



Public Health  
England

Protecting and improving the nation's health

# **DRAFT PROPOSALS: 2023 salt reduction targets**

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# Introduction

Work on salt reduction began in the UK in 2004 following advice from the Scientific Advisory Committee on Nutrition (SACN) that recommended population average salt intakes should be reduced to 6g per day to reduce the risk of high blood pressure and hence cardiovascular disease (CVD). CVD causes a quarter of all deaths in the UK and is the largest cause of premature mortality in deprived areas<sup>1</sup>.

To date, 4 sets of voluntary salt reduction targets for individual categories of food have been published by government (in 2006, 2009, 2011 and 2014). These aimed to gradually reduce the levels of salt in the foods that contribute most salt to our diet.

The targets set for industry in 2014 were to be achieved by 2017. Public Health England (PHE) published [an assessment of the food industry's progress towards achieving the 2017 targets](#) in December 2018.

Published in July 2019, the government's [Prevention Green Paper](#) made a commitment to continue to improve the nutritional content of food and drink. In relation to salt, the government's ambition is to further reduce population salt intakes to 7g per day. As part of the wider work to achieve this, PHE has been commissioned to develop and publish revised salt reduction targets in 2020 for industry to achieve by mid-2023, and report on industry's progress in 2024.

Draft proposals for the 2023 salt reduction targets have been developed based on the [2017 salt targets](#). These consist of salt reduction targets set per 100g of food for all sectors – retailers, manufacturers and the eating out of home sector<sup>2</sup> – in 28 broad product categories comprising 76 sub-categories of food and drink. There are also separate salt reduction targets set per serving specifically for the eating out of home sector which cover 11 product categories (24 sub-categories).

PHE is already aware of some technical challenges of salt reduction and historical category concerns. When developing the draft proposals for 2023 targets PHE has considered the need to balance the overall ambition with what is technically possible and acceptable to consumers; revisions to 2017 targets have been proposed where it is believed there is scope for further salt reduction.

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<sup>1</sup> <https://www.gov.uk/government/publications/health-matters-preventing-cardiovascular-disease/health-matters-preventing-cardiovascular-disease>

<sup>2</sup> 'Eating out of home' covers businesses such as quick service restaurants, casual dining restaurants, contract caterers (foodservice), cafés and coffee shops, sandwich and bakery led shops, pubs, vending, retail food to go, takeaway and delivery services

# Draft proposals for 2023 salt reduction targets

## Table 1 and Table 2 salt reduction targets

**Table 1** targets are based on the sodium content per 100g of food and are applicable to all sectors of the food industry (retailers, manufacturers and the eating out of home sector).

**Table 2** targets are based on the sodium content per serving of food and are specific to food prepared for consumption out of home.

The **eating out of home sector** should ensure they procure and / or make products that meet the relevant Table 1 and Table 2 targets.

**Retailers and manufacturers** should ensure their products meet Table 1 targets. Where **retailers** provide an eating out of home food offer (e.g. in-store cafes) they should ensure their products meet the Table 2 targets.

## Types of targets

There are 3 different types of salt reduction targets within the draft proposed 2023 Table 1 salt targets set for all sectors:

- a simple average of sodium values (mg/100g) across all products in the sub-category: *average p (processing average)*
- a sales weighted average<sup>3</sup> 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*

The draft proposed 2023 Table 2 salt reduction targets specific to the eating out of home sector are set on a maximum per serving basis:

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

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<sup>3</sup> Sales weighted averages are calculated by weighting the sodium content of individual products by their volume sales

## Proposals

Where revisions to salt targets have been proposed, targets have been lowered by 5-20%. The extent of the reduction has been informed by:

- compliance with the 2017 salt targets
- the range and distribution of salt content of products in the sub-category (taking sales into account where data is available)
- technical function and food safety considerations.

In addition to the revisions to existing targets, new Table 1 targets are proposed for foods not currently covered by the salt reduction targets.

Details of draft proposed 2023 salt targets can be found in the [Table 1](#) targets on pages 7-18 and the [Table 2](#) targets on pages 19-20.

## Sodium replacers

In 2013, the SACN was asked by the Department of Health and Social Care (DHSC) to provide advice on the potential risks and benefits of reducing the sodium (salt) content of foods through the use of potassium-based sodium replacers. SACN and the Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment (COT) conducted a benefit-risk assessment on the impact and benefit of substituting sodium with potassium. SACN-COT concluded that overall, at a population level, the potential benefits of using potassium-based sodium replacers to help reduce sodium in foods outweigh the potential risks. The beneficial effects at an individual level are likely to be small in size but will impact a large proportion of the population.

PHE's preferred approach is for businesses to gradually reduce the overall saltiness of their products allowing for people's palates to adjust to less salty foods. It is a business decision if and how they wish to use sodium replacers. It is known that some of the food and drink industry uses them as a means to lower the sodium content of their products while others do not, possibly due to issues relating to consumer acceptability.

## Feedback

**You are invited to provide written feedback on the 2023 salt target proposals.**

Key questions are below. Please answer for each category/sub-category relevant to your product portfolio. It would be helpful if you could please provide full reasoning and any relevant data to support comments.

**Throughout your response please ensure that the product category/sub-category that comments relate to is clearly stated.**

1. Do you agree with the draft proposed 2023 salt targets? Do you consider the targets to be broadly achievable? Do you have any alternative proposals?
2. Are there any technical or other challenges associated with achieving the draft proposed 2023 salt targets?
3. Do you agree with the draft proposals for new Table 1 sub-categories and targets for foods not previously covered by salt reduction targets?
4. Do you agree with the proposals to incorporate additional products in certain sub-categories? Are there any further additional products which you think should be included?
5. Do you use or are you considering using potassium-based or other sodium replacers to reduce the sodium content of your products? Are there any technical or other challenges associated with their use?

## Draft proposals for Table 1 of the 2023 salt reduction targets

Table 1 targets are based on the sodium content per 100g of food, and 1g sodium is equivalent to 2.5g salt.

Targets are for products 'as sold' unless otherwise stated.

\* indicates targets which are processing averages (average p); all other targets are sales weighted averages (average r)

Proposed new sub-categories have been shaded in grey and proposed additional products included within current sub-categories are written in red.

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
<b>1. Meat products</b>	<b>1.1 Bacon</b> Includes all types of injection cured bacon, e.g. sliced back, streaky, smoked and unsmoked bacon, bacon joints. Excludes all dry and immersion cured bacon.	1150*	NA	1035*	NA
	<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, e.g. Parma ham. Also excludes speciality products produced using traditional methods such as immersion and dry cured processes including cured tongue.	650*	NA	650*	NA
	<b>1.3 Sausages</b>				
	<b>1.3.1 Sausages</b> Includes all fresh, chilled and frozen meat sausages, e.g. pork, beef, chicken, turkey, etc.	450	550	430	525
	<b>1.3.2 Cooked sausages and Sausage meat</b> Includes all cooked sausages and sausage meat products e.g. stuffing, turkey roll with stuffing etc. Excludes Scotch eggs (see category 22.1).	550	680	520	610

Sub-category	2017 salt target		Draft proposed 2023 salt target	
	average target	maximum target	average target	maximum target
	mg sodium per 100g		mg sodium per 100g	
<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 e.g. game pie, cranberry topped pork pie, Melton Mowbray pork pie etc.	390	450	370	405
<b>1.4.2 Cornish and meat-cased pasties</b> Includes all Cornish and meat-based pasties only.	360	400	320	360
<b>1.4.3 Other meat-based pastry 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)	270	300	240	285
<b>1.5 Cooked uncured meat, includes all roast meat, sliced meat etc</b>				
<b>1.5.1 Whole muscle cooked uncured meat</b> Includes all chilled, frozen and canned whole muscle e.g. beef, lamb, chicken, turkey etc. Also includes rotisserie and roasted products.	NA	270	NA	270
<b>1.5.2 Reformed whole muscle cooked uncured meat</b> Includes all reformed whole muscle e.g. beef, lamb, chicken, turkey etc.	NA	360	NA	360
<b>1.5.3 Comminuted or chopped reformed cooked uncured meat</b> Includes all comminuted or chopped reformed and shaped uncured meats eg beef, lamb, chicken, turkey etc.	NA	540	NA	540
<b>1.6 Burgers and grill steaks</b> Includes all standard, speciality and topped burgers and grill steaks e.g. fresh and frozen burgers and grill steaks, beef burgers, hamburgers, pork/bacon burgers, chicken burgers, turkey burgers and all kebabs. Excludes canned burgers (see category 1.7.1)	300	350	270	335

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
	<b>1.7 Frankfurters, hotdogs, and burgers</b>				
	<b>1.7.1 Canned frankfurters, canned hotdogs, and canned burgers</b> Excludes fresh and frozen burgers (see category 1.6), sausages (see category 1.3) and chilled frankfurters (see category 1.7.2).	550	700	520	700
	<b>1.7.2 Fresh chilled frankfurters</b>	600	750	600	750
<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 (e.g. cheese, olives, sundried tomatoes etc., for these products see category 2.2)	360	450	340	380
	<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 e.g. cheese, olives, sundried tomatoes etc.	400	450	360	405
	<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.	290	350	260	330
	<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.	450	500	405	425
<b>3. Breakfast cereals</b>	<b>3.1 Breakfast cereals</b> Includes all breakfast cereals, e.g. muesli, cornflakes, hot oat cereals etc.	235	400	190	340
<b>4. Cheese</b>	<b>4.1 Cheddar and other '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.	700	800	630	680

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
	<b>4.2 'Fresh cheeses'</b>				
	<b>4.2.1 Soft white cheese</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.	200	270	200	270
	<b>4.2.2 Cottage cheese</b> Includes all plain and flavoured cottage cheese.	200	210	180	190
	<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.	540*	NA	540*	NA
	<b>4.4 Blue cheese</b> UK produced blue cheeses only	800*	NA	720*	NA
	<b>4.5 Processed cheese</b>				
	<b>4.5.1 Cheese spreads</b>	650	720	620	720
	<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).	680	800	650	800
<b>5. Butter</b>	<b>5.1 Salted butters and buttery spreads</b> Includes all regional and salted butter and buttermilk-enriched spreads <b>Includes flavoured butter and buttery spreads e.g. garlic butter</b>	590	670	530	640
	<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 e.g. Lurpak)	450*	NA	405*	NA

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		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, e.g. sunflower, olive oil, sterol/stanol etc. Excludes buttermilk-enriched spreads (see category 5.1).	425	550	380	495
<b>7. Baked beans</b>	<b>7.1 Baked beans in tomato sauce without accompaniments</b>	NA	225	NA	225
	<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.	270	290	240	260
<b>8. Ready meals</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.	250	380	240	340
	<b>8.2 Ready meal sides and accompaniments</b> Includes bhajis, samosas, spring rolls, pakoras, gyozas and other similar products Includes vegetable based croquettes, arancini, macaroni and cheese coated bites, onion rings, coated garlic mushrooms and other similar products Excludes mini sausage rolls, pasties or pies which are included in 1.4.1, 1.4.2 and 1.4.3 Excludes coated prawns, calamari and deep fried cheese	NA	NA	275	350
<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.	210	250	200	225
<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)	400	500	360	450

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
<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.	525	580	470	520
	<b>11.2 Extruded and sheeted snacks</b> All extruded or sheeted snacks e.g. cheese flavour corn puffs, potato hoops, pretzels, formed crisps, sheeted crisps, tortillas, all flavours except salt and vinegar (see category 11.4).	680	800	610	720
	<b>11.3 Pelleted snacks</b> All snacks made from pellets e.g. 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).	850	1150	765	1035
	<b>11.4 Salt and vinegar products</b> All crisps, snacks etc. salt and vinegar flavour only. <b>Includes salt and vinegar popcorn and nuts</b>	750	1000	710	900
	<b>11.5 Savoury popcorn</b> All savoury and salted popcorn Includes sweet and savoury popcorn Includes coated popcorn Excludes no added salt popcorn Excludes salt/vinegar flavoured as these are included in 11.4	NA	NA	490	575
	<b>11.6 Sweet popcorn</b> All sweet popcorn Includes coated popcorn Excludes sweet and savoury popcorn as these are included in 11.5 Excludes popcorn kernels	NA	NA	305	400

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
	<b>11.7 Flavoured nuts</b> Salted and flavoured nuts Includes salted and flavoured dried seeds, beans, peas and corn e.g. dried wasabi peas, broad beans, edamame beans Excludes chocolate and yoghurt coated nuts Excludes fruit and nut mixes Excludes plain/unflavoured Excludes salt/vinegar flavoured as these are included in 11.4	NA	NA	400	480
<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).	170	280	150	240
	<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).	140	180	130	180
	<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 e.g. apple pie, jam tarts, tarte au citron, tarte au chocolate, treacle tart, lemon meringue pie, custard tart, banoffee pie, éclairs, profiteroles, choux buns etc. Excludes all puff pastry and laminated pastries (see category 12.2).	100	130	90	120
<b>13. Sandwiches</b>	<b>13.1 Sandwiches with high salt fillings</b> Includes sandwiches and wraps where the filling includes cured meat (e.g. ham, bacon, pastrami, chorizo, salt beef etc.), olives, anchovies and smoked fish, hard cheese, prawns, crayfish, crab and tuna.	360	600	325	540

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
	<b>13.2 Sandwiches without high salt fillings</b> Includes all sandwiches and wraps with lower salt fillings e.g. chicken, vegetables, egg etc. e.g. where ingredients are other than those specified in category 13.1.	270	350	240	315
<b>14. Table sauces and condiments</b>	<b>14.1 Tomato ketchup</b> Includes standard and reduced salt and sugar varieties. <i>Includes all flavours</i>	NA	680	NA	650
	<b>14.2 Brown sauce</b> Includes all standard and reduced salt and sugar brown, BBQ, curry-flavoured etc. sauces.	NA	480	NA	480
	<b>14.3 Salad cream</b> Includes reduced fat varieties.	NA	630	NA	600
	<b>14.4 Mayonnaise</b>				
	<b>14.4.1 Mayonnaise (not reduced fat/calorie)</b> <i>Includes all flavours</i> <i>Includes vegan alternatives</i>	NA	500	NA	500
	<b>14.4.2 Mayonnaise (reduced fat/calorie only)</b> <i>Includes all flavours</i> <i>Includes vegan alternatives</i>	NA	680	NA	680
	<b>14.5 Salad dressing</b> Includes all oil and vinegar based dressings, including reduced fat varieties.	NA	600	NA	570
	<b>14.6 Chilli sauce</b> Includes all chilli and sweet chilli sauce Includes Sriracha Sauce Excludes chilli cooking sauce	NA	NA	NA	1150
	<b>14.7 Dips</b> Includes all ambient and chilled dips	NA	NA	300	360
	<b>14.8 All other condiments</b> Includes horseradish, tartare sauce, mint sauce, chutney, seafood sauce	NA	NA	NA	720

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
<b>15. Cook-in and pasta sauces, thick sauces, and pastes</b>	<b>15.1 All cook in and pasta sauces (except pesto and other thick sauces and pastes)</b> Includes all cooking sauces, e.g. 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.	300	370	270	330
	<b>15.2 Pesto and other thick sauces</b> Includes thick cooking sauces intended to be used in smaller quantities, e.g. pesto, stir fry sauces, etc. (e.g. a portion size of under 90g).	550	650	520	620
	<b>15.3 Thick pastes</b> Includes all thick pastes used in very small quantities (e.g. 15-20g) such as curry and Thai.	1300	1500	1235	1425
<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.	220	380	220	320
	<b>16.2 Savoury biscuits</b> Includes all filled and unfilled savoury biscuits	520	700	520	700
<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.	200	350	170	300
<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).	NA	70	NA	65

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		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).	180	230	170	230
<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.	220	250	210	240
<b>20. Processed puddings</b>	<b>20.1 Dessert mixes, as consumed</b> Includes dehydrated dessert mixes (made up according to manufacturers instructions). Excludes custard powder and jelly crystals.	NA	180	NA	180
	<b>20.2 Cheesecake</b> Includes ambient, chilled, frozen and dehydrated (as consumed, made up according to manufacturers instructions).	110	140	105	130
	<b>20.3 Sponge-based processed puddings</b> Includes jam roly-poly, spotted dick, sticky toffee pudding etc. Excludes canned versions.	170	250	150	225
	<b>20.4 All other processed puddings</b> Includes all other processed and pre-prepared puddings e.g. 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).	70	110	65	95
<b>21. Quiche</b>	<b>21.1 Quiches</b> Includes all quiches and flans.	220	270	200	240

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
<b>22. Scotch Eggs</b>	<b>22.1 Scotch eggs</b> Includes vegetarian/vegan alternatives	NA	310	NA	310
<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).	360*	NA	310*	NA
	<b>23.2 Canned salmon</b> Includes all standard canned salmon. Excludes canned fish with sauce or other additions (see category 23.3).	320*	NA	320*	NA
	<b>23.3 Other canned fish</b> Includes sardines, mackerel, pilchards in brine, oil etc. and canned fish with sauces or other additions e.g. tomato, barbeque, mustard etc. Also includes canned shellfish e.g. prawns, crab, mussels etc. Excludes anchovies, smoked fish, lumpfish caviar and fish roe.	340	600	310	510
<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.	NA	50	NA	50
	<b>24.2 Canned processed, marrowfat, and mushy peas</b> Includes these products only.	NA	180	NA	180
<b>25. Meat alternatives</b>	<b>25.1 Plain meat alternatives</b> Includes plain tofu, Quorn ingredients (e.g. mince, plain pieces and fillets), meat free mince and other similar products.	NA	250	NA	250
	<b>25.2 Meat free products</b> Includes all meat and fish alternative products e.g. sausages, burgers, bites, pies, en crouete products, sausage rolls, nut cutlets, falafel, flavoured “meat” pieces e.g. chicken fillets, “meatballs”, all meat-free “meats” e.g. ham, turkey etc., including “beanburgers”, “vegieburgers” and other similar products.	360	500	340	475

	Sub-category	2017 salt target		Draft proposed 2023 salt target	
		average target	maximum target	average target	maximum target
		mg sodium per 100g		mg sodium per 100g	
	Excludes bacon (see category 25.3), baked beans (category 7), canned vegetables (category 24), ready meals and meal centres (category 8).				
	<b>25.3 Meat-free bacon</b> Includes all meat-free bacon type products, whether made from soya, Quorn or other ingredients.	NA	750	NA	710
<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).	NA	60	NA	60
	<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.	185	275	155	250
<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.	NA	60	NA	55
<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).	300	380	240	320
	<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).	380	450	320	405

## Draft proposals for Table 2 of the 2023 salt reduction targets

Table 2 targets are based on the sodium content per serving of food, and 1g sodium is equivalent to 2.5g salt.

Category	Sub-category	2017 maximum target	Draft proposed 2023 maximum salt target
		mg sodium/serving	
<b>DISH TARGET</b> 1. Potato products	1.1 Seasoned fries	350	350
	1.2 Seasoned chips and other potato products	600	540
<b>DISH TARGET</b> 2. Burgers in bun	2.1 Small burgers without cheese or other cured meats	960	860
	2.2 Burgers with cured meats	1600	1600
	2.3 All other burgers	1400	1400
<b>DISH TARGET</b> 3. Battered or breaded chicken portions and pieces	3.1 Battered or breaded chicken portions and pieces under 200kcal	400	340
	3.2 Battered or breaded chicken portions and pieces between 200-400kcal	800	720
	3.3 Battered or breaded chicken portions and pieces over 400kcal	1400	1260
<b>MEAL TARGET</b> 4. Battered or breaded seafood based meals	4.1 Fish fillet meals	1100	1100
	4.2 Bitesize seafood meals	1500	1350
<b>MEAL &amp; DISH TARGET</b> 5. Pies	5.1 Pie based meals	1700	1530
	5.2 Pies only	760	760
<b>MEAL TARGET</b>	6.1 Curry main meals	1600	1440

Category	Sub-category	2017 maximum target	Draft proposed 2023 maximum salt target
		mg sodium/serving	
6. Sauce based main dishes	6.2 All other sauce based main meals	1300	1300
<b>MEAL TARGET</b> 7. Beef steaks, grilled chicken and roast main meals	7.1 Beef steaks, grilled chicken, and roast main meals	1800	1620
<b>DISH TARGET</b> 8. Sandwiches	8.1 Cured meat sandwiches	1500	1350
	8.2 All other sandwiches	1100	1045
<b>MEAL TARGET</b> 9. Pasta meal	9.1 Lasagne, risotto, gnocchi, and pasta with cured meat additions	1500	1425
	9.2 All other pasta dishes	1100	1100
<b>DISH TARGET</b> 10. Pizza	10.1 Take away style pizza with cured meat toppings (per slice)	500	450
	10.2 Take away style pizza with all other toppings (per slice)	350	330
	10.3 Traditional Italian style pizza with cured meat toppings (per pizza)	2400	2040
	10.4 Traditional Italian style pizza with all other toppings (per pizza)	2000	1800
<b>MEAL TARGET</b> 11. Children's main meals	11.1 Children's main meals	720	650