



Public Health  
England

Protecting and improving the nation's health

# Salt Reduction Targets for 2017

March 2017

## About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-class science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health, and are a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

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## Salt reduction targets

This document contains two sets of targets for levels of salt in food products and drinks. These were devised as a result of advice from the Scientific Advisory Committee on Nutrition (SACN), published in the 2003 report on *Salt and Health*,<sup>i</sup> that a reduction in average adult salt intakes to 6g per day, with lower levels set for children, would lower population blood pressure levels and reduce the risk of cardiovascular disease. The UK Food Standards Agency and Department of Health committed at that time to a programme encouraging the reformulation of foods to reduce salt content.

To date, four sets of targets have been published (2006, 2009, 2011 and 2014) covering around 80 individual product categories. The targets published in 2014 – which are to be achieved by 2017 – were originally developed under the Public Health Responsibility Deal. These provide guidance to industry on the levels of salt that they should be aiming to achieve and have resulted in gradual, stepwise reductions in salt levels being made across the categories included. The targets have also provided a basis for monitoring progress. Further details on the programme to date are available elsewhere.<sup>ii</sup>

Public Health England (PHE) has published these targets because they form part of its sugar reduction and wider reformulation programme – a commitment in *Childhood obesity: a plan for action*.<sup>iii</sup> This programme sets a challenge to all sectors of the food industry to achieve a 20% reduction in the levels of sugar in the nine categories of food that contribute most to children's intakes (up to the age of 18) by 2020 with a 5% reduction in the first year (by August 2017). This should be achieved without increasing the levels of saturated fat within a product and, where possible, be accompanied by calorie reduction. Businesses are also expected to continue working towards the 2017 salt reduction targets, including those for the eating out of home sector, both of which are included in this document. Not all of the categories covered by the sugar reduction programme are included in the salt targets eg confectionery.

The wider reformulation programme will commence later in 2017. At first this will concentrate on setting guidelines to reduce total calories in a wider range of products than those covered by the sugar reduction work (eg savoury snacks, burgers and pizzas) that contribute significantly to children's calorie intake. Salt targets have been set for most, if not all, of the categories that are likely to be included in the calorie reduction work.

It is anticipated that SACN's report on saturated fat will be published by early 2018. This will be used to review and inform our future work on saturated fat reduction.

In addition, businesses are expected to continue working towards achieving the salt reduction targets including the wider categories not covered by the sugar reduction programme. At the time of publishing there is still some substantial progress to be made in working towards achieving these targets, particularly by the eating out of home sector. PHE will include this as part of its general consideration on what further actions are necessary, in relation to the salt reduction programme, later in 2017.

## Table 1 – Salt targets for 2017

These targets were originally published in 2014 as part of the Public Health Responsibility Deal. These are the latest version of this set of salt targets which have been published three times previously. They cover 76 specific food groups that contribute most to people's salt intakes and were set to be achieved by December 2017. It is understood that the levels set for some categories are considered aspirational and will require acceptable technical solutions if they are to be achieved in full, but progress towards these goals will bring public health benefits.

The aim is for all products or volume sales within an individual category to meet the targets. However, because there can be technical or other difficulties associated with this, businesses can say they have met the target(s) for an individual sub-category if 95% of products or volume sales meet the targets and if efforts have been made to reduce salt in the remaining 5% of products or volume sales to a minimum.

All new products introduced to the market should meet, or fall below, the current maximum target for the relevant category. For the limited number of categories that do not have a maximum target (bacon, ham, mozzarella (used in food products), blue cheese, lightly salted butter, canned tuna, canned salmon) any new products should use the average figure as a maximum.

The eating out of home sector is expected to make every effort to procure and/or make products that meet the relevant target(s) as outlined. Some outlets may wish to commit to the maximum per serving salt targets designed specifically for the out of home sector.

**Table 1: Salt reduction targets 2017**

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
<p>The salt targets have been set for products 'as sold' unless otherwise stated within the category name and description. The targets have been set according to mg sodium that should be present and include all sources of sodium. The sodium figures have been multiplied by 2.5 to give the salt equivalent figure. The targets should therefore be met for both sodium and salt.</p>			
<p>There are two types of average used within the targets table. The first is a processing average (average p) and is used to account for ranges of salt levels that occur in a single product eg bacon and tuna. The second is a range average (average r) which is used to take account of a range of different flavours (eg standard potato crisps) or products (eg morning goods) covered by a single target. All range averages should be calculated on a sales weighted basis.</p>			
<b>1. Meat products</b>	<b>1.1 Bacon</b> Includes all types of injection cured bacon, eg sliced back, streaky, smoked and unsmoked bacon, bacon joints. Excludes all dry and immersion cured bacon.	2.88g salt or 1150mg sodium (average p)	2.88g salt or 1150mg sodium (average p)
	<b>1.2 Ham/other cured meats</b> Includes hams, cured pork loin and shoulder, corned beef etc. Excludes 'Protected Designation of Origin' and traditional speciality guaranteed products, eg Parma ham. Also excludes speciality products produced using traditional methods such as immersion and dry cured processes including cured tongue.	1.63g salt or 650mg sodium (average p)	1.63g salt or 650mg sodium (average p)
	<b>1.3 Sausages</b> <b>1.3.1 Sausages</b> Includes all fresh, chilled and frozen meat sausages, eg pork, beef, chicken, turkey, etc.	1.13g salt or 450mg sodium (average r) 1.38g salt or 550mg sodium (maximum)	1.13g salt or 450mg sodium (maximum)
	<b>1.3.2 Cooked sausages and sausage meat products</b> Includes all cooked sausages and sausage meat products eg stuffing, turkey roll with stuffing etc. Excludes Scotch eggs (see category 22.1).	1.38g salt or 550mg sodium (average r) 1.7g salt or 680mg sodium (maximum)	1.5g salt or 600mg sodium (maximum)
	<b>1.4 Meat pies</b> <b>1.4.1 Delicatessen, pork pies and sausage rolls</b> Includes all delicatessen pies, pork pies and sausage rolls eg game pie, cranberry topped pork pie, Melton Mowbray pork pie etc.	0.98g salt or 390mg sodium (average r) 1.13g salt or 450mg sodium (maximum)	1.13g salt or 450mg sodium (maximum)
	<b>1.4.2 Cornish and meat-based pasties</b> Includes all Cornish and meat-based pasties only.	0.9g salt or 360mg sodium (average r) 1.0g salt or 400mg sodium (maximum)	1.0g salt or 400mg sodium (maximum)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
	<p><b>1.4.3 Other meat-based pastry products including pies and slices, canned and frozen products</b> Includes all meat-based pastry products, pies, slices etc, whether chilled, canned, frozen etc. Excludes pork pies and sausage rolls (see category 1.4.1) and Cornish and meat-based pasties (see category 1.4.2).</p>	<p>0.68g salt or 270mg sodium (average r) 0.75g salt or 300mg sodium (maximum)</p>	<p>0.75g salt or 300mg sodium (maximum)</p>
	<p><b>1.5 Cooked uncured meat Includes all roast meat, sliced meat etc. Excludes ham (see category 1.2)</b> <b>1.5.1 Whole muscle</b> Includes all chilled, frozen and canned whole muscle eg beef, lamb, chicken and turkey. Also includes rotisserie and roasted products.</p>	<p>0.68g salt or 270mg sodium (maximum)</p>	<p>0.75g salt or 300mg sodium (maximum)</p>
	<p><b>1.5.2 Reformed whole muscle</b> Includes all reformed whole muscle eg beef, lamb, chicken and turkey.</p>	<p>0.9g salt or 360mg sodium (maximum)</p>	<p>1.0g salt or 400mg sodium (maximum)</p>
	<p><b>1.5.3 Comminuted or chopped reformed meat</b> Includes all comminuted or chopped reformed and shaped uncured meats eg beef, lamb, chicken and turkey.</p>	<p>1.35g salt or 540mg sodium (maximum)</p>	<p>1.5g salt or 600mg sodium (maximum)</p>
	<p><b>1.6 Burgers and grill steaks</b> Includes all standard, speciality and topped burgers and grill steaks eg fresh and frozen burgers and grillsteak, beef burgers, hamburgers, pork/bacon burgers, chicken burgers, turkey burgers and all kebabs. Excludes canned burgers (see category 1.7.1).</p>	<p>0.75g salt or 300mg sodium (average r) 0.88g salt or 350mg sodium (maximum)</p>	<p><b>1.6.1 Standard burgers and grillsteak products</b> 0.75g salt or 300mg sodium (maximum) <b>1.6.2 Speciality and topped burgers and grillsteaks</b> 0.88g salt or 350mg sodium (maximum)</p>
	<p><b>1.7 Frankfurters, hotdogs, and burgers</b> <b>1.7.1 Canned frankfurters, canned hotdogs and canned burgers only</b> Excludes fresh and frozen burgers (see category 1.6), sausages (see category 1.3) and chilled frankfurters (see category 1.7.2).</p>	<p>1.38g salt or 550mg sodium (average r) 1.75g salt or 700mg sodium (maximum)</p>	<p>1.38g salt or 550mg sodium (maximum)</p>
	<p><b>1.7.2 Fresh chilled frankfurters</b></p>	<p>1.5g salt or 600mg sodium (average r) 1.88g salt or 750mg sodium (maximum)</p>	<p>1.63g salt or 650mg sodium (maximum)</p>

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
<b>2. Bread</b>	<b>2.1 Bread and rolls</b> Includes all bread and rolls: pre-packed, part-baked and freshly baked (including retailer in-store bakery) white, brown, malted grain, wholemeal and 50:50 bread or rolls including seeded products, French bread, ciabatta, focaccia, pitta, naan, chapattis, tortillas etc without 'high salt' additions (eg cheese, olives and sundried tomatoes – for these products see category 2.2).	0.9g salt or 360mg sodium (average r) 1.13g salt or 450mg sodium (maximum)	1.0g salt or 400mg sodium (average r)
	<b>2.2 Bread and rolls with additions</b> Includes all bread and rolls (as listed at category 2.1 above) with 'high salt' additions eg cheese, olives and sundried tomatoes.	1g salt or 400mg sodium (average r) 1.13g salt or 450mg sodium (maximum)	1.2g salt or 480mg sodium (average r)
	<b>2.3 Morning goods – yeast raised</b> Includes all yeast raised morning goods such as bagels, croissants, fruited and non-fruited buns, hot cross buns, pain au chocolat, teacakes, brioche etc.	0.73g salt or 290mg sodium (average r) 0.88g salt or 350mg sodium (maximum)	0.75g salt or 300mg sodium (average r) 1.0g salt or 400mg sodium (maximum)
	<b>2.4 Morning goods – powder raised</b> Includes all powder raised morning goods such as waffles, pancakes, English muffins, crumpets, soda farls, scones, potato farls, wheaten bread.	1.13g salt or 450mg sodium (average r) 1.25g salt or 500mg sodium (maximum)	
<b>3. Breakfast cereals</b>	<b>3.1 Breakfast cereals</b> Includes all breakfast cereals, eg muesli, cornflakes and hot oat cereals.	0.59g salt or 235mg sodium (average r) 1.0g salt or 400mg sodium (maximum)	0.61g salt or 244mg sodium (average r) 1.125g salt or 450mg sodium (maximum)
<b>4. Cheese</b>	<b>4.1 Cheddar and other similar 'hard pressed' cheeses</b> Includes Cheddar, Cheshire, Lancashire, Wensleydale, Caerphilly, Double Gloucester, Leicester, Derby etc, including mild, medium or mature and those products where levels of fat have been reduced. Also includes 'string type' cheese that contain no emulsifiers.	1.75g salt or 700mg sodium (average r) 2g salt or 800mg sodium (maximum)	1.8g salt or 720mg sodium (average r)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
	<b>4.2 'Fresh' cheeses</b> <b>4.2.1 Soft white cheese eg Philadelphia –</b> Includes all soft white cheese, flavoured or unflavoured, including reduced fat products. Excludes cottage cheese (see category 4.2.2). Also excludes fromage frais as no salt is added to this product; and Brie, Camembert and other similar soft rinded cheeses.	0.5g salt or 200mg sodium (average r) 0.68g salt or 270mg sodium (maximum)	0.55g salt or 220mg sodium (average r) 0.75g salt or 300mg sodium (maximum)
	<b>4.2.2 Cottage cheese – plain and flavoured</b> Includes all plain and flavoured cottage cheese.	0.5g salt or 200mg sodium (average r) 0.53g salt or 210mg sodium (maximum)	0.55g salt or 220mg sodium (average r) 0.63g salt or 250mg sodium (maximum)
	<b>4.3 Mozzarella</b> Includes mozzarella products for food industry use and grated mozzarella sold in retail outlets. Excludes fresh mozzarella sold in retail outlets.	1.35g salt or 540mg sodium (average p)	1.5g salt or 600mg sodium (average p)
	<b>4.4 Blue cheese</b> UK produced blue cheeses only.	2.0g salt or 800mg sodium (average p)	2.1g salt or 840mg sodium (average p)
	<b>4.5 Processed cheese</b> <b>4.5.1 Cheese spreads</b>	1.63g salt or 650mg sodium (average r) 1.8g salt or 720mg sodium (maximum)	1.63g salt or 650mg sodium (average r) 2.25g salt or 900mg sodium (maximum)
	<b>4.5.2 Other processed cheese</b> Includes all sliced cheese and 'string' type cheese with emulsifiers. Excludes stringed cheese without emulsifiers (see category 4.1 Cheddar).	1.7g salt or 680 mg sodium (average r) 2.0g salt or 800 mg sodium (maximum)	2.0g salt or 800 mg sodium (average r)
<b>5. Butter</b>	<b>5.1 Salted butters and buttery spreads</b> Includes all regional and salted butter and buttermilk-enriched spreads.	1.48g salt or 590mg sodium (average r) 1.68g salt or 670mg sodium (maximum)	<b>Regional butter</b> 2.0g salt or 800mg sodium (average r)  <b>Salted butter</b> 1.68g salt or 670mg sodium (average p)
	<b>5.2 Lightly salted butter</b> Includes all lightly salted butters (made using different processes to that used for salted butters at 5.1.2 eg Lurpak).	1.13g salt or 450mg sodium (average p)	1.13g salt or 450mg sodium (average p)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
<b>6. Fat spreads</b>	<b>6.1 Margarines/other spreads</b> Includes all margarines, spreads and spreadable butters which include an oil element and spreads, eg sunflower, olive oil and sterol/stanol. Excludes buttermilk-enriched spreads (see category 5.1).	1.06g salt or 425mg sodium (average r) 1.38g salt or 550mg sodium (maximum)	1.13g salt or 450mg sodium (average r) 1.63g salt or 650mg sodium (maximum)
<b>7. Baked Beans</b>	<b>7.1 Baked beans in tomato sauce without accompaniments</b>	0.56g salt or 225mg sodium (maximum)	0.63g salt or 250mg sodium (maximum)
	<b>7.2 Baked beans and canned pasta with accompaniments</b> Includes baked beans or canned pasta in tomato sauce with sausages, meatballs, other meats and cheese, spaghetti bolognese, macaroni cheese etc.	0.68g salt or 270mg sodium (average r) 0.73g salt or 290mg sodium (maximum)	0.75g salt or 300mg sodium (maximum)
<b>8. Ready meals and meal centres</b>	<b>8.1 Ready meals and meal centres</b> Includes all Chinese, Thai, Italian, traditional and other ready meals and meal centres with or without accompaniment (potato, rice, noodles, pasta, etc) made from meat, poultry, fish, Quorn or vegetables. Also includes side dishes such as vegetable curries, dhal and other dishes that can be consumed as a meal. This category also includes products such as cheese pies/rolls, breaded fish and chicken, dressed salad with protein, marinated meats etc.	0.63g salt or 250mg sodium (average r) 0.95g salt or 380mg sodium (maximum)	0.63g salt or 250mg sodium (average r) 1.13g salt or 450mg sodium (maximum)
<b>9. Soups</b>	<b>9.1 Soups (as consumed)</b> Includes all wet soups (canned, condensed, ambient and fresh) and dried soups as consumed.	0.53g salt or 210mg sodium (average r) 0.63g salt or 250mg sodium (maximum)	0.58g salt or 230mg sodium (average r) 0.73g salt or 290mg sodium (maximum)
<b>10. Pizzas</b>	<b>10.1 All pizzas (as consumed)</b> Includes all fresh and frozen pizza, as consumed (following cooking according to manufacturers' instructions).	1.0g salt or 400mg sodium (average r) 1.25g salt or 500mg sodium (maximum)	<b>Pizzas (as sold)</b> 1.0g salt or 400mg sodium (average r) 1.25g salt or 500mg sodium (maximum)
<b>11. Crisps and snacks</b>	<b>11.1 Standard potato crisps</b> All standard potato crisps (sliced potato only), all flavours except salt and vinegar (see category 11.4). Includes crisps aimed at a more adult market.	1.31g salt or 525mg sodium (average r) 1.45g salt or 580mg sodium (maximum)	1.38g salt or 550mg sodium (average r) 1.63g salt or 650mg sodium (maximum)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
	<b>11.2 Extruded and sheeted snacks</b> All extruded or sheeted snacks eg cheese flavour corn puffs, potato hoops, pretzels, formed crisps, sheeted crisps, tortillas, all flavours except salt and vinegar (see category 11.4).	1.7g salt or 680mg sodium (average r) 2g salt or 800mg sodium (maximum)	1.88g salt or 750mg sodium (average r) 2.5g salt or 1000mg sodium (maximum)
	<b>11.3 Pelleted snacks</b> All snacks made from pellets eg prawn cocktail flavour shells, crispy bacon flavour corn snacks, curly cheese snacks, and mini poppadoms, all flavours except salt and vinegar (see category 11.4).	2.13g salt or 850mg sodium (average r) 2.88g salt or 1150mg sodium (maximum)	2.25g salt or 900mg sodium (average r)
	<b>11.4 Salt and vinegar products</b> All crisps, snacks etc salt and vinegar flavour only.	1.88g salt or 750mg sodium (average r) 2.5g salt or 1000mg sodium (maximum)	2.13g salt or 850mg sodium (average r) 3.0g salt or 1200mg sodium (maximum)
<b>12. Cakes, pastries, fruit pies and other pastry-based desserts</b>	<b>12.1 Cakes</b> Includes all sponge cakes, cake bars, malt loaf, American muffins, doughnuts, flapjacks, brownies etc. Also includes iced finger buns. All other buns are included in Morning goods – yeast raised (category 2.3).	0.43g salt or 170mg sodium (average r) 0.7g salt or 280mg sodium (maximum)	0.5g salt or 200mg sodium (average r) 1.0g salt or 400mg sodium (maximum)
	<b>12.2 Pastries</b> Includes all puff pastry based and laminated pastries such as Danish pastries, maple and pecan plait etc. Includes strudels and other products made with filo pastry. Excludes all sweet shortcrust and choux pastry-based products (see category 12.3).	0.35g salt or 140mg sodium (average r) 0.45g salt or 180mg sodium (maximum)	0.5g salt or 200mg sodium (average r)
	<b>12.3 Sweet pies and other shortcrust or choux pastry based desserts</b> Includes all fruit pies and other desserts made with shortcrust and choux pastry eg apple pie, jam tarts, tarte au citron, tarte au chocolate, treacle tart, lemon meringue pie, custard tart, banoffee pie, éclairs, profiteroles and choux buns. Excludes all puff pastry and laminated pastries (see category 12.2).	0.25g salt or 100mg sodium (average r) 0.33g salt or 130mg sodium (maximum)	0.33g salt or 130mg sodium (maximum)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
13. Bought sandwiches	<b>13.1 Sandwiches with high salt fillings</b> Includes sandwiches and wraps where the filling includes cured meat (eg ham, bacon, pastrami, chorizo and salt beef), olives, anchovies and smoked fish, hard cheese, prawns, crayfish, crab and tuna.	0.9g salt or 360mg sodium (average r) 1.5g salt or 600mg sodium (maximum)	1.0g salt or 400mg sodium (average r)
	<b>13.2 Sandwiches without high salt fillings</b> Includes all sandwiches and wraps with lower salt fillings eg chicken, vegetables and egg, eg where ingredients are other than those specified in category 13.1 (see above).	0.68g salt or 270mg sodium (average r) 0.88g salt or 350mg sodium (maximum)	0.75g salt or 300mg sodium (average r)
14. Table sauces	<b>14.1 Tomato ketchup</b> Includes standard and reduced salt and sugar varieties.	1.7g salt or 680mg sodium (maximum)	1.83g salt or 730mg sodium (maximum)
	<b>14.2 Brown sauce</b> Includes all standard and reduced salt and sugar brown, BBQ, curry-flavoured etc sauces.	1.2g salt or 480mg sodium (maximum)	1.5g salt or 600mg sodium (maximum)
	<b>14.3 Salad cream</b> Includes reduced fat varieties.	1.58g salt or 630mg sodium (maximum)	1.75g salt or 700mg sodium (maximum)
	<b>14.4.1 Mayonnaise (not reduced fat/calorie)</b>	1.25g salt or 500mg sodium (maximum)	1.25g salt or 500mg sodium (maximum)
	<b>14.4.2 Mayonnaise (reduced fat/calorie only)</b>	1.7g salt or 680mg sodium (maximum)	1.88g salt or 750mg sodium (maximum)
	<b>14.5 Salad dressing</b> Includes all oil and vinegar based dressings, including reduced fat varieties.	1.5g salt or 600mg sodium (maximum)	1.75g salt or 700mg sodium (maximum)
15. Cook-in and Pasta Sauces, thick sauces and pastes	<b>15.1 All cook in and pasta sauces (except pesto and other thick sauces and pastes)</b> Includes all cooking sauces, eg pasta sauce, curry, Mexican, Chinese etc. Excludes thick varieties – for pesto and other thick sauces see category 15.2; for thick pastes see category 15.3.	0.75g salt or 300mg sodium (average r) 0.93g salt or 370mg sodium (maximum)	0.83g salt or 330mg sodium (average r)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
	<b>15.2 Pesto and other thick sauces</b> Includes thick cooking sauces intended to be used in smaller quantities, eg pesto and stir fry sauces (eg a portion size of under 90g).	1.38g salt or 550mg sodium (average r) 1.63g salt or 650mg sodium (maximum)	1.5g salt or 600mg sodium (average r) 2.0g salt or 800mg sodium (maximum)
	<b>15.3 Thick pastes</b> Includes all thick pastes used in very small quantities (eg 15-20g) such as curry and Thai.	3.25g salt or 1300mg sodium (average r) 3.75g salt or 1500mg sodium (maximum)	5.0g salt or 2000mg sodium (maximum)
<b>16. Biscuits</b>	<b>16.1 Sweet biscuits</b> Includes all filled and unfilled sweet biscuits, whether coated (full or half) or not, breakfast biscuits and cereal bars.	0.55g salt or 220mg sodium (average r) 0.95g salt or 380mg sodium (maximum)	0.68g salt or 270mg sodium (average r) 1.13g salt or 450mg sodium (maximum)
	<b>16.2 Savoury biscuits</b> Includes all filled and unfilled savoury biscuits.	1.3g salt or 520mg sodium (average r) 1.75g salt or 700mg sodium (maximum)	<b>Savoury biscuits, unfilled</b> 1.38g salt or 550mg sodium (average r) 2.0g salt or 800mg sodium (maximum) <b>Savoury biscuits, filled</b> 1.25g salt or 500mg sodium (maximum)
<b>17. Pasta</b>	<b>17.1 Pasta and noodles, plain and flavoured</b> Includes fresh, canned, frozen pasta (including spaghetti/hoops in tomato sauce) and noodles. Also includes dry flavoured noodles and pasta with flavour or sauce sold as a snack or meal – in these circumstances, the target is for the products as consumed (made up according to manufacturers' instructions) and not as sold. Excludes stuffed pasta and pasta ready meals (see category 8) and canned pasta in tomato sauce with accompaniments (see category 7.2). Also excludes dried pasta.	0.5g salt or 200mg sodium (average r) 0.88g salt or 350mg sodium (maximum)	0.38g salt or 150mg sodium (maximum)
<b>18. Rice</b>	<b>18.1 Rice (unflavoured), as consumed</b> Includes all unflavoured rice and cous cous, dried, cooked (made up according to manufacturers' instructions, where appropriate).	0.18g salt or 70mg sodium (maximum)	0.2g salt or 80mg sodium (maximum)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
	<b>18.2 Flavoured rice, as consumed</b> Includes all pouched, flavoured rice and cous cous, including ambient and dried products, as consumed (made up according to manufacturers' instructions, where appropriate).	0.45g salt or 180mg sodium (average r) 0.58g salt or 230mg sodium (maximum)	0.45g salt or 180mg sodium (average r) 0.63g salt or 250mg sodium (maximum)
<b>19. Other cereals</b>	<b>19.1 Other cereals</b> Includes ready made pastry – puff, short crust, filo etc (fresh and frozen); Yorkshire puddings, dumplings, batter and crumble mix, taco shells, flan cases, vol au vent cases, tempura batter, Chinese pancakes and pizza bases (fresh and frozen). Excludes flavoured and unflavoured cous cous (see category 18) and mini poppadums (see category 11.3). Also excludes large poppadums.	0.55g salt or 220mg sodium (average r) 0.63g salt or 250mg sodium (maximum)	0.63g salt or 250mg sodium (maximum)
<b>20. Processed puddings</b> Excludes mousses, crème caramel, jelly, rice pudding, ready to eat custard and custard powder as these contain no added salt (the sodium present is that naturally occurring in the ingredients only) Jelly crystals are also excluded for technical reasons.	<b>20.1 Dessert mixes, as consumed</b> Includes dehydrated dessert mixes (made up according to manufacturers' instructions). Excludes custard powder and jelly crystals.	0.45g salt or 180mg sodium (maximum)	0.5g salt or 200mg sodium (maximum)
	<b>20.2 Cheesecake</b> Includes ambient, chilled, frozen and dehydrated (as consumed, made up according to manufacturers' instructions).	0.28g salt or 110mg sodium (average r) 0.35g salt or 140mg sodium (maximum)	0.35g salt or 140mg sodium (maximum)
	<b>20.3 Sponge-based processed puddings</b> Includes jam roly-poly, spotted dick, sticky toffee pudding etc. Excludes canned versions.	0.43g salt or 170mg sodium (average r) 0.63g salt or 250mg sodium (maximum)	0.5g salt or 200mg sodium (average r) 0.75g salt or 300mg sodium (maximum)
	<b>20.4 All other processed puddings</b> Includes all other processed and pre-prepared puddings eg bread and butter pudding, brownie desserts, crumbles, trifle etc. Excludes sweet pies and all other desserts made with shortcrust and choux pastry (see category 12.4).	0.18g salt or 70mg sodium (average r) 0.28g salt or 110mg sodium (maximum)	0.18g salt or 70mg sodium (average r) 0.3g salt or 120mg sodium (maximum)
<b>21. Quiche</b>	<b>21.1 Quiches</b> Includes all quiches and flans.	0.55g salt or 220mg sodium (average r) 0.68g salt or 270mg sodium (maximum)	0.75g salt or 300mg sodium (maximum)
<b>22. Scotch Eggs</b>	<b>22.1 Scotch eggs</b>	0.78g salt or 310mg sodium (maximum)	0.88g salt or 350mg sodium (maximum)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
<b>23. Canned Fish</b>	<b>23.1 Canned tuna</b> Includes all tuna canned in oil, brine, spring water etc. Excludes canned fish with sauce or other additions (see category 23.3).	0.9g salt or 360mg sodium (average p)	1.0g salt or 400mg sodium (average p)
	<b>23.2 Canned salmon</b> Includes all standard canned salmon. Excludes canned fish with sauce or other additions (see category 23.3).	0.8g salt or 320mg sodium (average p)	0.93g salt or 370mg sodium (average p)
	<b>23.3 Other canned fish</b> Includes sardines, mackerel, pilchards in brine, oil etc and canned fish with sauces or other additions eg tomato, barbeque, mustard etc. Also includes canned shellfish eg prawns, crab, mussels etc. Excludes anchovies, smoked fish, lumpfish caviar and fish roe.	0.85g salt or 340mg sodium (average r) 1.5g salt or 600mg sodium (maximum)	0.93g salt or 370mg sodium (average r)
<b>24. Canned vegetables</b>	<b>24.1 Canned and bottled vegetables</b> Includes all vegetables, pulses and passata in cans, jars, cartons and tetra-packs etc. Excludes processed, marrowfat and mushy peas (see category 24.2) and sauerkraut.	0.13g salt or 50mg sodium (maximum)	0.13g salt or 50mg sodium (maximum)
	<b>24.2 Canned processed, marrowfat and mushy peas</b> Includes these products only.	0.45g salt or 180mg sodium (maximum)	0.45g salt or 180mg sodium (maximum)
<b>25. Meat alternatives</b>	<b>25.1 Plain meat alternatives</b> Includes plain tofu, Quorn ingredients (eg mince, plain pieces and fillets), meat-free mince and other similar products.	0.63g salt or 250mg sodium (maximum)	0.7g salt or 280mg sodium (maximum)
	<b>25.2 Meat-free products</b> Includes all meat and fish alternative products eg sausages, burgers, bites, pies, en croute products, sausage rolls, nut cutlets, falafel, flavoured 'meat' pieces eg chicken fillets, 'meatballs', all meat-free 'meats' eg ham, turkey etc, including 'beanburgers', 'veggieburgers' and other similar products. Excludes bacon (see category 25.3), baked beans (category 7), canned vegetables (category 24), ready meals and meal centres (category 8) .	0.9g salt or 360mg sodium (average r) 1.25g salt or 500mg sodium (maximum)	0.93g salt or 370mg sodium (average r) 1.5g salt or 600mg sodium (maximum)

Main product category	Sub categories (where relevant)	SALT TARGET FOR 2017 (g salt or mg sodium per 100g)	SALT TARGET FOR 2012 (g salt or mg sodium per 100g)
	<b>25.3 Meat-free bacon</b> Includes all meat-free bacon type products, whether made from soya, Quorn or other ingredients.	1.88g salt or 750mg sodium (maximum)	2.13g salt or 850mg sodium (average r)
<b>26. Other processed potatoes</b>	<b>26.1 Dehydrated instant mashed potato, as consumed</b> Includes all instant mashed potato products, plain and flavoured, as consumed (as made up according to manufacturers' instructions).	0.15g salt or 60mg sodium (maximum)	0.18g salt or 70mg sodium (maximum)
	<b>26.2 Other processed potato products</b> Includes all other processed potato products, including frozen and chilled chips with coatings, potato waffles, shaped potato, wedges, mash, potato dauphinoise etc. Excludes oven chips or other processed potato products with no added salt.	0.46g salt or 185mg sodium (average r) 0.69g salt or 275mg sodium (maximum)	0.49g salt or 195mg sodium (average r) 0.75g salt or 300mg sodium (maximum)
<b>27. Beverages</b>	<b>27.1 Dried beverages, as consumed</b> Includes drinking chocolate, instant chocolate drinks, instant malted drinks, instant cappuccino drinks etc, as consumed (made up according to manufacturers' instructions). Excludes tea and coffee.	0.15g salt or 60mg sodium (maximum)	0.15g salt or 60mg sodium (maximum)
<b>28. Stocks and gravies</b>	<b>28.1 Stocks, as consumed</b> Includes all flavours of stocks and bouillons including granules, powder, pastes, cubes, reduction jellies and ready to use products, as consumed (made up according to manufacturers' instructions).	0.75g salt or 300mg sodium (average r) 0.95g salt or 380mg sodium (maximum)	New target for 2017
	<b>28.2 Gravy, as consumed</b> Includes all flavours of gravy including granules, powder, pastes, cubes, reduction jellies and ready to use products, as consumed (made up according to manufacturers' instructions).	0.95g salt or 380mg sodium (average r) 1.13g salt or 450mg sodium (maximum)	New target for 2017

## Table 2 – Eating out of home maximum per serving salt targets

The purpose of the out of home salt targets is to help consumers lower their salt intake while eating meals out of the home by limiting the amount of salt in popular meals and dishes. Salt reduction targets have been developed for 11 food categories (24 sub categories), based on the ten most popular food groups purchased in the out of home sector with the addition of a specific target for children's meals. These were originally published in 2014 as part of the Public Health Responsibility Deal.

The purpose behind these targets was to bring the salt content of products in the eating out of home sector in line with the wider food industry – many businesses within this sector have not worked towards achieving the 2017 targets despite a clearly stated expectation that they should do so. The sector stated that it would be helped in achieving salt reduction by having its own set of targets that took account of generally higher levels of salt in products than those that are bought to be eaten at home which lead to the development of the targets presented in table 2.

### Notes for clarification

#### **Meal vs. dish target**

There are two types of target used in table 2. The first is a 'Dish Target', which is used for individual dishes that can be served as part of a meal or on its own eg burgers, pies, chips. The second is a 'Meal Target', which is based around a specific dish, but includes sides and accompaniment eg pasta served with salad and garlic bread.

#### **Combination meals**

The meal targets also include combination meals, where customers select from a defined number of sides and accompaniments for a fixed price. In order to reduce unnecessary burden on business that employ a combination meal type format, non-standard combinations are excluded from the meal targets. This means, where there are a large number of possible combinations, a business will apply the targets to combinations that customers are likely to make. As an example, while it is possible for a customer to select a sirloin steak with piri piri sauce and sides this is a non-standard combination and would not be expected to meet the beef steaks, grilled chicken and roast main meals target.

#### **General exclusions**

The targets cover a standardised item, which means a reproducible product that is offered for at least 30 days in a year. Items not meeting this criteria are excluded from the targets along with self-service items (where portion sizes are not standardised) and create your own product.

**Table 2: Salt reduction targets for the out of home sector 2017**

Main product category	Sub category	Maximum per serving targets	Additional information
<b>DISH TARGET</b>  <b>1. Potato products</b>	<b>1.1 Seasoned fries</b> Includes all chips below 8mm thickness.	<b>0.88g salt or 350mg sodium</b>	Chips served unseasoned (ie without being pre-salted) are excluded from this target.
	<b>1.2 Seasoned chips and other potato products</b> Includes chips with an 8mm or bigger width that have been pre seasoned before serving. Also includes other potato based products eg wedges, potato skins and roast potatoes. Excludes potato products cooked in a sauce such as Bombay potatoes, gratin dauphinoise etc.	<b>1.5g salt or 600mg sodium</b>	
<b>DISH TARGET</b>  <b>2. Burgers in bun</b>	<b>2.1 Small burgers without cheese or other cured meats</b> Includes single beef/pork patty burgers and chicken burgers. Excludes burgers with cheese or cured meat (eg bacon) additions. Also excludes single beef patties at or above 6oz in weight.	<b>2.4g salt or 960mg sodium</b>	These targets cover burger patties, additions and sauces within a bun. Accompaniments served outside of the bun are considered side dishes and are not covered by the burger target.
	<b>2.2 Burgers with cured meats</b> Includes single or multiple beef/pork patty burgers and chicken burgers with cured meat additions such as bacon or chorizo (eg bacon and cheese).	<b>4g salt or 1600mg sodium</b>	The targets include sauce and topping options where these are served in the bun and are included in the fixed price of the burger.

Main product category	Sub category	Maximum per serving targets	Additional information
	<b>2.3 All other burgers</b> Includes single patties with cheese, multiple patties with or without cheese and vegetarian/bean or fish alternatives. Also includes single beef patties at or above 6oz in weight.	<b>3.5g salt or 1400mg sodium</b>	
<b>DISH TARGET</b>  <b>3. Battered or breaded chicken portions and pieces</b>	<b>3.1 Under 200kcal</b> Includes all breaded chicken portions and pieces with a calorie level below 200kcal.	<b>1g salt or 400mg sodium</b>	For larger sharing type products over 750kcal the targets should be applied on a suggested serving basis.
	<b>3.2 200-400kcal</b> Includes all breaded chicken portions and pieces with a calorie range from 200-400kcal.	<b>2g salt or 800mg sodium</b>	
	<b>3.3 Over 400kcal</b> Includes all breaded chicken portions and pieces with a calorie level above 400kcal.	<b>3.5g salt or 1400mg sodium</b>	
<b>MEAL TARGET</b>  <b>4. Battered or breaded seafood based meals</b>	<b>4.1 Fish fillet meals</b> Includes all battered or breaded fish fillet based meals, such as cod, haddock, coley etc.	<b>2.75g salt or 1100mg sodium</b>	Meal target includes sides and accompaniments (eg served with chips, mushy peas, tartar sauce).
	<b>4.2 Bitesize seafood meals</b> Includes all battered or breaded seafood meals eg fish nuggets, scampi and tempura prawns.	<b>3.75g salt or 1500mg sodium</b>	
<b>MEAL &amp; DISH TARGET</b>  <b>5. Pies</b>	<b>5.1 Pie based meals</b> Includes all pies, pasties, slices, suet pudding and sausage rolls served with side dishes and accompaniments.	<b>4.25g salt or 1700mg sodium</b>	Meal target includes sides and accompaniments (eg served with mashed potato and gravy).

Main product category	Sub category	Maximum per serving targets	Additional information
	<p><b>5.2 Pies only</b> Includes all pies, pasties, slices, suet pudding and sausage rolls.</p> <p>For pies intended for sharing, the targets should be applied on a suggested serving basis.</p>	<p><b>1.9g salt or 760mg sodium</b></p>	
<p><b>MEAL TARGET</b></p> <p><b>6. Sauce based main dishes</b></p>	<p><b>6.1 Curry main meals</b> Includes all curries of South/ Southeast Asian origin (eg Indian, Thai.) served with side dishes and accompaniments.</p>	<p><b>4g salt or 1600mg sodium</b></p>	<p>Meal target includes sides and accompaniments (eg served with side dishes such as rice, naan).</p>
	<p><b>6.2 All other sauce based main meals</b> Includes all dishes cooked in a sauce (eg chilli con carne, sweet and sour chicken). Excludes sauce based pasta dishes and dishes with a gravy or sauce topping added after cooking.</p>	<p><b>3.2g salt or 1300mg sodium</b></p>	
<p><b>MEAL TARGET</b></p> <p><b>7. Beef steaks, grilled chicken and roast main meals</b></p>	<p><b>7.1 Beef steaks, grilled chicken and roast main meals</b> Includes beef roast dinners, carvery, steak, pork chops and vegetarian equivalents served with sides and toppings and gravy.</p>	<p><b>4.5g salt or 1800mg sodium</b></p>	<p>Meal target includes sides and accompaniments (eg roast potatoes, vegetables, steak sauces).</p> <p>Vegetarian alternatives include meals such as Vegetarian nut roast.</p> <p>The targets include sauce options where this is part of the fixed price.</p>

Main product category	Sub category	Maximum per serving targets	Additional information
<b>DISH TARGET</b> <b>8. Sandwiches</b>	<b>8.1 Cured meat sandwiches</b> Includes rolls, baguettes, paninis, ciabattas, 6" subs and wraps with cured meat fillings eg bacon, ham, salami.	<b>3.75g salt or 1500mg sodium</b>	Uncured salami and pepperoni are included in cured.  Brined meats fall into all other sandwiches.
	<b>8.2 All other sandwiches</b> Includes rolls, baguettes, paninis, ciabattas, 6" subs and wraps with fillings that do not contain cured meat eg tuna, cheese, vegetables.	<b>2.75g salt or 1100mg sodium</b>	
<b>MEAL TARGET</b> <b>9. Pasta meal</b>	<b>9.1 Lasagne, risotto, gnocchi and pasta with cured meat additions</b> Includes all meat and vegetarian lasagne, risotto and gnocchi based dishes. Also includes all pasta dishes with cured meat as a main ingredient eg carbonara.	<b>3.75g salt or 1500mg sodium</b>	Side dishes such as garlic bread and salad are included in the target if they are included in the price as a complete main meal.
	<b>9.2 All other pasta dishes</b> Includes pasta based dishes without cured meat as a main ingredient eg spaghetti Bolognese, pasta in a tomato, cheese or cream sauce.	<b>2.75g salt or 1100mg sodium</b>	
<b>DISH TARGET</b> <b>10. Pizza</b>	<b>10.1 Take away style pizza with cured meat toppings (per slice)</b> Includes all takeaway pizza toppings with cured meat eg ham, pepperoni.	<b>1.25g salt or 500mg sodium</b>	Take away style pizza is defined as any pizza that does not meet the definition of an Italian style pizza. Generally these pizzas are served in a variety of sizes and base options, have a thicker

Main product category	Sub category	Maximum per serving targets	Additional information
	<p><b>10.2 Take away style pizza with all other toppings (per slice)</b> Includes all takeaway pizza toppings without cured meat eg chicken, beef, fish, margherita.</p>	<p><b>0.88g salt or 350mg sodium</b></p>	<p>layer of topping and are pre-sliced.</p> <p>Excludes speciality base (eg stuffed crust) combinations, although reformulation of dough and topping should extend to all base options.</p> <p>Uncured salami and pepperoni are included in cured meat. Brined meats fall into all other toppings.</p> <p>The following slice guide applies: Personal ≤7" = 4 slices Small &gt;7" ≤9.5" = 6 slices Medium &gt;9.5" ≤12.5" = 8 slices Large &gt;12.5" = 10 slices or more</p>
	<p><b>10.3 Traditional Italian style pizza with cured meat toppings (per pizza)</b> Includes all Italian style pizza, calzone and stromboli with cured meat eg ham, pepperoni.</p>	<p><b>6g salt or 2400mg sodium</b></p>	<p>Traditional Italian style pizza is defined as any pizza that is based on the tradition Neapolitan or Lazio (Roman) style. Generally these have a thin base, thin layer of topping, are below 12" in size, served unsliced and eaten by one person.</p>
	<p><b>10.4 Traditional Italian style pizza with all other toppings (per pizza)</b> Includes all Italian style pizza, calzone and stromboli without cured meat eg Chicken, beef, fish, margherita.</p>	<p><b>5g salt or 2000mg sodium</b></p>	<p>Traditional Italian style pizza is defined as any pizza that is based on the tradition Neapolitan or Lazio (Roman) style. Generally these have a thin base, thin layer of topping, are below 12" in size, served unsliced and eaten by one person.</p>

Main product category	Sub category	Maximum per serving targets	Additional information
<b>MEAL TARGET</b>  <b>11. Children's main meals</b>	<b>All children's main meals</b> Includes all main meals aimed primarily at children.	<b>1.8g salt or 720mg sodium</b>	Does not include starters, desserts or drinks which may be included in some children's meal deals.  Excludes school foods.

## References and endnotes

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<sup>i</sup> [www.gov.uk/government/publications/sacn-salt-and-health-report](http://www.gov.uk/government/publications/sacn-salt-and-health-report)

<sup>ii</sup> [www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/470176/Annexe\\_5.\\_Food\\_Supply.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/470176/Annexe_5._Food_Supply.pdf)

<sup>iii</sup> [www.gov.uk/government/publications/childhood-obesity-a-plan-for-action](http://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action)