

CASH comment on Kraft Lunchables Salt reductions

While CASH commend all reductions in salt, Kraft Lunchables are still extremely high in salt and we would not recommend products with these levels of salt to be marketed for children. Dairylea Lunchables Ham 'n' Cheese Sub provides only 18% of a 6 year olds average energy requirements while providing 43% of their maximum recommended salt intake. In order to keep a child's salt intake down while providing a similar amount of calcium as the lunchable products we would recommend a chicken sandwich and a yogurt.

Chicken and Cheese sandwich:	Salt g	Calories	Fat g	Sat Fat g	Calcium mg
60g Sainsbury's medium white bread	0.48 ^{±±}	131 ^{±±}	1.14 ^{±±}	0.18 ^{±±}	106 [±]
25g Sainsbury's British Cheddar, Medium Matured	0.43 ^{±±}	103 ^{±±}	8.6 ^{±±}	5.42 ^{±±}	185 ^{±±}
25g Grilled Skinless Chicken Breast	0.04	37	0.28	0.08	0.75
10g Low fat spread (Bertoli)	0.08	53	5.9	1.4	- [±]
Total	1.0	324	15.9	7.26	292

Dairylea Lunchables Chicken and Cheese Crackers	1.3	192	5.8	3.21	191
50% less calcium					
23% more salt					
43% of a 6 year olds maximum salt intake					
Only provides 11% of calories (1720 kcal av of 6 year old boys and girls requirements)					

Ham and Cheese sandwich:	Salt g	Calories	Fat g	Sat Fat g	Calcium mg
60g Sainsbury's medium white bread	0.48 ^{±±}	131 ^{±±}	1.14 ^{±±}	0.18 ^{±±}	106 [±]
25g Sainsbury's British Cheddar, Medium Matured	0.43 ^{±±}	103 ^{±±}	8.6 ^{±±}	5.42 ^{±±}	185 ^{±±}
25g Sainsbury's Cooked Ham	0.70 ^{±±}	25 ^{±±}	0.88 ^{±±}	0.35 ^{±±}	7 [±]
10g Low fat spread (Bertoli)	0.08 ^{±±}	53 ^{±±}	5.9 ^{±±}	1.4 ^{±±}	- [±]
Total	1.7	312	16.52	7.35	298

Dairylea Lunchables Ham 'n' Cheese Sub	1.8	310	11.0	5.6	217
37% less calcium					
6% more salt					
60% of a 6 year olds maximum salt intake					
Only provides 18% of calories (1720 kcal av of 6 year old boys and girls requirements)					

Chicken sandwich:	Salt g	Calories	Fat g	Sat Fat g	Calcium mg
60g Sainsbury's medium white bread (0.8g salt per 100g ^{±±})	0.48 ^{±±}	131 ^{±±}	1.14 ^{±±}	0.18 ^{±±}	106 [±]
50g Grilled Skinless Chicken Breast (0.15g salt/100g [±])	0.08	74	0.55	0.15	1.5
10g Low fat spread (Bertoli)	0.08	53	5.9	1.4	- [±]
Muller Little Stars Smooth Yogurt:	Salt g	Calories	Fat g	Sat Fat g	Calcium mg
	0.21 ^{±±}	77 ^{±±}	1.45 ^{±±}	0.94 ^{±±}	128 ^{±±}
Total	0.85	287	9.04	2.67	236

± McCance and Widdowson

±± 7/2/07 Sainsbury's online shopping website