



Cottage Pie Survey 2016 - Full Data

Notes:

Data per 100g and per portion was collected online and in store from the week commencing 26.01.2016 until 09.02.2016. See CASH website for further information.

Values sorted from highest to lowest salt content per 100g

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 Name	Product Name	Size (g)	Suggested Portion Size (g)	2016 salt (g) per 100g	2016 salt (g) per serve	Meets 2017 max salt target (0.95g per 100g?)
Marks & Spencer	Marks & Spencer Gastropub Cottage Pie In A Rich Red Wine Gravy With Cheese Mash	800	400	0.73	2.9	Y
Marks & Spencer	Marks & Spencer Cottage Pie	400	200	0.73	1.45	Y
McIntosh	McIntosh Cottage Pie	340	340	0.71	2.41	Y
The Co-operative	The Co-operative Truly Irresistible Cottage Pie	400	400	0.7	2.9	Y
Marks & Spencer	Marks & Spencer Gastropub Cottage Pie In A Rich Red Wine Gravy With Cheese Mash	400	400	0.7	2.8	Y
Charlie Bigham's	Charlie Bigham's Cottage Pie	650	325	0.67	2.17	Y
Aldi	Aldi British Classic Cottage Pie	400	400	0.65	2.6	Y
Waitrose	Waitrose British Cottage Pie	400	400	0.65	2.43	Y
Sainsbury's	Sainsbury's Taste the Difference Cottage Pie	800	400	0.63	2.50	Y
Lidl	Lidl Chef Select Cottage Pie	400	400	0.63	2.3	Y
Waitrose	Waitrose British Cottage Pie	1000	333.33	0.63	1.9	Y
Marks & Spencer	Marks & Spencer Cottage Pie	200	200	0.63	1.25	Y
Tasty Favourites	Tasty Favourites Cottage Pie	450	450	0.6	2.7	Y
Morrisons Kitchen	Morrisons Kitchen Taste of Home Cottage Pie	450	450	0.6	2.5	Y
Tesco	Tesco Finest Aberdeen Angus Cottage Pie	400	382	0.6	2.4	Y
Tesco	Tesco Finest Aberdeen Angus Cottage Pie	800	381	0.6	2.4	Y
Waitrose	Menu from Waitrose Crunchy Topped Cottage Pie	700	350	0.6	1.88	Y
Asda	Asda Smart Price Cottage Pie	300	300	0.6	1.8	Y
Tesco	Tesco Finest Aberdeen Angus Cottage Pie	1200	248	0.6	1.8	Y
Marks & Spencer	Marks & Spencer Cottage Pie	800	200	0.6	1.2	Y
Asda	Asda Classic Cottage Pie	800	400	0.55	2.2	Y
Asda	Asda Extra Special West Country Beef Cottage Pie with Gentleman Jack Ale	400	400	0.52	2.1	Y
Waitrose	Menu from Waitrose Cottage Pie	350	350	0.52	1.66	Y
Tesco	Tesco Classic Kitchen Cottage Pie	450	440	0.5	2.1	Y
Tesco	Tesco Classic Kitchen Cottage Pie	800	390	0.5	2	Y
The Co-operative	The Co-operative Loved by Us Cottage Pie	400	400	0.5	1.9	Y
Sainsbury's	Sainsbury's Basics Cottage Pie	300	300	0.5	1.43	Y
Waitrose	Essential Waitrose Cottage Pie	400	400	0.48	1.93	Y
Sainsbury's	Sainsbury's Classic Cottage Pie	450	450	0.45	1.94	Y
Sainsbury's	Sainsbury's Classic Cottage Pie	1500	375	0.45	1.63	Y
Royal	Royal Cottage Pie	400	400	0.42	1.68	Y
Tesco	Tesco Everyday Value Cottage Pie	400	400	0.4	1.6	Y
Kirstys	Kirstys Cottage Pie with Sweet Potato Mash	400	400	0.4	1.6	Y
Marks & Spencer	Marks & Spencer Count On Us Cottage Pie	400	400	0.4	1.6	Y
Morrisons	Morrisons Savers Cottage Pie	400	400	0.40	1.60	Y
WeightWatchers	WeightWatchers Classic Cottage Pie	400	400	0.4	1.6	Y
Morrisons	Morrisons Signature Cottage Pie with Real Ale Gravy	700	338	0.4	1.5	Y
Asda	Asda Good & Counted Cottage Pie	350	350	0.4	1.4	Y
Tesco	Tesco Healthy Living Cottage Pie	400	372	0.4	1.3	Y
Sainsbury's	Sainsbury's Be Good to Yourself Cottage Pie	400	400	0.39	1.53	Y
The Co-operative	The Co-operative Loved by Us Cottage Pie Low Fat	400	400	0.36	1.45	Y
Tesco	Tesco Classic Kitchen Cottage Pie	1500	368	0.3	0.9	Y



Ready Meal Survey 2007 - Cottage Pie Extract

Notes:

Values sorted from highest to lowest salt content per 100g

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 Names	Product name	Cuisine	Pack size (g)	Portion size (g)	No. servings per pack	Sodium (g) per 100g	Sodium (g) per portion	Salt (g) per 100g	Salt (g) per portion
Marks & Spencer	Cottage pie	Traditional British (Cottage Pie)	400	400	2	0.32	0.64	0.8	1.6
Marks & Spencer	Cottage pie	Traditional British (Cottage Pie)	190	190	1	0.32	0.61	0.80	1.52
Asda Smart Price	Cottage pie	Traditional British (Cottage Pie)	300	300	np	0.26	0.78	0.7	2.0
Marks & Spencer Gastro Pub	Cottage pie in a rich red wine gravy with cheese mash	Traditional British (Cottage Pie)	330	330	1	0.25	0.83	0.63	2.1
Asda	Cottage pie	Traditional British (Cottage Pie)	500	500	1	0.24	1.20	0.6	3.0
Tesco	Cottage pie	Traditional British (Cottage Pie)	500	500	1	0.2	1.2	0.6	3.0
The Co-operative Group Healthy Living	Cottage pie	Traditional British (Cottage Pie)	400	400	1	0.2	0.9	0.6	2.3
Sainsbury's Taste The Difference	Cottage pie	Traditional British (Cottage Pie)	720	360	2	0.24	0.85	0.60	2.12
Sainsbury's	Cottage pie	Traditional British (Cottage Pie)	450	450	1	0.20	0.85	0.5	2.1
Tesco Healthy Living	Cottage pie	Traditional British (Cottage Pie)	500	500	np	0.2	0.8	0.5	1.9
Somerfield Best Ever	Cottage pie	Traditional British (Cottage Pie)	720	360	2	0.21	0.76	0.5	1.9
Asda Extra Special	Aberdeen Angus cottage pie	Traditional British (Cottage Pie)	400	400	1	0.19	0.76	0.5	1.9
Morrisons Favourites	Cottage pie	Traditional British (Cottage Pie)	300	300	1	0.2	0.6	0.5	1.5
Somerfield Simply Value	Cottage pie	Traditional British (Cottage Pie)	300	300	1	0.18	0.54	0.5	1.4
Tesco Value	Cottage pie	Traditional British (Cottage Pie)	300	300	np	0.2	0.5	0.5	1.3
Waitrose	Cottage pie	Traditional British (Cottage Pie)	400	400	1	0.19	0.76	0.475	1.9
Tesco Finest	Aberdeen angus cottage pie	Traditional British (Cottage Pie)	400	400	np	0.2	0.7	0.4	1.8
Somerfield	Cottage pie	Traditional British (Cottage Pie)	450	450	1	0.14	0.63	0.4	1.6
The Co-operative Group Truly Irresistable	Cottage pie	Traditional British (Cottage Pie)	400	400	1	0.2	0.6	0.4	1.5
The Co-operative Group	Cottage pie	Traditional British (Cottage Pie)	400	400	1	0.1	0.6	0.4	1.4
Asda Good For You	Cottage pie	Traditional British (Cottage Pie)	450	450	1	0.1	0.45	0.3	1.1
Sainsbury's Basics	Cottage pie	Traditional British (Cottage Pie)	300	300	1	0.1	0.2	0.2	0.5