



Public Health
England

Protecting and improving the nation's health

Salt targets 2017: Progress report

Appendix 6: detailed assessment of progress for each sub-category of the salt reduction programme (eating out of home sector)

December 2018

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-leading 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 Social Care, and a distinct delivery organisation with operational autonomy. We provide government, local government, the NHS, Parliament, industry and the public with evidence-based professional, scientific and delivery expertise and support.

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Detailed assessment of progress for each of the 2017 salt target sub-categories

This appendix presents, for the eating out of home sector, detailed results on progress towards meeting the 2017 salt targets specific to the out of home sector and progress towards meeting the maximum salt targets per 100g from the 2017 salt targets set for all sectors. For more information on the sub-categories and the 2017 salt targets see Table 1 and Table 2, [Appendix 1](#). Data presented includes the proportion of products at or below the maximum targets.

The analysis in this section is based on nutrition information for products from the out of home sector in 2017 collected from individual businesses and company menus and websites. For more information on the data sources see [Appendix 2](#).

Types of target

The salt reduction targets specific to the eating out of home sector were set on a maximum-per-serving basis, that is:

- a maximum sodium value (mg/serving) that no product in the sub-category should be exceeding – **maximum**

There are 3 different types of salt reduction targets within the 2017 salt targets set for all sectors which are:

- a simple average of sodium values (mg/100g) across all products in the sub-category – **average p (processing average)**
- a sales weighted average of sodium values (mg/100g) across all products in the sub-category – **average r (range average)**:
- a maximum sodium value (mg/100g) that no product in the sub-category should be exceeding – **maximum**

Achievement of average targets was not examined as the required data was not available. Achievement against maximum targets was assessed by calculating the proportion of products with sodium content **at or below** the maximum target.

Owing to the different types of targets set, a range of statistical tables highlighting progress towards meeting the 2017 salt targets are provided for each of the sub-categories included in the analysis. For more information on metrics and methodology see [Appendix 2](#).

Achievement of salt reduction targets specific to the eating out of home sector

The 2017 salt targets specific to the out of home sector include 24 sub-categories of foods. Analysis was conducted for the 21 sub-categories where sufficient data was available. Results are not presented 3 sub-categories which contained data for less than 20 products. These are:

- 3.1 battered or breaded chicken portions and pieces under 200kcal
- 3.2 battered or breaded chicken portions and pieces between 200-400 kcal
- 4.2 bitesize seafood meals

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for [sub-category]

This table provides the number and proportion of products in each sub-category included in the analysis, the maximum 2017 salt target (mg sodium/serving) and the proportion of products at or below the maximum target. The range of sodium content per serving across products in the sub-category is also shown.

Achievement of maximum salt reduction targets set for all sectors

The 2017 salt targets set for all sectors include 76 sub-categories of foods. Analysis of products in the eating out of home sector was only conducted for the sub-categories which had a maximum salt target per 100g (69 sub-categories) and where there was sufficient data available. Results are not presented for 47 sub-categories which contained data for less than 20 products.

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for [sub-category]

This table provides the number and proportion of products in each sub-category included in the analysis, the maximum 2017 salt target (mg sodium/100g) and the proportion of products at or below the maximum target. The range of sodium content per 100g across products in the sub-category is also shown.

Achievement of salt reduction targets specific to the eating out of home sector

1. Potato products

1.1 Seasoned fries

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for seasoned fries

Metric	Value
Number of products in the sub-category included in analysis	52
Proportion of all products in the sub-category included in analysis	98%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	60mg - 1100mg
Salt target for 2017 (mg sodium/serving)	350mg (maximum)
Proportion of products at/below the maximum target	40%

1.2 Seasoned chips and other potato products

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for seasoned chips and other potato products

Metric	Value
Number of products in the sub-category included in analysis	107
Proportion of all products in the sub-category included in analysis	98%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	60mg - 1200mg
Salt target for 2017 (mg sodium/serving)	600mg (maximum)
Proportion of products at/below the maximum target	83%

2. Burgers in a bun

2.1 Small burgers, without cheese or other cured meats

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for small burgers, without cheese or other cured meats

Metric	Value
Number of products in the sub-category included in analysis	32
Proportion of all products in the sub-category included in analysis	97%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	160mg - 1444mg
Salt target for 2017 (mg sodium/serving)	960mg (maximum)
Proportion of products at/below the maximum target	81%

2.2 Burgers with cured meats

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for burgers with cured meats

Metric	Value
Number of products in the sub-category included in analysis	71
Proportion of all products in the sub-category included in analysis	97%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	600mg - 3768mg
Salt target for 2017 (mg sodium/serving)	1600mg (maximum)
Proportion of products at/below the maximum target	25%

2.3 All other burgers

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for all other burgers

Metric	Value
Number of products in the sub-category included in analysis	264
Proportion of all products in the sub-category included in analysis	95%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	192mg - 3088mg
Salt target for 2017 (mg sodium/serving)	1400mg (maximum)
Proportion of products at/below the maximum target	53%

3. Battered or breaded chicken portions and pieces

3.3 Battered or breaded chicken portions and pieces over 400kcal

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for battered or breaded chicken portions and pieces over 400kcal

Metric	Value
Number of products in the sub-category included in analysis	28
Proportion of all products in the sub-category included in analysis	100%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	120mg - 1984mg
Salt target for 2017 (mg sodium/serving)	1400mg (maximum)
Proportion of products at/below the maximum target	86%

4. Battered or breaded seafood based meals

4.1 Fish fillet meals

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for fish fillet meals

Metric	Value
Number of products in the sub-category included in analysis	49
Proportion of all products in the sub-category included in analysis	100%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	540mg - 3520mg
Salt target for 2017 (mg sodium/serving)	1100mg (maximum)
Proportion of products at/below the maximum target	57%

5. Pies

5.1 Pie based meals

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for pie based meals

Metric	Value
Number of products in the sub-category included in analysis	32
Proportion of all products in the sub-category included in analysis	97%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	144mg - 2192mg
Salt target for 2017 (mg sodium/serving)	1700mg (maximum)
Proportion of products at/below the maximum target	78%

5.2 Pies only

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for pies only

Metric	Value
Number of products in the sub-category included in analysis	76
Proportion of all products in the sub-category included in analysis	99%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	80mg - 2208mg
Salt target for 2017 (mg sodium/serving)	760mg (maximum)
Proportion of products at/below the maximum target	53%

6. Sauce based main dishes

6.1 Curry main meals

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for curry main meals

Metric	Value
Number of products in the sub-category included in analysis	78
Proportion of all products in the sub-category included in analysis	98%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	20mg - 2600mg
Salt target for 2017 (mg sodium/serving)	1600mg (maximum)
Proportion of Products at/below the maximum target	77%

6.2 All other sauce based main meals

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for all other sauce based main meals

Metric	Value
Number of products in the sub-category included in analysis	84
Proportion of all products in the sub-category included in analysis	99%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	280mg - 3012mg
Salt target for 2017 (mg sodium/serving)	1300mg (maximum)
Proportion of products at/below the maximum target	51%

7. Beef steaks, grilled chicken and roast main meals

7.1 Beef steaks, grilled chicken and roast main meals

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for beef steaks, grilled chicken, and roast main meals

Metric	Value
Number of products in the sub-category included in analysis	257
Proportion of all products in the sub-category included in analysis	96%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	36mg - 3280mg
Salt target for 2017 (mg sodium/serving)	1800mg (maximum)
Proportion of products at/below the maximum target	80%

8. Sandwiches

8.1 Cured meat sandwiches

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for cured meat sandwiches

Metric	Value
Number of products in the sub-category included in analysis	253
Proportion of all products in the sub-category included in analysis	98%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	80mg - 2160mg
Salt target for 2017 (mg sodium/serving)	1500mg (maximum)
Proportion of products at/below the maximum target	88%

8.2 All other sandwiches

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for all other sandwiches

Metric	Value
Number of products in the sub-category included in analysis	571
Proportion of all products in the sub-category included in analysis	95%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	40mg - 2160mg
Salt target for 2017 (mg sodium/serving)	1100mg (maximum)
Proportion of products at/below the maximum target	72%

9. Pasta meal

9.1 Lasagne, risotto, gnocchi and pasta with cured meat additions

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for lasagne, risotto, gnocchi, and pasta with cured meat additions

Metric	Value
Number of products in the sub-category included in analysis	65
Proportion of all products in the sub-category included in analysis	96%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	312mg - 2360mg
Salt target for 2017 (mg sodium/serving)	1500mg (maximum)
Proportion of products at/below the maximum target	65%

9.2 All other pasta dishes

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for all other pasta dishes

Metric	Value
Number of products in the sub-category included in analysis	228
Proportion of all products in the sub-category included in analysis	86%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	160mg - 3200mg
Salt target for 2017 (mg sodium/serving)	1100mg (maximum)
Proportion of products at/below the maximum target	48%

10. Pizza

10.1 Take away style pizza with cured meat toppings (per slice)

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for take away style pizza with cured meat toppings

Metric	Value
Number of products in the sub-category included in analysis	229
Proportion of all products in the sub-category included in analysis	100%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	228mg - 630mg
Salt target for 2017 (mg sodium/serving)	500mg (maximum)
Proportion of products at/below the maximum target	88%

10.2 Take away style pizza with all other toppings (per slice)

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for take away style pizza with all other toppings

Metric	Value
Number of products in the sub-category included in analysis	116
Proportion of all products in the sub-category included in analysis	99%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	130mg - 600mg
Salt target for 2017 (mg sodium/serving)	350mg (maximum)
Proportion of products at/below the maximum target	64%

10.3 Traditional Italian style pizza with cured meat toppings (per pizza)

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for traditional Italian style pizza with cured meat toppings

Metric	Value
Number of products in the sub-category included in analysis	109
Proportion of all products in the sub-category included in analysis	97%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	360mg - 3080mg
Salt target for 2017 (mg sodium/serving)	2400mg (maximum)
Proportion of products at/below the maximum target	91%

10.4 Traditional Italian style pizza with all other toppings (per pizza)

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for traditional Italian style pizza with all other toppings

Metric	Value
Number of products in the sub-category included in analysis	94
Proportion of all products in the sub-category included in analysis	90%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	120mg - 2680mg
Salt target for 2017 (mg sodium/serving)	2000mg (maximum)
Proportion of products at/below the maximum target	85%

11. Children’s main meals

11.1 Children’s main meals

Table 1: Number of products, range of sodium content per serving and proportion of products at/below maximum target for children’s main meals

Metric	Value
Number of products in the sub-category included in analysis	131
Proportion of all products in the sub-category included in analysis	70%
Range of sodium content per serving across products in the sub-category (min-max, mg/serving)	64mg - 1360mg
Salt target for 2017 (mg sodium/serving)	720mg (maximum)
Proportion of products at/below the maximum target	82%

Achievement of maximum salt reduction targets set for all sectors

1. Meat Products

1.4 Meat pies

1.4.3 Other meat-based pastry products

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for other meat-based pastry products

Metric	Value
Number of products in the sub-category included in analysis	27
Proportion of all products in the sub-category included in analysis	42%
Range of sodium content across products in the sub-category (min-max, mg/100g)	200mg - 650mg
Salt target for 2017 (mg sodium/100g)	300mg (maximum)
Proportion of products at/below the maximum target	26%

1.5 Cooked uncured meat, includes all roast meat, sliced meat etc

1.5.1 Whole muscle cooked uncured meat

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for whole muscle cooked uncured meat

Metric	Value
Number of products in the sub-category included in analysis	36
Proportion of all products in the sub-category included in analysis	9%
Range of sodium content across products in the sub-category (min-max, mg/100g)	44mg - 733mg
Salt target for 2017 (mg sodium/100g)	270mg (maximum)
Proportion of products at/below the maximum target	39%

2. Bread

2.1 Bread and rolls

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for bread and rolls

Metric	Value
Number of products in the sub-category included in analysis	54
Proportion of all products in the sub-category included in analysis	38%
Range of sodium content across products in the sub-category (min-max, mg/100g)	97mg - 716mg
Salt target for 2017 (mg sodium/100g)	450mg (maximum)
Proportion of products at/below the maximum target	41%

2.2 Bread and rolls with additions

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for bread and rolls with additions

Metric	Value
Number of products in the sub-category included in analysis	58
Proportion of all products in the sub-category included in analysis	29%
Range of sodium content across products in the sub-category (min-max, mg/100g)	134mg - 772mg
Salt target for 2017 (mg sodium/100g)	450mg (maximum)
Proportion of products at/below the maximum target	67%

2.3 Morning goods – yeast raised

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for morning goods – yeast raised

Metric	Value
Number of products in the sub-category included in analysis	178
Proportion of all products in the sub-category included in analysis	82%
Range of sodium content across products in the sub-category (min-max, mg/100g)	35mg - 600mg
Salt target for 2017 (mg sodium/100g)	350mg (maximum)
Proportion of products at/below the maximum target	65%

2.4 Morning goods – powder raised

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for morning goods – powder raised

Metric	Value
Number of products in the sub-category included in analysis	148
Proportion of all products in the sub-category included in analysis	61%
Range of sodium content across products in the sub-category (min-max, mg/100g)	25mg - 600mg
Salt target for 2017 (mg sodium/100g)	500mg (maximum)
Proportion of products at/below the maximum target	93%

3. Breakfast cereals

3.1 Breakfast cereals

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for breakfast cereals

Metric	Value
Number of products in the sub-category included in analysis	120
Proportion of all products in the sub-category included in analysis	61%
Range of sodium content across products in the sub-category (min-max, mg/100g)	1mg - 700mg
Salt target for 2017 (mg sodium/100g)	400mg (maximum)
Proportion of products at/below the maximum target	86%

8. Ready meals and meal centres

8.1 Ready meals and meal centres

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for ready meals and meal centres

Metric	Value
Number of products in the sub-category included in analysis	1138
Proportion of all products in the sub-category included in analysis	25%
Range of sodium content across products in the sub-category (min-max, mg/100g)	10mg - 1040mg
Salt target for 2017 (mg sodium/100g)	380mg (maximum)
Proportion of products at/below the maximum target	74%

9. Soups

9.1 Soups (as consumed)

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for soups

Metric	Value
Number of products in the sub-category included in analysis	132
Proportion of all products in the sub-category included in analysis	46%
Range of sodium content across products in the sub-category (min-max, mg/100g)	76mg - 440mg
Salt target for 2017 (mg sodium/100g)	250mg (maximum)
Proportion of products at/below the maximum target	68%

10. Pizzas

10.1 Pizzas (as consumed)

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for pizzas

Metric	Value
Number of products in the sub-category included in analysis	920
Proportion of all products in the sub-category included in analysis	82%
Range of sodium content across products in the sub-category (min-max, mg/100g)	220mg - 780mg
Salt target for 2017 (mg sodium/100g)	500mg (maximum)
Proportion of products at/below the maximum target	53%

11. Crisps and snacks

11.1 Standard potato crisps

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for standard potato crisps

Metric	Value
Number of products in the sub-category included in analysis	31
Proportion of all products in the sub-category included in analysis	94%
Range of sodium content across products in the sub-category (min-max, mg/100g)	360mg - 800mg
Salt target for 2017 (mg sodium/100g)	580mg (maximum)
Proportion of products at/below the maximum target	68%

12. Cakes, pastries, fruit pies, and other pastry-based desserts

12.1 Cakes

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for cakes

Metric	Value
Number of products in the sub-category included in analysis	1495
Proportion of all products in the sub-category included in analysis	87%
Range of sodium content across products in the sub-category (min-max, mg/100g)	10mg - 435mg
Salt target for 2017 (mg sodium/100g)	280mg (maximum)
Proportion of products at/below the maximum target	87%

12.2 Pastries

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for pastries

Metric	Value
Number of products in the sub-category included in analysis	109
Proportion of all products in the sub-category included in analysis	89%
Range of sodium content across products in the sub-category (min-max, mg/100g)	40mg - 372mg
Salt target for 2017 (mg sodium/100g)	180mg (maximum)
Proportion of products at/below the maximum target	42%

12.3 Sweet pies and other shortcrust or choux pastry-based desserts

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for sweet pies and other shortcrust or choux pastry-based desserts

Metric	Value
Number of products in the sub-category included in analysis	376
Proportion of all products in the sub-category included in analysis	75%
Range of sodium content across products in the sub-category (min-max, mg/100g)	10mg - 290mg
Salt target for 2017 (mg sodium/100g)	130mg (maximum)
Proportion of products at/below the maximum target	67%

13. Sandwiches

13.1 Sandwiches with high salt fillings

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for sandwiches with high salt fillings

Metric	Value
Number of products in the sub-category included in analysis	408
Proportion of all products in the sub-category included in analysis	53%
Range of sodium content across products in the sub-category (min-max, mg/100g)	71mg - 800mg
Salt target for 2017 (mg sodium/100g)	600mg (maximum)
Proportion of products at/below the maximum target	88%

13.2 Sandwiches without high salt fillings

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for sandwiches without high salt fillings

Metric	Value
Number of products in the sub-category included in analysis	380
Proportion of all products in the sub-category included in analysis	63%
Range of sodium content across products in the sub-category (min-max, mg/100g)	120mg - 744mg
Salt target for 2017 (mg sodium/100g)	350mg (maximum)
Proportion of products at/below the maximum target	54%

16. Biscuits

16.1 Sweet biscuits

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for sweet biscuits

Metric	Value
Number of products in the sub-category included in analysis	869
Proportion of all products in the sub-category included in analysis	91%
Range of sodium content across products in the sub-category (min-max, mg/100g)	8mg - 600mg
Salt target for 2017 (mg sodium/100g)	380mg (maximum)
Proportion of products at/below the maximum target	91%

16.2 Savoury biscuits

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for savoury biscuits

Metric	Value
Number of products in the sub-category included in analysis	66
Proportion of all products in the sub-category included in analysis	78%
Range of sodium content across products in the sub-category (min-max, mg/100g)	280mg - 1200mg
Salt target for 2017 (mg sodium/100g)	700mg (maximum)
Proportion of products at/below the maximum target	73%

20. Processed puddings

20.2 Cheesecake

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for cheesecake

Metric	Value
Number of products in the sub-category included in analysis	158
Proportion of all products in the sub-category included in analysis	73%
Range of sodium content across products in the sub-category (min-max, mg/100g)	20mg - 360mg
Salt target for 2017 (mg sodium/100g)	140mg (maximum)
Proportion of products at/below the maximum target	54%

20.3 Sponge-based processed puddings

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for sponge-based puddings

Metric	Value
Number of products in the sub-category included in analysis	264
Proportion of all products in the sub-category included in analysis	83%
Range of sodium content across products in the sub-category (min-max, mg/100g)	20mg - 460mg
Salt target for 2017 (mg sodium/100g)	250mg (maximum)
Proportion of products at/below the maximum target	76%

20.4 All other processed puddings

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for all other processed puddings

Metric	Value
Number of products in the sub-category included in analysis	334
Proportion of all products in the sub-category included in analysis	70%
Range of sodium content across products in the sub-category (min-max, mg/100g)	0mg - 260mg
Salt target for 2017 (mg sodium/100g)	110mg (maximum)
Proportion of products at/below the maximum target	76%

26. Other processed potatoes

26.2 Other processed potato products

Table 1: Number of products, range of sodium content per 100g and proportion of products at/below maximum target for other processed potato products

Metric	Value
Number of products in the sub-category included in analysis	63
Proportion of all products in the sub-category included in analysis	15%
Range of sodium content across products in the sub-category (min-max, mg/100g)	39mg - 760mg
Salt target for 2017 (mg sodium/100g)	275mg (maximum)
Proportion of products at/below the maximum target	68%