	Grilled
Tesco	Tesco 10 Smoked Bacon Medallions 300g	4.3	np	No	Grilled

Manufacturer Name	Product Name	Salt / 100g	Salt/ 2 Rashers	Presence FoP*	Values displayed as
Aldi	Aldi Freshcure 14 Rashers Unsmoked Streaky Bacon 300g	4.1	1.07	Yes	Grilled
Aldi	Aldi Freshcure Quality 14 Rashers Smoked Streaky Bacon 300g	4.1	1.07	Yes	Grilled
Aldi	Aldi Specially Selected British Outdoor Bred 16 Dry Cured Bacon Rashers Smoked Streaky 240g	4.1	1.07	Yes	Grilled
Aldi	Aldi Specially Selected British Outdoor Bred 16 Dry Cured Bacon Rashers Unsmoked Streaky 240g	4.1	1.07	Yes	Grilled
Sainsbury's	Sainsbury's Taste the Difference Oak Smoked 8 Wiltshire Cured Outdoor Bred Bacon Rashers 240g	4.04	1.47	Yes	Grilled
Aldi	Aldi Everyday Essentials Unsmoked Back Bacon 300g	4	1.7	Yes	Grilled
ASDA	Asda Butcher's Selection Thick Cut 6 Smoked Back Bacon Rashers 300g	4	2.1	Yes	Grilled
ASDA	Asda Extra Special Unsmoked Back Bacon Dry Cured 240g	4	1.6	Yes	Grilled
ASDA	Asda Butcher's Selection 10 Smoked Back Bacon Rashers 300g	4	1.3	Yes	Grilled
ASDA	Asda Butcher's Selection 18 Smoked Back Bacon Rashers 600g	4	1.3	Yes	Grilled
ASDA	Asda Butcher's Selection 16 Unsmoked Streaky Bacon Rashers 300g	4	0.82	Yes	Grilled
Morrisons	Morrisons Smoked Back Bacon 10 Rashers 300g	4	1.4	Yes	Grilled
Morrisons	Morrisons Unsmoked Back Bacon 10 Rashers 300g	4	1.4	Yes	Grilled
Sainsbury's	Sainsbury's SO Organic British Free Range Unsmoked Back Bacon 200g	4	2	Yes	Grilled
The Jolly Hog	The Jolly Hog Outdoor Bred 6 Unsmoked Dry Cured Back Bacon Rashers 200g	4	np	No	Grilled
The Jolly Hog	The Jolly Hog Outdoor Bred Jolly Good Bacon 6 Oak & Beach Smoked Dry Cured Back Bacon Rashers 200g	4	np	No	Grilled
Sainsbury's	Sainsbury's Taste the Difference Unsmoked Dry Cure Outdoor Bred Streaky Bacon Rashers 220g	3.98	0.72	Yes	Grilled
Aldi	Aldi Freshcure 14 Unsmoked Thick Cut Back Bacon 2 x 250g	3.9	1.9	Yes	Grilled
Marks & Spencer	M&S British Wiltshire Cured Unsmoked Back Bacon 240g	3.9	2.35	Yes	Sold
Sainsbury's	J.James & Family Unsmoked 6 Middle Bacon Rashers 350g	3.88	2.72	Yes	Grilled
Sainsbury's	J.James & Family Smoked 8 Back Bacon Rashers 200g	3.87	1.16	Yes	Grilled
Sainsbury's	J.James & Family Unsmoked 8 Back Bacon Rashers 200g	3.87	1.16	Yes	Grilled
Morrisons	Morrisons The Best Hampshire Breed 16 British Dry Cured Streaky Bacon Unsmoked 240g	3.85	0.62	Yes	Grilled
Sainsbury's	Sainsbury's Smoked 6 Thick Cut Back Bacon Rashers 300g	3.85	2.31	Yes	Grilled
Sainsbury's	Sainsbury's Unsmoked 6 Thick Cut Back Bacon Rashers 300g	3.85	2.31	Yes	Grilled
Aldi	Aldi Freshcure Quality 14 Rashers Smoked Back Bacon Thick Cut 2 x 250g	3.8	1.6	Yes	Grilled
Aldi	Aldi Freshcure 10 Rashers Smoked Back Bacon 300g	3.8	1.4	Yes	Grilled

Manufacturer Name	Product Name	Salt / 100g	Salt/ 2 Rashers	Presence FoP*	Values displayed as
ASDA	Asda Farm Stores Smoked Bacon 300g	3.8	np	Yes	Grilled
ASDA	Asda Butcher's Selection Thick Cut 6 Unsmoked Back Bacon Rashers 300g	3.8	2.1	Yes	Grilled
ASDA	Asda Butcher's Selection 10 Unsmoked Back Bacon Rashers 300g	3.8	1.2	Yes	Grilled
Sainsbury's	Sainsbury's Smoked 8 Back Bacon Rashers 250g	3.76	1.35	Yes	Grilled
Sainsbury's	Sainsbury's Unsmoked 8 British Back Bacon Rashers 250g	3.76	1.35	Yes	Grilled
Morrisons	Morrisons 70% Less Fat 8 Lean Smoked Bacon Medallions 250g	3.74	1.5	Yes	Grilled
Sainsbury's	Sainsbury's Taste the Difference Unsmoked 6 Ultimate Dry Cure Outdoor Bred Bacon Rashers 220g	3.73	1.71	Yes	Grilled
Aldi	Freshcure Thick Cut Smoked Back Bacon 10 Rashers 300g	3.7	1.6	Yes	Grilled
Cookstown	Cookstown Sizzle Bacon 8 Smoked Bacon Rashers 240g	3.7	1.2	Yes	Grilled
Cookstown	Cookstown Sizzle Bacon 8 Unsmoked Back Bacon Rashers 240g	3.7	1.2	Yes	Grilled
Sainsbury's	Sainsbury's Taste the Difference Oak Smoked 6 Ultimate Dry Cure Outdoor Bred Bacon Rashers 220g	3.7	1.7	Yes	Grilled
ASDA	ASDA Extra Special Oak Smoked Back Bacon Dry Cured 240g	3.6	1.5	Yes	Grilled
Tesco	Tesco 10 Unsmoked Bacon Medallions 300g	3.6	np	No	Grilled
Tesco	Tesco Finest 6 Thick Cut Rashers Back Bacon Dry Cure Smoked 240g	3.5	2.8	No	Sold
Tesco	Tesco Finest 6 Thick Cut Rashers Back Bacon Dry Cure Smoked 240g	3.5	2.8	No	Sold
Morrisons	Morrisons Unsmoked Back Bacon 20 Rashers 670g	3.47	1.38	Yes	Grilled
Sainsbury's	Sainsbury's Be Good to Yourself 50% Less Fat 8 Smoked Bacon Medallions 200g	3.43	1.13	Yes	Grilled
Sainsbury's	Sainsbury's Be Good to Yourself 50% Less Fat 8 Unsmoked Bacon Medallions 200g	3.43	1.13	Yes	Grilled
Aldi	Aldi Specially Selected British 8 Dry Cured Back Bacon Rashers Unsmoked 240g	3.4	1.1	Yes	Grilled
ASDA	Asda Butcher's Selection 16 Smoked Streaky Bacon Rashers 300g	3.4	0.71	Yes	Grilled
Tesco	Tesco Finest 8 Oak & Beech Smoked Wiltshire Cure Back Bacon Medallions 160g	3.4	1.3	No	Sold
Marks & Spencer	M&S Dry Cured Smoked Back Bacon 220g	3.33	2.45	Yes	Sold
Sainsbury's	Sainsbury's Taste the Difference Applewood Smoked 6 Outdoor Bred British Bacon Rashers 220g	3.31	1.52	Yes	Grilled
Aldi	Aldi Specially Selected British Outdoor Bred 8 Smoked Maple Cured Back Bacon Rashers 240g	3.3	1.4	Yes	Grilled
ASDA	The Butcher's Selection at Asda Reduced Fat 8 Smoked Bacon Medallions 250g	3.3	1.1	Yes	Grilled
Helen Brownings	Helen Browning's Organic Smoked Back Bacon 184g	3.3	np	No	Sold
Morrisons	Morrisons 70% Less Fat 8 Lean Unsmoked Bacon Medallions 250g	3.29	1.32	Yes	Grilled

Manufacturer Name	Product Name	Salt / 100g	Salt/ 2 Rashers	Presence FoP*	Values displayed as
Marks & Spencer	M&S Dry Cured Smoked Streaky Bacon 16 Rashers 240g	3.28	0.98	Yes	Sold
Marks & Spencer	M&S Select Farms British Dry Cured Thin & Crispy Smoked Streaky Bacon 180g	3.28	0.53	Yes	Sold
The Co-Operative	Co-op Irresistible Air Dry Cured Smoked Back Bacon Rashers 230g	3.2	2.45	Yes	Sold
Morrisons	Morrisons The Best Hampshire Breed 6 British Dry Cured Back Bacon Smoked 200g	3.19	1.36	Yes	Grilled
Aldi	Aldi Everyday Essentials Unsmoked Back Bacon 1kg	3.1	2.2	Yes	Grilled
The Jolly Hog	The Jolly Hog Outdoor Bred 5 Smoked Black Treacle Dry Cured Back Bacon Rashers 200g	3.1	np	No	Grilled
The Co-Operative	Co-op Irresistible Air Dry Cured Smoked Streaky Bacon Rashers 230g	3.08	1.18	Yes	Sold
Marks & Spencer	M&S British Wiltshire Cured Smoked Back Bacon 240g	3.05	1.83	Yes	Sold
Marks & Spencer	Marks & Spencer British Dry Cured Unsmoked Streaky Bacon 240g	3.05	0.93	Yes	Sold
Artisan Finnebrogue	Artisan Finnebrogue Naked Bacon 6 Unsmoked Back Bacon Rashers 200g	3	1.08	Yes	Cooked
Iceland	Iceland 8 Smoked Bacon Medallions 200g	3	np	No	Sold
Morrisons	Morrisons Smoked Back Bacon 6 Extra Thick Cut Rashers 300g	3	2	Yes	Grilled
Tesco	Tesco Finest 8 Rashers Back Bacon Wiltshire Cure Smoked 240g	3	1.8	No	Sold
Waitrose	Waitrose Duchy. Organic Free Range Dry Cured British Back Bacon Smoked 184g	2.93	1.79	Yes	Sold
Aldi	Freshcure 75% Less Fat Smoked Lean Bacon Medallions 300g	2.9	0.99	Yes	Grilled
Aldi	Freshcure 75% Less Fat Unsmoked Lean Bacon Medallions 10 Rashers 300g	2.9	0.99	Yes	Grilled
Iceland	Iceland 8 Unsmoked Bacon Medallions 250g	2.9	np	No	Sold
Marks & Spencer	M&S Select Farms 6 Thick Rashers Thick Cut Smoked Back Bacon 300g	2.9	2.9	Yes	Sold
Marks & Spencer	M&S Select Farms 10 Smoked Back Bacon Rashers 300g	2.9	1.7	No	Sold
Tesco	Tesco Finest 16 Rashers Streaky Bacon Dry Cure Smoked 240g	2.9	0.9	No	Sold
Tesco	Tesco Finest 16 Rashers Streaky Bacon Dry Cure Unsmoked 240g	2.9	0.9	No	Sold
The Co-Operative	Co-op Irresistible Air Dry Cured Unsmoked Back Bacon Rashers 230g	2.9	2.22	Yes	Sold
Lidl	Birchwood Unsmoked Thick Cut Back Bacon 7 Rashers 350g	2.88	2.84	Yes	Per 100g Sold, Per Portion Grilled
Lidl	Birchwood Smoked Back Bacon 16 Rashers 2 x 250g	2.88	1.78	Yes	Per 100g Sold, Per Portion Grilled
Lidl	Birchwood Unsmoked Back Bacon 10 Rashers 300g	2.88	1.7	Yes	Per 100g Sold, Per Portion Grilled
Lidl	Birchwood Unsmoked Back Bacon 16 Rashers 2 x 250g	2.88	1.49	Yes	Per 100g Sold, Per Portion Grilled
Lidl	Birchwood Smoked Streaky Bacon 14 Rashers 300g	2.88	1.2	Yes	Per 100g Sold, Per Portion Grilled

Manufacturer Name	Product Name	Salt / 100g	Salt/ 2 Rashers	Presence FoP*	Values displayed as
Lidl	Birchwood Unsmoked Streaky Bacon 14 Rashers 300g	2.88	1.2	Yes	Per 100g Sold, Per Portion Grilled
Lidl	Lidl Deluxe 12 Smoked Honey Cured Streaky Bacon Rashers 240g	2.88	0.81	Yes	Grilled
Marks & Spencer	M&S Select Farms British 10 Smoked Bacon Medallions 250g	2.88	1.44	No	Sold
Marks & Spencer	M&S British Unsmoked Bacon Medallions 250g	2.85	1.43	No	Sold
Marks & Spencer	M&S Thin & Crispy Unsmoked Streaky Bacon 250g	2.85	0.8	Yes	Sold
Marks & Spencer	M&S Select Farms 18 Thin Rashers British Thin & Crispy Smoked Streaky Bacon 250g	2.85	0.8	Yes	Sold
Lidl	Birchwood Smoked Honey Cured Streaky Bacon 14 Rashers 300g	2.83	0.86	Yes	Per 100g Sold, Per Portion Grilled
The Co-Operative	Co-op Outdoor Bred British Unsmoked Rindless Back Bacon 300g	2.81	2.11	Yes	Sold
The Co-Operative	Co-op Outdoor Bred British Smoked Rindless Streaky Bacon 275g	2.81	1.55	Yes	Sold
Tesco	Tesco 6 Unsmoked Back Bacon Rashers Thick Cut 300g	2.8	np	No	Sold
Tesco	Tesco Woodside Farms Smoked Back Bacon 300g	2.8	np	No	Sold
Tesco	Tesco Woodside Farms Unsmoked Back Bacon 300g	2.8	np	No	Sold
Tesco	Tesco Woodside Farms Unsmoked Streaky Bacon 275g	2.8	np	No	Sold
Tesco	Tesco 6 Smoked Back Bacon Rashers Thick Cut 300g	2.8	2.8	No	Sold
Tesco	Tesco 10 Smoked Back Bacon Rashers 300g	2.8	1.7	No	Sold
Tesco	Tesco 10 Unsmoked Back Bacon Rashers 300g	2.8	1.7	No	Sold
Tesco	Tesco 14 Smoked Streaky Bacon Rashers 300g	2.8	1.2	No	Sold
Tesco	Tesco 14 Unsmoked Streaky Bacon Rashers 300g	2.8	1.2	No	Sold
Waitrose	Waitrose Duchy Organic Free Range Dry Cured Back Bacon Unsmoked 6 Rashers 184g	2.8	np	Yes	Sold
Wall's	Wall's 4 Unsmoked Thick Cut Rashers 140g	2.8	2	No	Sold
Marks & Spencer	M&S Select Farms British Thick Cut Smokes Back Bacon 220g	2.78	3.06	Yes	Sold
The Co-Operative	Co-op Outdoor Bred British Smoked Rindless Back Bacon 300g	2.78	2.09	Yes	Sold
Artisan Finnebrogue	Artisan Finnebrogue Naked Bacon 6 Smoked Back Bacon Rashers 200g	2.77	1.1	Yes	Cooked
Artisan Finnebrogue	Artisan Finnebrogue Naked Bacon 12 Smoked Streaky Bacon Rashers 200g	2.77	0.55	Yes	Cooked
Marks & Spencer	M&S Select Farms British Dry Cured Unsmoked Middle Bacon 300g	2.75	4.16	Yes	Sold
Aldi	Freshcure Smoked Maple Cured Back Bacon 10 Rashers 300g	2.7	1.5	Yes	Grilled
Aldi	Freshcure Unsmoked Honey Cured Back Bacon 10 Rashers 300g	2.7	1.5	Yes	Grilled

Manufacturer Name	Product Name	Salt / 100g	Salt/ 2 Rashers	Presence FoP*	Values displayed as
Iceland	Iceland 10 Unsmoked Back Bacon 300g	2.7	np	No	Sold
Morrisons	Morrisons The Best Hampshire Breed 6 British Maple Cured Back Bacon Unsmoked 200g	2.7	1.06	Yes	Grilled
The Co-Operative	Co-op Irresistible Air Dry Cured Unsmoked Streaky Bacon Rashers 230g	2.69	1.03	Yes	Sold
Marks & Spencer	M&S Select Farms British Dry Cured Unsmoked Back Bacon 220g	2.63	1.93	Yes	Sold
The Co-Operative	Co-op British Unsmoked Rindless Streaky Bacon 275g	2.63	1.44	Yes	Sold
Lidl	Lidl Deluxe 12 Unsmoked Dry Cured Streaky Bacon Rashers 240g	2.62	1.25	Yes	Per 100g Sold, Per Portion Grilled
Iceland	Iceland Smoked Thick Cut Back Bacon 300g	2.6	np	No	Sold
Iceland	Iceland The Butchers Market Smoked Back Bacon 150g	2.6	np	No	Sold
Iceland	Iceland 12 Smoked Streaky Bacon 270g	2.5	np	No	Sold
Iceland	Iceland 12 Unsmoked Streaky Bacon 270g	2.5	np	No	Sold
Marks & Spencer	M&S British Thick Cut Unsmoked Back Bacon 300g	2.5	2.5	Yes	Sold
Marks & Spencer	M&S British Unsmoked Back Bacon 300g	2.5	1.5	No	Sold
Tesco	Tesco Finest 8 Rashers Back Bacon Wiltshire Cure Unsmoked 240g	2.5	1.5	No	Sold
Waitrose	Waitrose Smoked Dry Cured Back Bacon 8 Rashers 250g	2.5	1.56	Yes	Sold
Waitrose	Waitrose Unsmoked Dry Cured Back Bacon 8 Rashers 250g	2.5	1.56	Yes	Sold
Waitrose	Essential Waitrose Smoked British Bacon 10 Back Rashers 300g	2.5	1.5	No	Sold
Waitrose	Essential Waitrose Unsmoked British Bacon 10 Back Rashers 300g	2.5	1.5	No	Sold
Waitrose	Waitrose 6 Rashers of Slow Matured Extra Thick, Unsmoked Dry Cured Back Bacon 300g	2.5	1.25	Yes	Sold
Waitrose	Waitrose Essential Unsmoked British Bacon 12 Streaky Rashers 250g	2.5	1.04	No	Sold
Waitrose	Essential Waitrose Smoked British Bacon 12 Streaky Rashers 250g	2.5	1.04	No	Sold
Waitrose	Waitrose 12 Rashers Of Sweetly Smoky, Slow Matured Smoked Dry Cured Streaky Bacon 250g	2.5	1.04	Yes	Sold
Morrisons	Morrisons The Best Hampshire Breed 6 British Traditionally Cured Back Bacon Smoked 200g	2.4	0.88	Yes	Grilled
Tesco	Tesco Woodside Farms Middle Bacon 500g	2.4	np	No	Sold
Tesco	Tesco Finest 8 Rashers Back Bacon Dry Cure Unsmoked 240g	2.4	1.4	No	Sold
The Co-Operative	Co-op Irresistible Air Dry Cured Reduced Fat Unsmoked Bacon Medallions 200g	2.35	1.18	Yes	Sold
Marks & Spencer	M&S Select Farms British Thick Cut Unsmoked Back Bacon 220g	2.33	2.56	Yes	Sold
Aldi	Aldi Freshcure 8 Rashers Reduced Salt Unsmoked Back Bacon 250g	2.3	1	Yes	Grilled

Manufacturer Name	Product Name	Salt / 100g	Salt/ 2 Rashers	Presence FoP*	Values displayed as
Aldi	Aldi Freshcure Reduced Salt Smoked Back Bacon 8 Rashers 250g	2.3	1	Yes	Grilled
Wall's	Walls 4 Smoked Thick Cut Rashers 140g	2.3	1.6	No	Sold
Sainsbury's	Sainsbury's Smoked Reduced Salt 8 British Back Bacon Rashers 250g	2.26	0.81	Yes	Grilled
Sainsbury's	Sainsbury's Unsmoked Reduced Salt 8 British Back Bacon Rashers 250g	2.26	0.81	Yes	Grilled
Lidl	Birchwood Smoked Maple Cured Streaky Bacon 14 Rashers 300g	2.18	0.86	Yes	Per 100g Sold, Per Portion Grilled
The Co-Operative	Co-op Irresistible Air Dry Cured Maple Cured Streaky Bacon Rashers 200g	2.16	1.08	Yes	Sold
Marks & Spencer	M&S Food British Outdoor Bred Unsmoked Streaky Bacon 12 Rashers 200g	2.15	0.73	Yes	Sold
Lidl	Lidl Birchwood Smoked Reduced Salt Back Bacon 10 Rashers 300g	2.13	1.12	Yes	Per 100g Sold, Per Portion Grilled
Lidl	Lidl Birchwood Unsmoked Reduced Salt Back Bacon 10 Rashers 300g	2.13	1.12	Yes	Per 100g Sold, Per Portion Grilled
Marks & Spencer	M&S Food British Outdoor Bred Unsmoked Bacon 6 Rashers 200g	2.1	1.4	Yes	Sold
Lidl	Birchwood Smoked Reduced Fat Bacon Medallions 300g	2.01	0.99	Yes	Per 100g Sold, Per Portion Grilled
Lidl	Birchwood Unsmoked Reduced Fat Bacon Medallions 10 Rashers 300g	2.01	0.99	Yes	Per 100g Sold, Per Portion Grilled
Danepak	Danepak 10 Smoked Back Bacon Rashers Reduced Salt 300g	1.9	np	No	Sold
Danepak	Danepak 10 Unsmoked Back Bacon Rashers Reduced Salt 300g	1.9	np	No	Sold
The Co-Operative	Co-op Outdoor Bred 8 Reduced Fat Smoked Bacon Medallions 200g	1.8	0.9	Yes	Sold
Waitrose	Waitrose & Partners Free Range Beech Smoked Back Bacon 200g	1.51	1.01	Yes	Sold
Waitrose	Waitrose & Partners Free Range Unsmoked Back Bacon 200g	1.51	1.01	Yes	Sold
The Co-Operative	The Co-operative 8 Reduced Fat Unsmoked Bacon Medallions 200g	1.45	0.73	Yes	Sold

ⁱ Love Pork – Agriculture & Horticulture Development Board. <https://www.lovepork.co.uk/how-to-guides/bacon/bacon-facts/>

ⁱⁱ [Pizza Hut Pepperoni Feast](#) contains 0.64g salt per Small Classic Slice

ⁱⁱⁱ According to our records, up until 2016 Tesco had some form of front of pack label, but have now decided to opt for none

^{iv} [FoodSwitch UK](#) app helps you find healthier choices – simply scan the barcode of your regular brand to get colour coded nutrition information and see a list of healthier alternatives. Download the app

^v [Maximum daily intakes for an adult is 6g/day, about a level teaspoon. SACN Salt & Health Report 2003](#)

^{vi} Potassium-based sodium replacers: assessment of the health benefits and risks of using potassium based sodium replacers in foods in the uk – [SACN and CoT Statement](#)