



Cheddar Cheese 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

Data from 2006 and 2012 obtained from previous CASH surveys. See CASH website for further information.

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

Where values were only given per 100g, salt per portion (30g) was calculated

| Brand Name | Product Name | Package Size (g) | Suggested Serving Size (g) | Salt (g) per 100g | Salt (g) per serve | Meets 2017 max salt target? (2.0/100g) |
|-----------------------------|--|------------------|----------------------------|-------------------|--------------------|--|
| Anchor | Anchor Lighter Mature Cheese | 500 | np | 2 | np | Y |
| Asda | Asda 30% Less Fat Mature British Cheese | 350 | 25 | 2 | 0.49 | Y |
| Asda | Asda 30% Less Fat Medium British Cheese | 350 | 25 | 2 | 0.49 | Y |
| Asda | Asda 30% Less Fat Mild British Cheese | 350 | 25 | 2 | 0.49 | Y |
| Asda | Asda Chosen by you 30% Less Fat Mature Cheese | 300 | 25 | 2 | 0.5 | Y |
| Sainsbury's | Sainsbury's Lighter Mature British Cheese | 270 | 30 | 1.98 | 0.59 | Y |
| Sainsbury's | Sainsbury's Lighter Medium British Cheese | 400 | 30 | 1.98 | 0.59 | Y |
| Sainsbury's | Sainsbury's Lighter Mild British Cheese | 400 | 30 | 1.98 | 0.59 | Y |
| Sainsbury's | Sainsbury's Extra Mature British Cheese | 270 | 30 | 1.98 | 0.59 | Y |
| Aldi | The Cheese Emporium Mature Lighter Cheese | 350 | 30 | 1.9 | 0.57 | Y |
| Tesco | Tesco Finest Smoked Extra Mature Cheddar | 200 | 30 | 1.9 | 0.6 | Y |
| The Co-operative | The Co-operative Scottish Mature Coloured Cheddar | 240 | 30 | 1.9 | 0.57 | Y |
| The Lake District Dairy Co. | The Lake District Dairy Co. Mature Cheddar | 350 | np | 1.81 | np | Y |
| Sainsbury's | Sainsbury's Canadian Cheddar | 400 | 30 | 1.81 | 0.54 | Y |
| The Lake District Dairy Co. | The Lake District Dairy Co. Extra Mature Cheddar | 350 | np | 1.81 | np | Y |
| Loseley | Loseley Mature Cheddar | 180 | np | 1.81 | np | Y |
| Waitrose | Waitrose Farmhouse Cheddar Vintage Strength 7 | 350 | 30 | 1.8 | 0.54 | Y |
| Asda | Asda Mature British Cheddar | 350 | 25 | 1.8 | 0.45 | Y |
| Asda | Asda Medium British Cheddar | 350 | 25 | 1.8 | 0.45 | Y |
| Asda | Asda Extra Mature British Cheddar | 350 | 25 | 1.8 | 0.45 | Y |
| Tickler | Tickler Extra Mature Devonshire Cheddar | 200 | np | 1.8 | np | Y |
| Sainsbury's | Sainsbury's SO Organic British Farmhouse Mature Cheddar | 270 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's SO Organic British Medium Cheddar | 270 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's SO Organic British Mild Cheddar | 270 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Basics Mild Cheddar Cheese | 300 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Mature British Cheddar | 400 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Mild British Cheddar | 400 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Basics Full Flavour Cheddar Cheese | 300 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Basics Mild White Cheddar | 625 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Be Good To Yourself Mature White Cheese | 270 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Medium British Cheddar | 400 | 30 | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Taste the Difference Mull of Kintyre Extra Mature Cheddar | 400 | 30 | 1.8 | 0.54 | Y |
| Tesco | Tesco Lighter Medium Cheese | 450 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | The Co-operative British Extra Mature Cheddar | 240 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Essential Waitrose English Mature Cheddar Strength 4 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Essential Waitrose English Mild Cheddar Strength 2 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Essential Waitrose English Extra Mature Cheddar Strength 6 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Duchy Organic Extra Mature Cheddar Strength 6 | 300 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Duchy Organic Medium Cheddar Strength 3 | 300 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Duchy Organic Mild Cheddar Strength 2 | 300 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Duchy Organic Mature Farmhouse Cheddar Strength 5 | 300 | np | 1.8 | np | Y |
| Asda | Asda Smart Price Mild White Cheddar | 385 | 25 | 1.8 | 0.5 | Y |
| Cathedral City | Cathedral City Mature Cheddar | 350 | np | 1.8 | np | Y |
| Cathedral City | Cathedral City Extra Mature Cheddar | 200 | np | 1.8 | np | Y |
| Cathedral City | Cathedral City Vintage Cheddar | 300 | np | 1.8 | np | Y |
| Davidstow | Davidstow Extra Mature Cheddar Cornish Cracker | 200 | np | 1.8 | np | Y |
| Davidstow | Davidstow Mature Cheddar Cornish Classic | 200 | np | 1.8 | np | Y |
| Pilgrims Choice | Pilgrims Choice Extra Mature Cheddar | 350 | np | 1.8 | np | Y |
| Pilgrims Choice | Pilgrims Choice Gold Reserve Vintage Cheddar | 300 | np | 1.8 | np | Y |
| Pilgrims Choice | Pilgrims Choice Mature Cheddar | 350 | np | 1.8 | np | Y |
| Seriously Strong | Seriously Strong Mature Cheddar | 300 | np | 1.8 | np | Y |
| Seriously Strong | Seriously Strong Vintage Cheddar | 300 | np | 1.8 | np | Y |
| Tesco | Tesco Mature Cheddar | 200 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Medium Cheddar | 450 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Extra Mature Cheddar | 450 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Finest Canadian Vintage Cheddar | 250 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Finest English Vintage Cheddar | 250 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Finest Vintage Farmhouse Cheddar | 320 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Extra Mature Farmhouse Cheddar | 200 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | The Co-operative British Mature Cheddar | 240 | 30 | 1.8 | 0.54 | Y |
| The Co-operative | The Co-operative British Medium Cheddar | 240 | 30 | 1.8 | 0.54 | Y |
| The Co-operative | The Co-operative Loved by us British Organic Somerset Farmhouse Mature Cheddar | 200 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | The Co-operative Somerset Farmhouse Mature Cheddar Cheese | 200 | 30 | 1.8 | 0.5 | Y |
| Wyke Farms | Wyke Farms Mature Cheddar | 370 | np | 1.8 | np | Y |
| Wyke Farms | Wyke Farms Vintage Cheddar | 300 | np | 1.8 | np | Y |
| Asda | Asda Chosen by You Mild British Cheddar | 800 | np | 1.8 | 0.5 | Y |
| Iceland | Iceland Farm Vale Creamery Extra Mature White Cheddar | 350 | np | 1.8 | np | Y |

| Brand Name | Product Name | Package Size (g) | Suggested Serving Size (g) | Salt (g) per 100g | Salt (g) per serve | Meets 2017 max salt target? (2.0/100g) |
|---------------------|--|------------------|----------------------------|-------------------|--------------------|--|
| Iceland | Iceland Farm Vale Creamery Mild White Cheddar | 1000 | np | 1.8 | np | Y |
| Morrisons | Morrisons Mature Cheddar | 350 | 30 | 1.8 | 0.6 | Y |
| Morrisons | Morrisons Extra Mature White Cheddar | 350 | 30 | 1.8 | 0.6 | Y |
| Marks & Spencer | Marks & Spencer Extra Mature Welsh Cheddar | 300 | 30 | 1.80 | 0.54 | Y |
| Valley Spire (Lidl) | Valley Spire Extra Mature Cheddar | 350 | 30 | 1.8 | 0.54 | Y |
| Valley Spire (Lidl) | Valley Spire Mature Cheddar | 350 | 30 | 1.8 | 0.54 | Y |
| Valley Spire (Lidl) | Valley Spire Vintage Cheddar | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Davidstow Cornish Cheddar | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Essential Waitrose 30% Lighter English Mature Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Essential Waitrose 30% Lighter English Medium Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Morrisons | Morrisons Medium Cheddar | 350 | 30 | 1.8 | 0.5 | Y |
| Aldi | Aldi Everyday Essentials Mature White Cheddar | 830 | 30 | 1.8 | 0.54 | Y |
| Aldi | Aldi Everyday Essentials Mild White Cheddar | 830 | 30 | 1.8 | 0.54 | Y |
| Aldi | Specially Selected West Country Farmhouse Mature Cheddar | 250 | 30 | 1.8 | 0.54 | Y |
| Aldi | Specially Selected West Country Farmhouse Vintage Cheddar | 250 | 30 | 1.8 | 0.54 | Y |
| Aldi | The Cheese Emporium Extra Mature Cheddar Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Aldi | The Cheese Emporium Isle of Man Extra Mature Cheddar | 320 | 30 | 1.8 | 0.54 | Y |
| Aldi | The Cheese Emporium Mature Cheddar Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Aldi | The Cheese Emporium Medium Cheddar Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Aldi | The Cheese Emporium Mild Cheddar Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Aldi | The Cheese Emporium West Country Vintage Reserve Crunchy Cheddar | 250 | 30 | 1.8 | 0.54 | Y |
| Anchor | Anchor Mature Cheddar | 350 | np | 1.8 | np | Y |
| Anchor | Anchor Extra Mature Cheddar | 500 | np | 1.8 | np | Y |
| Asda | Asda Mild British Cheddar | 350 | 25 | 1.8 | 0.45 | Y |
| Asda | Asda Extra Mature English Cheddar | 350 | 25 | 1.8 | 0.45 | Y |
| Asda | Asda Chosen by You Extra Mature English Cheddar | 800 | 25 | 1.8 | 0.5 | Y |
| Asda | Asda Chosen by You Mature English Cheddar | 500 | np | 1.8 | 0.5 | Y |
| Asda | Asda Smart Price Mature White Cheddar | 385 | 25 | 1.8 | 0.5 | Y |
| Belton Farm | Belton Farm White Form Cheese | 300 | 30 | 1.8 | 0.54 | Y |
| Cadog | Cadog Mature Welsh Cheddar | 400 | np | 1.8 | np | Y |
| Cathedral City | Cathedral City Mature Lighter | 350 | np | 1.8 | np | Y |
| Cathedral City | Cathedral City Mature Lighter | 550 | np | 1.8 | np | Y |
| Cathedral City | Cathedral City Mild Cheddar | 350 | np | 1.8 | np | Y |
| Coastal | Coastal Rugged Mature Cheddar | 125 | np | 1.8 | np | Y |
| Davidstow | Davidstow 3 Year Reserve Special Vintage Cornish Cheddar | 250 | np | 1.8 | np | Y |
| Davidstow | Davidstow Extra Mature Cheddar Cornish Crackler | 320 | np | 1.8 | np | Y |
| Davidstow | Davidstow Mature Cheddar Cornish Classic | 350 | np | 1.8 | np | Y |
| Funky Cow | Funky Cow Mature Cheddar | | np | 1.8 | np | Y |
| Galloway | Galloway Scottish Cheddar Cheese | | np | 1.8 | np | Y |
| Godminster | Godminster Mature Cheddar | 200 | np | 1.8 | np | Y |
| Iceland | Iceland Farm Vale Creamery Mature White Cheddar | 350 | np | 1.8 | np | Y |
| Iceland | Iceland Extra Mature White Cheddar 400g | 400 | np | 1.8 | np | Y |
| Iceland | Iceland Farm Vale Creamery Mild White Cheddar | 350 | np | 1.8 | np | Y |
| Iceland | Iceland Mild White Cheddar 550g | 550 | np | 1.8 | np | Y |
| Kraft | Cracker Barrel Mature Irish Cheddar Cheese | 200 | 30 | 1.8 | 0.54 | Y |
| Lidl Simply... | Simply... Mild Cheddar | 800 | 30 | 1.8 | 0.54 | Y |
| Marks & Spencer | Marks & Spencer Ashley Chase Cheddar Truckle | 200 | 30 | 1.80 | 0.54 | Y |
| Morrisons | Morrisons From our Deli Medium White Cheddar | 200 | np | 1.8 | np | Y |
| Sainsbury's | Sainsbury's Basics Mild Coloured Cheddar Cheese | | np | 1.80 | 0.54 | Y |
| Sainsbury's | Sainsbury's Taste the Difference Wookey Hole Cave Aged Cheddar | 200 | 30 | 1.8 | 0.54 | Y |
| Seriously Strong | Seriously Strong Mature Lighter Cheese | 300 | np | 1.8 | np | Y |
| Seriously Strong | Seriously Strong Original Extra Mature Cheddar 350g | 350 | np | 1.8 | np | Y |
| Seriously Strong | Seriously Strong Special Reserve Cheddar | 250 | np | 1.8 | np | Y |
| Tesco | Tesco Mild Cheddar | 450 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Extra Mature Cheese Lighter | 450 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Finest Extra Mature Somerset Cheddar | 400 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Finest St David's Sweet & Savoury Mature Cheddar | 350 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Mature Cheese Lighter | 450 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Organic Mature Cheddar | 450 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Organic Medium Cheddar | 450 | 30 | 1.8 | 0.5 | Y |
| Tesco | Tesco Everyday Value Mature Cheddar | | np | 1.8 | np | Y |
| Tesco | Tesco Finest Wookey Hole Cave-Aged Farmhouse Cheddar | 190 | np | 1.8 | np | Y |
| The Co-operative | The Co-operative Loved by us British Extra Mature Cheddar | 200 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | The Co-operative Loved by us British Medium Cheddar | 240 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | The Co-operative Loved by us Half Fat Mature Cheese | 240 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | Truly Irresistible Extra Mature Cheddar | 320 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | Truly Irresistible Wookey Hole Cheddar | 200 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | Truly Irresistible Wyke Farms Mature Cheddar | 340 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | Truly Irresistible Wyke Farms Somerset Vintage Cheddar | 200 | 30 | 1.8 | 0.5 | Y |
| The Co-operative | The Co-operative British Organic Mature Cheddar | 200 | 30 | 1.8 | 0.54 | Y |
| The Co-operative | The Co-operative Scottish Extra Mature Coloured Cheddar | 200 | 30 | 1.8 | 0.54 | Y |
| The Co-operative | The Co-operative Welsh Extra Mature Cheddar | 240 | 30 | 1.8 | 0.54 | Y |
| The Co-operative | The Co-operative Welsh Mature Cheddar | 240 | 30 | 1.8 | 0.54 | Y |
| The Co-operative | The Co-operative Welsh Medium Cheddar | 240 | 30 | 1.8 | 0.54 | Y |
| Tickler | Tickler Extra Mature Cheddar | 500 | np | 1.8 | np | Y |
| Tickler | Tickler Mature Devonshire Cheddar | 350 | np | 1.8 | np | Y |
| Tickler | Tickler Vintage Devonshire Cheddar | 300 | np | 1.8 | np | Y |

| Brand Name | Product Name | Package Size (g) | Suggested Serving Size (g) | Salt (g) per 100g | Salt (g) per serve | Meets 2017 max salt target? (2.0/100g) |
|---------------------|---|------------------|----------------------------|-------------------|--------------------|--|
| Valley Spire (Lidl) | Valley Spire Lighter Mature Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Valley Spire (Lidl) | Valley Spire Medium Cheddar | 350 | 30 | 1.8 | 0.54 | Y |
| Valley Spire (Lidl) | Valley Spire Mild Cheddar | 350 | 30 | 1.8 | 0.54 | Y |
| Valley Spire (Lidl) | Valley Spire Mild Coloured Cheddar | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Essential Waitrose English Medium Cheddar Strength 3 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Cornish Cheddar Extra Mature Strength 6 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Cornish Cheddar Mature Strength 5 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Cornish Cheddar Vintage Strength 7 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Cornish Cheese Mature Strength 5 30% Lighter Cheese | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Cornish Quartz Cheddar Extra Mature | | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Farmhouse Cheddar Extra Mature Strength 6 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Farmhouse Cheddar Mature Strength 5 | 350 | 30 | 1.8 | 0.54 | Y |
| Waitrose | Waitrose Cave Aged Wookey Hole Cheddar Mature Strength 4 | 250 | np | 1.8 | np | Y |
| Wyke Farms | Wyke Farms Extra Mature Cheddar | 370 | np | 1.8 | np | Y |
| Sainsbury's | Sainsbury's Taste the Difference Welsh Slate Cavern Aged Cheddar | 200 | 30 | 1.78 | 0.53 | Y |
| Sainsbury's | Sainsbury's Taste the Difference Mature Barber's Cruncher Cheddar | 400 | 30 | 1.76 | 0.53 | Y |
| The Co-operative | The Co-operative Truly Irresistible Gouda's Farmhouse Cheddar | 240 | 30 | 1.75 | 0.53 | Y |
| The Co-operative | The Co-operative Truly Irresistible Somerset Vintage Cheddar | 300 | 30 | 1.75 | 0.53 | Y |
| Wyke Farms | Wyke Farms Red Extra Mature Cheddar | 350 | np | 1.75 | np | Y |
| The Co-operative | The Co-operative Deli Rich & Creamy Mature Cheddar Cheese | 2500 | 30 | 1.75 | 0.53 | Y |
| Wyke Farms | Wyke Farms Ivy's Mature Cheddar | 150 | np | 1.75 | np | Y |
| Marks & Spencer | Marks & Spencer Gouda's Farmhouse Cheddar | 244 | np | 1.73 | np | Y |
| Sainsbury's | Sainsbury's Cheese Collections Extra Matured Farmhouse Cheddar | 170 | np | 1.72 | 0.52 | Y |
| Collier's | Collier's Powerful Welsh Cheddar | 350 | np | 1.7 | np | Y |
| The Co-operative | The Co-operative Loved by us British Mature Lighter Cheese | 240 | 30 | 1.7 | 0.5 | Y |
| The Co-operative | The Co-operative Loved by us British Mild Cheddar | 240 | 30 | 1.7 | 0.5 | Y |
| Graham's | Graham's Extra Mature Scottish Cheddar | 350 | np | 1.7 | np | Y |
| The Co-operative | The Co-operative British Mild Cheddar | 240 | 30 | 1.7 | 0.51 | Y |
| The Co-operative | The Co-operative Scottish Medium Coloured Cheddar | 240 | 30 | 1.7 | 0.51 | Y |
| The Co-operative | The Co-operative Scottish Mild Coloured Cheddar | 240 | 30 | 1.7 | 0.51 | Y |
| The Co-operative | The Co-operative Welsh Mild Cheddar | 240 | 30 | 1.7 | 0.51 | Y |
| Marks & Spencer | M&S Simply Mature English Cheddar | | np | 1.68 | 0.5 | Y |
| Marks & Spencer | M&S Simply Medium English Cheddar | | np | 1.68 | 0.5 | Y |
| Marks & Spencer | M&S Simply Mild English Cheddar | 300 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Cornish Cruncher Extra Mature Cheddar | 300 | np | 1.68 | np | Y |
| Sainsbury's | Sainsbury's Taste the Difference Keen's Extra Mature West Country Farmhouse Cheddar | 200 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Cornish Cove Extra Mature Cheddar | 300 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Cornish Cove Mature Cheddar | 500 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Cornish Cove Mild Cheddar | 300 | 30 | 1.68 | np | Y |
| Sainsbury's | Sainsbury's Barber's Mature West Country Farmhouse Cheddar | 400 | 30 | 1.68 | 0.5 | Y |
| Sainsbury's | Sainsbury's Extra Mature British Cheddar | 400 | 30 | 1.68 | 0.50 | Y |
| Sainsbury's | Sainsbury's Farmhouse Mature West Country Cheddar | 400 | 30 | 1.68 | 0.50 | Y |
| Sainsbury's | Sainsbury's Taste the Difference English Vintage Reserve Cheddar | 250 | 30 | 1.68 | 0.5 | Y |
| Sainsbury's | Sainsbury's Taste the Difference Extra Mature West Country Farmhouse Cheddar | 250 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Cornish Cove Medium Cheddar | 300 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Cornish Cruncher Extra Mature Cheddar Cheeseboard Choice | 120 | np | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Organic Mature Cheddar | 250 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Somerset Supreme Cheddar Cheese | 250 | 30 | 1.68 | 0.5 | Y |
| Marks & Spencer | Marks & Spencer Cornish Cruncher 3 year old Vintage Cheddar | 300 | 30 | 1.68 | np | Y |
| Pilgrims Choice | Pilgrims Choice Lighter Mature | 350 | np | 1.6 | np | Y |
| Morrisons | Morrisons Mild Cheddar | 350 | 30 | 1.6 | 0.5 | Y |
| Morrisons | Morrisons Savers Mature White Cheddar | 700 | 30 | 1.60 | 0.5 | Y |
| Morrisons | Morrisons Savers Mild White Cheddar | 700 | 30 | 1.6 | 0.5 | Y |
| Iceland | Iceland Farm Vale Creamery Lighter Mature White Cheddar | 350 | np | 1.6 | np | Y |
| Morrisons | Morrisons From our Deli Somerset Mature Cheddar | 200 | 30 | 1.5 | 0.5 | Y |
| Waitrose | Waitrose Keen's Mature Farmhouse Cheddar 209g | 209 | 30 | 1.48 | 0.44 | Y |
| Cheeky Cow | Cheeky Cow Half Fat Reduced Salt Cheese | | 30 | 1.3 | 0.39 | Y |



Cheese Survey 2012 - Cheddar extract

Notes:

Sodium and saturated fat per 100g information was collected from product packaging between August and November 2012. See CASH website for further information.

Colour coded according to Traffic Light Labels: Green <0.30/100g, Amber 0.30-1.50g, red >1.50g / 100g

Only block cheddar and cheddar style cheese (not grated, not sliced, not flavoured) was extracted

Salt calculated from sodium where necessary

*Standardised portion sizes for consistency

| Brand Name | Product Name | Cheese Category | Suggested Serving Size (g) | Salt / 100g | Salt per portion: 30g (adult) 20g* (Calculated from salt/100g) |
|----------------------------------|--|------------------------|----------------------------|-------------|--|
| ASDA extra Special | Afon Cleddau Extra Mature Cheddar | Cheddar /Cheddar style | np | np | np |
| ASDA extra Special | Lye Cross Farm West Country Farmhouse Extra Mature Cheddar Special Reserve | Cheddar /Cheddar style | np | np | np |
| ASDA extra Special | Lye Cross Farm West Country Farmhouse Mature Cheddar | Cheddar /Cheddar style | np | np | np |
| ASDA extra Special | Mull of Kintyre Mature Cheddar Mature Reserve | Cheddar /Cheddar style | np | np | np |
| ASDA extra Special | Orkney Coloured Mature Cheddar Mature Reserve | Cheddar /Cheddar style | np | np | np |
| ASDA extra Special | Wyke Farm Somerest Vintage Cheddar | Cheddar /Cheddar style | np | np | np |
| ASDA extra Special | Wyke Farm Somerset Vintage Cheddar Special Reserve | Cheddar /Cheddar style | np | np | np |
| Iceland | Mild Cheddar | Cheddar /Cheddar style | np | np | np |
| The Black Farmer | Sweet Mature Cheddar | Cheddar /Cheddar style | 30 | np | np |
| Wm Morrisons (Premium) | Smooth & Tangy Farmhouse Cheddar | Cheddar /Cheddar style | 30 | 2.10 | 0.63 |
| Waitrose | West Country Farmhouse Cheddar | Cheddar /Cheddar style | 30 | 1.93 | 0.58 |
| ASDA Chosen by you | English Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.90 | 0.57 |
| ASDA Chosen by you | English Mature Cheddar | Cheddar /Cheddar style | 30 | 1.90 | 0.57 |
| ASDA Chosen by you | English Medium Cheddar | Cheddar /Cheddar style | 30 | 1.90 | 0.57 |
| Kerry LowLow | Full flavoured Mature | Cheddar /Cheddar style | 20 | 1.90 | 0.57 |
| Pilgrims Choice | Smooth and Rich Lighter mature cheese | Cheddar /Cheddar style | np | 1.90 | 0.57 |
| Pilgrims Choice | Strong and Punchy Lighter extra mature cheese | Cheddar /Cheddar style | np | 1.90 | 0.57 |
| Taw Valley Creamery | Tickler extra mature cheddar | Cheddar /Cheddar style | np | 1.90 | 0.57 |
| The co-operative | Mull of Kintyre Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.90 | 0.57 |
| The Lake District Cheese Co. | Deliciously Moreish mature cheddar | Cheddar /Cheddar style | np | 1.90 | 0.57 |
| Sainsbury's Organic | British Framhouse Mature Cheddar | Cheddar /Cheddar style | 30 | 1.88 | 0.56 |
| Sainsbury's Organic | British Mature Cheddar | Cheddar /Cheddar style | 30 | 1.88 | 0.56 |
| Sainsbury's Organic | British Medium Cheddar | Cheddar /Cheddar style | 30 | 1.88 | 0.56 |
| Sainsbury's Organic | British Mild Cheddar | Cheddar /Cheddar style | 30 | 1.88 | 0.56 |
| Sainsbury's Organic | British Vintage Cheddar | Cheddar /Cheddar style | 30 | 1.88 | 0.56 |
| Weight Watchers | Reduced fat mature cheese | Cheddar /Cheddar style | 20 | 1.88 | 0.56 |
| Pembrokeshire | mature cheddar | Cheddar /Cheddar style | np | 1.85 | 0.56 |
| The Lake District Cheese Co. | vintage cheddar | Cheddar /Cheddar style | np | 1.85 | 0.56 |
| Cricketer Fram | Somerest Cheddar Nether Stowey Reserve | Cheddar /Cheddar style | np | 1.83 | 0.55 |
| Manor | Medium Mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Morrisons Organic | Mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| The co-operative | British Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Asda extra Special | Wookey Hole Cave Aged Mature Cheddar | Cheddar /Cheddar style | np | 1.80 | 0.54 |
| ASDA Smart price | Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| by Sainsbury's | Canadian Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| by Sainsbury's | Taw Valley extra mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| M&S | Cornish Cruncher Extra mature Cheddar | Cheddar /Cheddar style | np | 1.80 | 0.54 |
| M&S | English Mature Cheddar | Cheddar /Cheddar style | np | 1.80 | 0.54 |
| M&S Simply | English medium Cheddar | Cheddar /Cheddar style | np | 1.80 | 0.54 |
| M&S Simply | English mild Cheddar | Cheddar /Cheddar style | np | 1.80 | 0.54 |
| Sainsbury's | Mature British Cheddar | Cheddar /Cheddar style | 400 | 1.80 | 0.54 |
| Sainsbury's | Medium British Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's | Mild British Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's | Wexford Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's basics | Full Flavour Cheddar Cheese | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's basics | Mild White Cheese | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's be good to yourself | British Mature white cheese | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's be good to yourself | British Medium white cheese | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's Organic | British Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's Taste the Difference | Mull of Kintyre extra mature cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| The Lake District Cheese Co. | Lake District Extra Mature Cheddar 370G | Cheddar /Cheddar style | np | 1.80 | 0.54 |
| Waitrose essential | English Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose essential | English Mature Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose essential | English medium cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose essential | English Mild Cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose essential | Farmhouse medium cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose Organic | extra mature english cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose Organic | Mature English cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose Organic | Medium english cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Waitrose Organic | Mild English cheddar | Cheddar /Cheddar style | 30 | 1.80 | 0.54 |
| Sainsbury's Taste the Difference | Mature Barber's Cruncher Cheddar | Cheddar /Cheddar style | 30 | 1.76 | 0.53 |
| Arla (asda) | lactofree | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| ASDA Smart price | Mild Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| Cathedral City | Cathedral City Extra Mature 350G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Cathedral City | Cathedral City Mature Cheddar 200G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Cathedral City | Cathedral City Vintage Cheddar 350G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Colliers Tesco | Colliers Powerful Welsh Cheddar 400G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Creamfields Tesco | Creamfields Extra Mature Cheddar 400G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Creamfields Tesco | Creamfields Mature Cheddar 400G | Cheddar /Cheddar style | np | 1.75 | 0.53 |

| Brand Name | Product Name | Cheese Category | Suggested Serving Size (g) | Salt / 100g | Salt per portion: 30g (adult) 20g* (Calculated from salt/100g) |
|---------------------------------------|---|------------------------|----------------------------|-------------|--|
| Davidstow Tesco | Davidstow Extra Mature Cornish Crackler 200G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Davidstow Tesco | Davidstow Mature Cornish Classic Cheddar 200G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Emmi | MiniCol Proven to reduce cholesterol | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Manor Vale | Mild Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| Manor Vale | Mild Coloured Cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| McLelland | McLellands Seriously Strong Cheddar White 200G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| McLelland | Seriously Strong cheddar 400G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| McLelland | Seriously Vintage 350G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Pilgrims Choice | Crumbly and Tangy Framhouse Vintage Cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Pilgrims Choice | Pilgrims Choice Extra Mature 350G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Pilgrims Choice | Pilgrims Choice Mature 350G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Pilgrims Choice | Pilgrims Choice Vintage Mature Cheddar 350G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Pilgrims Choice | Rich and Smooth Mature Cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Pilgrims Choice | Strong and Punchy extra mature Cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Royal Canadian | Distinctive Strong Cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Afon Clywd Mature Cheddar White 400G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco British Mature Cheddar 250G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco British Medium Cheddar 500G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Canadian Extra Mature Cheddar 250G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Extra Mature Cheddar 250G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Farmhouse Extra Mature Cheddar 240G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Farmhouse Mature Cheddar 240G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Finest Green's Farmhouse Unpasteurised Cheddar 200G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Finest Vintage Canadian Cheddar 250G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Finest Vintage English Cheddar 250G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Finest Vintage Farmhouse Cheddar 320G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Standard Farmhouse Mature Cheddar 240G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Taw Valley Extra Mature Cheddar White 400G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Taw Valley Mature Cheddar White 400G | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco Value Mild White Cheese Extra Large | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Tesco | Tesco English Mild Cheddar 250G | Cheddar /Cheddar style | np | 1.75 | 0.60 |
| The co-operative | British Mature Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| The co-operative | British Medium Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| The co-operative | Parkham Farms Vintage Farmhouse Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| The co-operative | Somerset mature farmhouse Cheddar cheese | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| The co-operative | Somerset vintage Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| The Co-operative - Truly Irresistible | Goulds farmhouse Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| The co-operative Organic | Somerset farmhouse mature Cheddar | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| Valley Spire | Farmhouse Mature Cheddar Cheese | Cheddar /Cheddar style | 30 | 1.75 | 0.53 |
| Waitrose from | Keen's Mature Farmhouse Cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Wyke Farms | Red extra mature cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Wyke Farms | Rich & Creamy Mature | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| Wyke Farms | Vintage Cheddar | Cheddar /Cheddar style | np | 1.75 | 0.53 |
| ASDA Chosen by you | English Mild Cheddar | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| ASDA Chosen by you | Lighter Mature Cheese | Cheddar /Cheddar style | np | 1.70 | 0.51 |
| by Sainsbury's | lighter medium British cheese | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| by Sainsbury's | lighter mild British cheese | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| Etoile Dor | Saint Paulin Semi-hard cheese | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| M&S | Mature reduced fat cheese | Cheddar /Cheddar style | np | 1.70 | 0.51 |
| M&S Simply | reduced fat medium cheese | Cheddar /Cheddar style | np | 1.70 | 0.51 |
| Manor Vale | Mature Cheese Lighter | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| Sainsbury's | Lighter Mature British Cheese | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| The Co-operative - Truly Irresistible | Rich and creamy Taw Valley Mature Cheddar | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| Collier's | Mature Celtic Cheddar | Cheddar /Cheddar style | np | 1.70 | 0.51 |
| Iceland | Extra Mature white Cheddar | Cheddar /Cheddar style | np | 1.70 | 0.51 |
| Morrisons | Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| Morrisons | Mature Cheddar | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| Morrisons Savers | Extra Mature White Cheddar | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| Tesco | Tesco Half Fat Medium Cheese | Cheddar /Cheddar style | np | 1.70 | 0.51 |
| The co-operative | British Mature Cheese Lighter | Cheddar /Cheddar style | 30 | 1.70 | 0.51 |
| The co-operative | British Mild Cheddar | Cheddar /Cheddar style | np | 1.70 | 0.51 |
| by Sainsbury's | Barber's mature West Country farmhouse Cheddar | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| M&S | Cornish Cove Extra Mature Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| M&S | Cornish Cove Mature Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| M&S | Cornish Cove Mild Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| M&S | Extra Mature Canadian Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| M&S | Extra Mature Welsh Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| M&S | Glorious Glastonbury Extra Mature Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| Sainsbury's | Extra Mature British Cheddar | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Sainsbury's | Farmhouse West Country Mature Cheddar | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Sainsbury's Taste the Difference | English Vintage Reserve Cheddar | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Sainsbury's Taste the Difference | Extra Matured West Country Farmhouse Cheddar | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Vale of Camelot | Creamy Mature Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| Vale of Camelot | Lighter Mature Cheese | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| Vale of Camelot | Strong mature cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |
| Valley Spire | Extra Mature Cheddar Cheese | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Valley Spire | Mature Cheddar Cheese | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Valley Spire | Vintage Reserve Cheddar Cheese | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Waitrose | Davidstow extra mature | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Waitrose | Davidstow mature cheddar | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Waitrose | Davidstow vintage cheddar | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Waitrose | Half fat mature farmhouse cheese | Cheddar /Cheddar style | 30 | 1.68 | 0.50 |
| Wooley Hole | Cave Aged Farmhouse Cheddar | Cheddar /Cheddar style | np | 1.68 | 0.50 |

| Brand Name | Product Name | Cheese Category | Suggested Serving Size (g) | Salt / 100g | Salt per portion: 30g (adult) 20g*. (Calculated from salt/100g) |
|------------------------|--|------------------------|----------------------------|-------------|---|
| Waitrose essential | Lighter Medium Cheese | Cheddar /Cheddar style | 30 | 1.65 | 0.50 |
| Waitrose essential | reduced fat lighter mature cheese | Cheddar /Cheddar style | 30 | 1.65 | 0.50 |
| ASDA Chosen by you | Half Fat Mature Cheese | Cheddar /Cheddar style | np | 1.60 | 0.48 |
| Morrisons | Cheddar Medium | Cheddar /Cheddar style | 30 | 1.60 | 0.48 |
| Morrisons | Lighter Cheese Medium | Cheddar /Cheddar style | 30 | 1.60 | 0.48 |
| Morrisons | Lighter Cheese Mild | Cheddar /Cheddar style | 30 | 1.60 | 0.48 |
| Morrisons Organic | Mild Cheddar | Cheddar /Cheddar style | 30 | 1.60 | 0.48 |
| Morrisons Savers | Mature Cheddar | Cheddar /Cheddar style | 30 | 1.60 | 0.48 |
| Morrisons Savers | Mild White Cheddar | Cheddar /Cheddar style | 30 | 1.60 | 0.48 |
| Wm Morrisons (Premium) | Canadian Cheddar Cheese | Cheddar /Cheddar style | 30 | 1.60 | 0.48 |
| Waitrose essential | lighter mild cheese | Cheddar /Cheddar style | 30 | 1.58 | 0.47 |
| Morrisons | Lighter Cheese Mature | Cheddar /Cheddar style | 30 | 1.50 | 0.45 |
| The co-operative | Healthier Choice mild white cheese | Cheddar /Cheddar style | 30 | 1.50 | 0.45 |
| M&S | Keen's Farmhouse Cheddar handmade in moorhayes farm Somerest | Cheddar /Cheddar style | np | 1.48 | 0.44 |
| Menu Morrisons | Mature Cheese | Cheddar /Cheddar style | 30 | 1.40 | 0.42 |
| Morrisons | Lighter Cheese Extra Mature | Cheddar /Cheddar style | 30 | 1.40 | 0.42 |
| Wm Morrisons (Premium) | English Extra Mature Cheddar | Cheddar /Cheddar style | 30 | 1.30 | 0.39 |
| Wyke Farms | Super Light | Cheddar /Cheddar style | np | 1.23 | 0.37 |



Cheese Survey 2006 - Cheddar extract

Notes:

Colour coded according to Traffic Light Labels: Green <0.30/100g, Amber 0.30-1.50g, red >1.50g / 100g

Only block cheddar and cheddar style cheese (not grated, not sliced, not flavoured) was extracted

Salt calculated from sodium where necessary

* Standardised portion sizes for consistency. Calculated from per 100g information

| Brand | Product Name | Cheese Category | Suggested Portion Size (g) | Salt (g) per 100g | Salt per 30g* |
|------------------|-------------------------------------|-----------------|----------------------------|-------------------|---------------|
| Yeo Valley | Organic Mature Cheddar | Mature Cheddar | N | n/a | n/a |
| Iceland | Good choice half fat grated cheddar | Cheddar | n/a | 1.90 | 0.57 |
| Iceland | Good choice half fat grated cheddar | Mild Cheddar | n/a | 1.90 | 0.57 |
| Co-op | Mature Cheddar | Mature Cheddar | N | 1.80 | 0.54 |
| Co-op | Mild Cheddar | Mild Cheddar | N | 1.80 | 0.54 |
| Lidl | Realvalle Mature Cheddar | Cheddar | n/a | 1.80 | 0.54 |
| Lidl | Vintage Cheddar | Cheddar | n/a | 1.80 | 0.54 |
| Somerfield | Medium Cheddar | Medium Cheddar | N | 1.80 | 0.54 |
| Anchor | Cheddar | Mild Cheddar | N | 1.75 | 0.53 |
| Anchor | Cheddar (Mature) | Mature Cheddar | N | 1.75 | 0.53 |
| Asda | English White Cheddar | Mild Cheddar | n/a | 1.75 | 0.53 |
| Asda | English White Mature Cheddar | Mature Cheddar | n/a | 1.75 | 0.53 |
| Asda | English White Medium Cheddar | Medium Cheddar | n/a | 1.75 | 0.53 |
| Cathedral City | Mature Cheddar | Mature Cheddar | N | 1.75 | 0.53 |
| Pilgrim's Choice | Extra Mature Cheddar | Cheddar | n/a | 1.75 | 0.53 |
| Sainsbury's | Mild Cheddar | Mild Cheddar | n/a | 1.75 | 0.53 |
| Tesco | Mature Farmhouse Cheddar | Cheddar | N | 1.75 | 0.53 |
| Tesco | Mature Farmhouse Cheddar | Mature Cheddar | N | 1.75 | 0.53 |
| Tesco | Medium Cheddar | Medium Cheddar | N | 1.75 | 0.53 |
| Tesco | Medium Cheddar | Medium Cheddar | N | 1.75 | 0.53 |
| Tesco | Mild Cheddar | Mild Cheddar | N | 1.75 | 0.53 |
| Waitrose | Mature Cheddar | Mature Cheddar | N | 1.75 | 0.53 |
| Waitrose | Mild Cheddar | Mild Cheddar | n/a | 1.75 | 0.53 |
| Iceland | Cheddar slices mature white | Cheddar slices | n/a | 1.70 | 0.51 |
| Iceland | Cheddar slices mild white | Cheddar slices | n/a | 1.70 | 0.51 |
| Marks & Spencer | Cornish Matured Cheddar | Mature Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Cornish Matured Cheddar | Mild Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Cornish Medium Cheddar | Medium Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Cornish Medium Cheddar | Mild Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Cornish Mild Cheddar | Mild Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Cornish Mild Cheddar | Mild Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Extra Matured Cheddar | Mature Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Extra Matured Cheddar | Mature Cheddar | n/a | 1.70 | 0.51 |
| Marks & Spencer | Quantock Gold Cheddar | Cheddar | n/a | 1.70 | 0.51 |
| Morrisons | Mature Cheddar | Mature Cheddar | n/a | 1.70 | 0.51 |
| Morrisons | Mild Cheddar | Mild Cheddar | n/a | 1.70 | 0.51 |
| Sainsbury's | Mature Cheddar | Mature Cheddar | n/a | 1.70 | 0.51 |