



# White Bread Survey 2016 - Full Data

## Notes:

Data per 100g and per portion for 2016 was collected online and in store from the week commencing 26.01.2016 until 09.02.2016. See CASH website for further information.

Data sorted from highest to lowest salt content per 100g

Salt calculated from sodium where necessary

Colour coding according to DH FoP Guidance: Green  $\leq 0.30/100g$ , 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	Package Size (g)	Serving Size (g)	Salt (g) per 100g	Salt (g) per serving	Meets 2017 max salt target (1.13g per 100g?)
Brace's	Brace's XXX Thick White	800	per slice	1.2	0.61	N
Brace's	Braces Extra Thick White	800	per slice	1.2	0.52	N
Linwoods	Linwoods Harvest Pride White Premium Sliced Bread 800g	800	40	1.2	0.5	N
Brace's	Brace's Thick White	800	per slice	1.2	0.46	N
Brace's	Brace's Medium White	800	per slice	1.2	0.37	N
Sunblest	Sunblest Plain Sliced White Bread 800g	800	per slice	1.08	0.72	Y
Marks & Spencer	Marks & Spencer Super Soft White Thick Sliced	800	94	1.03	0.98	Y
Marks & Spencer	Marks & Spencer Super Soft White Medium Sliced	800	80	1.03	0.83	Y
Fletchers	Fletchers White Bread Medium Sliced	800	np	1.02	np	Y
Fletchers	Fletchers White Bread Thick Sliced	800	np	1.02	np	Y
Sunrise Bakery	Sunrise Bakery Caribbean Style Caribbean Sliced Bread	800	np	1.0	np	Y
Irwin's	Irwin's Irish Batch Sliced White Bread	800	73	1	0.7	Y
Roberts Bakery	Roberts Bakery Mega Thick Soft White Bread 800g	800	np	1	0.7	Y
Kingsmill	Kingsmill Soft Extra Thick White Bread	800	per slice	1	0.67	Y
Warburtons	Warburtons Thickest Sliced White Bread	800	57.5	1.00	0.58	Y
Sunblest	Sunblest Scottish Plain White Sliced Bread 800g	800	per slice	1	0.58	Y
Waitrose	Waitrose Soft White Farmhouse Batch	800	per slice	1.00	0.50	Y
Waitrose	Waitrose White Farmhouse Loaf 800g	800	per slice	1	0.5	Y
Waitrose	Waitrose Farmhouse Batch Crusty White 800g	800	per slice	1	0.5	Y
Kingsmill	Kingsmill Toastie Thick	800	per slice	1	0.5	Y
Hovis	Hovis Good Inside Soft White Thick	800	50	1.00	0.50	Y
Irwin's	Irwin's Softee Extra Thick Sliced White Bread	800	per slice	1	0.5	Y
Kingsmill	Kingsmill White Toastie	800	per slice	1.00	0.50	Y
Lidl	Lidl Rowan Hill Bakery Toastie Thick White Toastie	800	50	1.0	0.50	Y
Morrisons	Morrisons Baked By Us White Super Toastie	800	53	1	0.5	Y
Morrisons	Morrisons Super Toastie White	800	53	1	0.5	Y
Roberts Bakery	Roberts Bakery Thick Soft White Bread 800g	800	np	1	0.5	Y
The Co-operative	The Co-operative Bakery Thick White Toastie	800	50	1	0.5	Y
The Co-operative	The Co-operative Loved By Us The White Toastie	800	50	1.0	0.5	Y
Waitrose	Waitrose Thick Sliced Soft White Farmhouse Loaf	800	per slice	1.00	0.50	Y
Warburtons	Warburtons Toastie Thick	800	47.4	1.00	0.47	Y
Kingsmill	Kingsmill White Farmhouse	800	per slice	1.00	0.44	Y
Waitrose	Waitrose Thick Sliced Soft White	800	per slice	1.00	0.44	Y
Kingsmill	Kingsmill Soft White Thick	800	per slice	1.00	0.44	Y
The Co-operative	The Co-operative Loved By Us The White Farmhouse	800	44	1.0	0.44	Y
Warburtons	Warburtons Soft White Farmhouse Thick Sliced Bread	800	42.7	1.00	0.43	Y
Tesco	Tesco White Toastie Thick Sliced Bread	800	44	1	0.4	Y
Warburtons	Warburtons Medium Sliced White Bread	800	40.3	1.00	0.40	Y
Kingsmill	Kingsmill Soft White Medium	800	per slice	1.00	0.40	Y
Waitrose	Waitrose Medium Sliced Soft White Loaf	800	per slice	1.00	0.40	Y
Tesco	Tesco White Sliced Bread Thick	800	42	1	0.4	Y
Tesco	Tesco Family White Medium	800	36	1.0	0.4	Y
Baltona	Baltona Artisan Bread White	800	40	1.00	0.4	Y
Irwin's	Irwin's Small Sandwich Pan Medium Sliced White	400	38	1	0.4	Y
Irwin's	Irwin's Softee Medium Sliced White Bread	800	per slice	1	0.4	Y
Kingsmill	Kingsmill Soft White Bread, Medium Sliced	800	per slice	1	0.4	Y
Lidl	Lidl Rowan Hill Bakery Soft Medium White	800	40	1.00	0.40	Y
Roberts Bakery	Roberts Bakery Medium Soft White Bread 800g	800	np	1	0.4	Y
Roberts Bakery	Roberts Bakery White Farmhouse Bread 800g	800	np	1	0.4	Y
Tesco	Tesco Family White Thick	800	44	1.0	0.4	Y
Tesco	Tesco White Toastie Thick Sliced Bread	800	44	1.0	0.4	Y
Kingsmill	Kingsmill Little Big Loaf Soft White Medium	470	per slice	1.00	0.39	Y
Warburtons	Warburtons Crusty Premium White Sliced Loaf 400g	400	30.5	1.00	0.31	Y
Weight Watchers	Weight Watchers Thick Sliced White 400g	400	28.8	1	0.3	Y
Morrisons	Morrisons Medium White	800	33	1	0.3	Y
Morrisons	Morrisons Toastie White	400	33	1	0.3	Y
Waitrose	Waitrose Soft White Medium Sliced Bread 400g	400	per slice	1	0.3	Y
Morrisons	Morrisons Signature Thick Cut Farmhouse White Loaf	400	33	1	0.3	Y
Warburtons	Warburtons Toastie Thick Sliced White Bread	400	28.8	1.00	0.29	Y
Kingsmill	Kingsmill Soft White Medium	400	per slice	1.00	0.29	Y
Warburtons	Warburtons Soft White Farmhouse Thick Sliced Bread	400	27	1.00	0.27	Y
Warburtons	Warburtons Danish Lighter White Bread	400	25.8	1.00	0.26	Y
Warburtons	Warburtons Medium Sliced White Bread	400	23.7	1.00	0.24	Y
Kingsmill	Kingsmill White Bread, No Crusts	400	per slice	1	0.22	Y
Kingsmill	Kingsmill Danish Sliced White	400	per slice	1	0.22	Y

Brand Name	Product Name	Package Size (g)	Serving Size (g)	Salt (g) per 100g	Salt (g) per serving	Meets 2017 max salt target (1.13g per 100g?)
Weight Watchers	Weight Watchers Soft White Danish		20.6	1.0	0.2	Y
Warburtons	Warburtons Milk Roll Soft Round White Bread 400g	400	18.4	1.00	0.18	Y
Irwin's	Irwin's Irish Batch White	400	np	1	np	Y
Baltona	Baltona Artisan White Bread	400	np	1	np	Y
Aldi	Aldi Soft White Toastie	800	50	0.98	0.49	Y
Aldi	Aldi Soft White Medium Bread	800	40	0.98	0.39	Y
Ormo	Ormo Medium Sliced White Bread 800g	800	40	0.98	0.39	Y
Warburtons	Warburtons Old English White	400	40	0.98	0.39	Y
Sunblest	Sunblest White Medium Sliced Bread 800g	800	per slice	0.98	0.37	Y
Asda	Asda Chosen by You Square Cut White Medium Sliced	800	per slice	0.98	0.35	Y
Kingsmill	Kingsmill White Farmhouse	400	per slice	0.98	0.35	Y
Waitrose	Essential Waitrose White Medium Sliced Bread	800	per slice	0.98	0.32	Y
Mothers Pride	Mothers Pride Scottish Plain Thick Cut 800g	800	62	0.95	0.59	Y
Mothers Pride	Mothers Pride Thick Sliced White Bread 800g	800	62	0.95	0.59	Y
Waitrose	Waitrose White Sliced Bloomer 400g	400	per slice	0.95	0.48	Y
Mothers Pride	Mothers Pride Medium Sliced White Bread 800g	800	50	0.95	0.48	Y
Mothers Pride	Mothers Pride Scottish Plain Medium Cut 800g	800	50	0.95	0.48	Y
The Co-operative	The Co-operative Bakery White Farmhouse	800	50	0.95	0.48	Y
The Co-operative	The Co-operative Bakery White Farmhouse	400	50	0.95	0.48	Y
Kingsmill	Kingsmill Great White	750	per slice	0.95	0.36	Y
The Co-operative	The Co-operative Bakery Small White Farmhouse Loaf	440	37	0.95	0.35	Y
Sainsbury's	Sainsbury's Taste the Difference Soft White Farmhouse Batch 800g	800	per slice	0.94	0.44	Y
Sainsbury's	Sainsbury's Fresh for Longer Medium White 800g	800	per slice	0.94	0.34	Y
Marks & Spencer	Marks & Spencer Crusty White	400	67	0.93	0.63	Y
Hovis	Hovis Bread Soft White Doorstep	800	67	0.90	0.60	Y
Tesco	Tesco Finest White Farmhouse Batch	800	50	0.9	0.5	Y
Asda	Asda Chosen by You Extra Thick Sliced Toastie White Loaf	800	per slice	0.9	0.5	Y
Hovis	Hovis Bread Soft White Thick	800	50	0.90	0.45	Y
Hovis	Hovis British Farmers Soft White Loaf	800	50	0.9	0.45	Y
Tesco	Tesco Everyday Value White Sliced Bread	800	44	0.9	0.4	Y
Brace's	Braces Classic White	800	29	0.9	0.39	Y
Hovis	Hovis Bread Soft White Medium	800	40	0.90	0.36	Y
Hovis	Soft White Medium	800	40	0.9	0.36	Y
Sainsbury's	Sainsbury's Basics White Bread	800	per slice	0.90	0.32	Y
Aldi	Aldi Everyday Essentials Medium Sliced White Bread	800	36	0.9	0.32	Y
Asda	Asda Bakers Selection White Bread		per slice	0.9	0.32	Y
Morrisons	Morrisons Savers White Loaf Medium Sliced	720	30	0.9	0.3	Y
Morrisons	Morrisons Baked By Us Medium White 800g	800	33	0.9	0.3	Y
Morrisons	Morrisons Baked By Us Medium White With More	400	29	0.9	0.3	Y
Hovis	Hovis Bread Soft White Medium	400	29	0.90	0.26	Y
Hovis	Hovis Soft White Medium	400	29	0.9	0.26	Y
Jackson's	Jackson's Yorkshire's Champion Bread White Bloomer	800	np	0.9	np	Y
Lidl	Lidl Rowan Hill Bakery White Farmhouse	800	47	0.88	0.41	Y
Lidl	Lidl Simply Medium Sliced White	800	36	0.88	0.32	Y
Marks & Spencer	Simply M&S White Bread Medium Sliced	800	76	0.83	0.63	Y
Morrisons	Morrisons Signature Thick Cut Farmhouse White Loaf	800	40	0.83	0.33	Y
Warburtons	Warburtons Newburn Bakehouse White Farmhouse Loaf		35	0.83	0.29	Y
Tesco	Tesco White Sliced Bread Medium	800	38	0.8	0.3	Y
Tesco	Tesco White Stay Fresh Medium Sliced Bread	800	38	0.8	0.3	Y
Morrisons	Morrisons Baked By Us Toastie White	800	40	0.8	0.3	Y
Tesco	Stay Fresh White Sliced Bread Medium	800	38	0.8	0.3	Y
Marks & Spencer	Marks & Spencer Soft White Farmhouse	800	100	0.78	0.78	Y
Sainsbury's	Sainsbury's Extra Thick White Toastie 800g	800	100	0.78	0.78	Y
Sainsbury's	Sainsbury's Thick White	800	2 slices	0.78	0.69	Y
Sainsbury's	Sainsbury's Medium White	800	per 2 slices	0.78	0.62	Y
Marks & Spencer	Marks & Spencer Soft White Farmhouse	400	57	0.75	0.43	Y

# Bread Survey 2011 - White Bread Extract

Notes:

White bread data was extracted from previous CASH survey on bread in 2011. See CASH website for further information.

Data 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	Product Name	Pack Weight (g)	Portion size (g)	Salt (g) per 100g	Salt (g) per portion
Asda Organics	Soft White Loaf	800	slice	1.2	0.5
Asda Chosen By You	Bakers Gold White Farmhouse (11 portions)	400	36	1.2	0.4
Asda Chosen By You	Bakers Gold White Farmhouse	800	50	1.1	0.5
Asda Chosen By You	Bakers Gold White Farmhouse (16 portions)	400	25	1.1	0.5
Tesco Baker's Soft	Tasty White Thick	800	44	1.1	0.5
Tesco Baker's Soft	Tasty White Medium	800	40	1.1	0.4
Weight Watchers	Thick Sliced White	400	28.8	1.1	0.3
Warburtons	Thickest (White)	800	57.5	1.08	0.62
Kingsmill	Little Big Loaf Love To Toast	470	Slice	1.08	0.58
Kingsmill	Love To Toast White Toastie Thick	800	Slice	1.08	0.55
Warburtons	Toastie Thick Sliced White Bread	800	47.4	1.08	0.51
Kingsmill	Farmhouse White	800	Slice	1.08	0.48
Kingsmill	Great Everyday White Thick	800	Slice	1.08	0.48
Kingsmill	Soft White Farmhouse	800	Slice	1.08	0.48
Warburtons	Farmhouse Soft White Sliced Bread	800	42.7	1.08	0.46
Warburtons	Medium Sliced White Bread	800	40.3	1.08	0.44
Kingsmill	Great Everyday White Medium	800	Slice	1.08	0.43
Kingsmill	Little Big Loaf Great Everyday	470	Slice	1.08	0.43
Warburtons	Crusty	400	30.5	1.08	0.33
Warburtons	Toastie Thick Sliced White Bread	400	28.8	1.08	0.31
Warburtons	Farmhouse Soft White Bread	400	27	1.08	0.29
Warburtons	Medium Sliced White Bread	400	23.7	1.08	0.26
Kingsmill	Crusts Away White	400	Slice	1.08	0.24
Warburtons	Milk Roll	400	18.4	1.08	0.20
Hovis	Soft White Doorstep	800	67	1.05	0.70
Hovis	Farmhouse Soft White	800	50	1.05	0.52
Hovis	Soft White Thick	800	50	1.05	0.52
Hovis	Soft White Medium	800	40	1.05	0.42
Hovis	Farmhouse Soft White	400	Slice	1.05	0.35
Hovis	Soft White Thick	400	33	1.05	0.35
Hovis	Soft White Medium	400	25	1.05	0.26
Sainsbury's Taste The Difference	Soft White Farmhouse Batch	800	47	1.02	0.48
Country Kitchens Bakery	White Crusty Loaf	350	np	1.0	np
Irwin's	Irish Batch White	400	np	1.0	np
Morrisons	Toastie White	400	67	1	0.8
Marks & Spencer	Super Soft White Thick Sliced	800	Slice	1.00	0.50
Morrisons	Extra Thick Superlife White	800	53	1	0.5
Morrisons	Extra Thick White	800	53	1	0.5
Morrisons	Medium White	400	57	1	0.5
Morrisons	Thick Superlife White	800	40	1	0.5
Morrisons	Thick White	800	40	1	0.5
Stephenson's Bakery	Thick Sliced Bread White	800	Slice	1	0.5
Tesco Finest	Farmhouse Batch	800	50	1	0.5
Tesco Finest	White Farmhouse Batch	800	50	1.0	0.5
Waitrose	Farmhouse Batch Crusty White	800	Slice	1.00	0.50
Waitrose	Farmhouse Batch Soft White	800	Slice	1.00	0.50
Wheatfield Bakery	White Farmhouse	800	50	1.0	0.5
Waitrose	Soft White Thick Sliced Bread	800	Slice	1.00	0.46
Waitrose Essential	White Thick Sliced Bread	800	Slice	1.00	0.44
Waitrose	Soft White Medium Sliced Bread	800	Slice	1.00	0.41
Asda Chosen By You	Square Cut White Medium Sliced	800	36	1.0	0.4
Asda Chosen By You	Square Cut White Thick Sliced	800	44	1.0	0.4
Asda Smart Price	Medium White Bread	800	Slice	1.0	0.4
Marks & Spencer	Super Soft White Medium Sliced	800	Slice	1.00	0.40
Sainsbury's Organic	White Thick Sliced Bread	800	44	1.0	0.4
Tesco Value	Medium Sliced White Bread	800	36	1.0	0.4
The Co-operative	White Bread Thick Sliced	800	44	1.0	0.4
The Co-operative Truly Irresistible	White Farmhouse Batch Loaf	800	47	1.0	0.4
Waitrose Love Life	High Fibre Soft White Bread Thick Sliced	800	Slice	1.00	0.40
Warburtons	Tasty White	600	38	1.00	0.38
Marks & Spencer	Crusty White	400	Slice	1.00	0.33
Asda Chosen By You	Fresh For A Week White Medium Sliced	800	36	1.0	0.3
Morrisons	Medium Superlife White	800	33	1	0.3
Morrisons	Medium White	800	33	1	0.3
Morrisons Value	Medium Sliced White Bread	800	33	1	0.3
Stephenson's Bakery	Medium Sliced Bread White	800	Slice	1	0.3

Brand	Product Name	Pack Weight (g)	Portion size (g)	Salt (g) per 100g	Salt (g) per portion
The Co-operative	White Bread Medium Sliced	800	36	1.0	0.3
Waitrose	Soft White Medium Sliced Bread	400	Slice	1.00	0.27
Hovis Nimble	White	380	21	1.00	0.21
Waitrose Organic	Farmhouse Batch Soft White	800	Slice	0.98	0.49
Waitrose	White Sliced Bloomer	400	Slice	0.95	0.48
Waitrose	White Sliced Bread	800	Slice	0.95	0.34
Marks & Spencer	Soft White Farmhouse	400	Slice	0.95	0.25
Sainsbury's	Medium White Fresh For Longer	800	Slice	0.94	0.34
Marks & Spencer	Soft White Farmhouse	800	Slice	0.90	0.43
Asda Chosen By You	Square Cut White & Wheat Sliced	800	50	0.9	0.4
Tesco	White Sliced Bread Thick	800	44	0.9	0.4
Tesco Value	Thick Sliced White Bread	800	44	0.9	0.4
Sainsbury's Basics	White Bread (Medium)	800	Slice	0.90	0.32
Tesco	White Sliced Bread Medium	800	36	0.9	0.3
Asda Chosen By You	Square Cut White Sliced Half Loaf	400	44	0.8	0.36
Sainsbury's	Thick White	800	Slice	0.75	0.33
Sainsbury's	Medium White	800	Slice	0.75	0.27
Marks & Spencer	Toasting White	400	Slice	0.73	0.25
Tesco Stayfresh	White Sliced Bread Medium	800	34	0.6	0.2
Marks & Spencer Simply More Eat Well	Healthiest White Bread	800	Slice	0.58	0.23

# Bread Survey 2007 - White Bread Extract

**Notes:**

White bread data was extracted from previous CASH survey on bread in 2007. See CASH website for further information.

Data 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	Product name	Pack Weight (g)	Portion Size (g)	Salt (g) per 100g	Salt (g) per portion
Asda	Medium White Big Loaf	800	np	1.5	0.5
Morrisons	The Best - Medium Sliced White Loaf	800	np	1.3	0.5
Morrisons	Farmhouse Gold - Sliced White Organic Bread	800	np	1.3	0.4
Asda	Bakers Gold White Sliced	800	np	1.25	0.6
Asda	Fresh for a week White - Medium Sliced	800	np	1.25	0.5
Warburtons	White Batch , Thick Sliced	800	42.6	1.3	0.5
Warburtons	Toastie Thick Sliced White Bread	800	47.4	1.23	0.58
Warburtons	Farmhouse Soft White Sliced Bread - Thick Sliced	800	42.7	1.23	0.53
Kingsmill	Square White, Medium Sliced	800	np	1.23	0.53
Warburtons	Medium Sliced White Bread	800	40.3	1.23	0.50
Hovis	Invisible Crust White - Medium Sliced	800	40	1.22	0.49
Hovis	Square White - Medium Sliced	800	40	1.22	0.49
Tesco	Organic Thick Sliced White Bread	800	45	1.2	0.5
Morrisons	Superlife White Medium Sliced Bread	800	np	1.2	0.5
Warburtons	Weight Watchers White Danish	400	20.6	1.20	0.25
Kingsmill	Toastie White Bread, Thick Sliced	800	np	1.18	0.6
Kingsmill	Head Start with DHA & EPA Omega 3 - Medium Sliced White	800	np	1.18	0.48
Warburtons	Danish, the lighter white bread	400	25.8	1.18	0.30
Hovis	White Organic	800	44	1.17	0.52
Kingsmill	Good as Gold - Soft White	800	np	1.15	0.55
Hovis	Classic White - Medium Sliced	800	44	1.13	0.50
Warburtons	Crusty Premium White Sliced Loaf	400	30.5	1.13	0.35
Kingsmill	Crusts Away White Bread	400	np	1.13	0.25
Sainsbury's	Soft White Batch Thickly Sliced - Taste the Difference	800	np	1.1	0.5
Warburtons	All In One - Medium Sliced Square Cut	800	33.4	1.05	0.35
Asda	Danish White - Thick Sliced	400	np	1.05	0.3
Marks and Spencer	Organic White Sliced Loaf	400	np	1.0	0.5
Marks and Spencer	Thick Sliced White	800	np	1.0	0.45
Sainsbury's	Medium Sliced White Bread - Basics	800	np	1.0	0.4
Sainsbury's	So Organic - White Thick Sliced	800	44	1.0	0.4
Marks and Spencer	Toasting White Thick Sliced	400	np	1.0	0.4
Tesco	Wholesome White Bread, Medium Sliced	800	36	1.0	0.4
Tesco	White Medium Sliced	800	36	1.0	0.4
Sainsbury's	Medium White I Stay Fresher For Longer (stayfresh)	800	np	1.0	0.3
Tesco	Stayfresh White Medium Sliced Bread	800	not recorded	1.0	0.3
Tesco	Value White Bread, Medium Sliced	800	np	1.0	0.3
Morrisons	White Medium Sliced Bread	800	np	1	0.3
Waitrose	Medium Sliced White Bread	800	np	1.0	0.3
Waitrose	Medium Sliced White Bread (made with premium flour)	800	np	0.98	0.3
Waitrose	Organic White Sliced Bread	400	np	0.98	0.3
Waitrose	Farmhouse Batch Crusty White	800	np	0.95	0.5
Asda	Smartprice Medium Sliced White Bread	800	np	0.95	0.4
Asda	White Square Cut - Medium Sliced	800	np	0.95	0.4
Waitrose	Farmhouse Batch White	800	np	0.93	0.5
Marks and Spencer	Crusty White Bread	800	np	0.9	0.5
Marks and Spencer	Soft White	800	np	0.9	0.4
Asda	Extra Special- Organic White Sliced Loaf	400	np	0.9	0.3
Nimble	White, Sliced	400	22	0.88	0.19
Sainsbury's	White Medium Sliced Bread	800	np	0.7	0.3



# Bread Survey 2001 - White Bread Extract

Notes:

White bread data was extracted from previous survey carried out by Food Standards Agency

Data sorted from highest to lowest salt content per 100g

Salt calculated from sodium where necessary

Colour coding according to DH FoP Guidance: Green  $\leq 0.30/100g$ , 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	Pack Weight (g)	Portion size (g)	Salt (g) per 100g	Salt (g) per portion
Farmers Boy	White Bread, Thick Sliced	800	np	1.50	np
Kingsmill	Square Cut White Sliced Bread	800	np	1.50	np
Kingsmill	Top Grade Superior Quality White Sliced Bread	800	np	1.50	np
Warburtons	Super Toastie Extra Thick Sliced White Bread	800	np	1.50	np
ASDA	Baker's Gold White Bread Thick Sliced	800	np	1.25	np
ASDA	Fresh for a Week White Medium Sliced Bread	800	np	1.25	np
Hovis	Farmhouse Premium White Bread	800	np	1.25	np
Hovis	Great White Medium Sliced Bread	800	np	1.25	np
Kingsmill	Gold Soft White Original Bread	800	np	1.25	np
Kingsmill	Gold White Bread	800	np	1.25	np
Safeway	The Best White Bread Thick Sliced	800	np	1.25	np
Sainsbury's	Premium Gold White Bread	800	np	1.25	np
Tesco	Stay Fresh White Bread	800	np	1.25	np
Tesco	Value White Sliced Bread	800	np	1.25	np
The Co-operative	Premium Medium Sliced White Bread	800	np	1.25	np
St Michael	White Bread Medium Sliced	800	np	1.03	np
Mothers Pride	Medium Sliced White Bread	800	np	1.00	np
Sainsbury's	Softer For Longer White Bread Medium Sliced	800	np	1.00	np
Sunblest	Medium Sliced White Bread	800	np	1.00	np
The Co-operative	White Bread	800	np	1.00	np
Waitrose	Medium Sliced Premium White Bread	800	np	1.00	np
Waitrose	White Bread Medium Sliced	800	np	1.00	np
Warburtons	White Sliced Bread	800	np	0.75	np