

Appendix 1: Individual Product Results

Food Category	Food Group	Type	Na (mg/100g)
Take-away Foods	Chicken Nugget	Fried, Take Away	345
	Chicken Nugget	Fried, Take Away	423
	Chicken Nugget	Fried, Take Away	445
	Chicken Nugget	Fried, Take Away	459
	Chicken Nugget	Fried, Take Away	490
	Chicken Nugget	Fried, Take Away	546
	Chicken Nugget	Fried, Take Away	648
	Chicken Nugget	Fried, Take Away	691
	Chicken Nugget	Fried, Take Away	723
	Chicken Nugget	Fried, Take Away	738
	Chicken Nugget	Fried, Take Away	759
	Chicken Nugget	Fried, Take Away	765
	Chicken Nugget	Fried, Take Away	787
	Chicken Nugget	Fried, Take Away	855
	Chicken Nugget	Fried, Take Away	861
	Chicken Nugget	Fried, Take Away	868
	Chicken Nugget	Fried, Take Away	949
	Chicken Nugget	Grilled, Take Away	348
	Chicken Nugget	Grilled, Take Away	380
	Chicken Nugget	Grilled, Take Away	430
	Dumpling, Savoury	Not Further Specified	306
	Dumpling, Savoury	Not Further Specified	379
	Dumpling, Savoury	Not Further Specified	383
	Dumpling, Savoury	Not Further Specified	388
	Dumpling, Savoury	Not Further Specified	403
	Dumpling, Savoury	Not Further Specified	502
	Dumpling, Savoury	Pork	307
	Dumpling, Savoury	Pork	409
	Dumpling, Savoury	Pork	493
	Dumpling, Savoury	Seafood	133
	Dumpling, Savoury	Seafood	264
	Dumpling, Savoury	Seafood	538
	Dumpling, Savoury	Seafood, Frozen	387
	Falafel (Chickpea Patty)	Not Further Specified	71
	Falafel (Chickpea Patty)	Not Further Specified	282
	Falafel (Chickpea Patty)	Not Further Specified	297
	Falafel (Chickpea Patty)	Not Further Specified	670

Food Category	Food Group	Type	Na (mg/100g)
	Falafel (Chickpea Patty)	Not Further Specified	695
	Falafel (Chickpea Patty)	Not Further Specified	706
	Falafel (Chickpea Patty)	Not Further Specified	739
	Falafel (Chickpea Patty)	Not Further Specified	786
	Falafel (Chickpea Patty)	Not Further Specified	984
	Fish	Battered, Deep Fried	345
	Fish	Battered, Deep Fried	451
	Fish	Crumbed, Deep Fried	494
	Fish	Deep Fried	81
	Fish	Deep Fried	140
	Fish	Deep Fried	364
	Fish	Deep Fried	402
	Fish	Deep Fried	505
	Fish	Deep Fried	522
	Fish	Deep Fried	641
	Fish	Deep Fried	657
	Noodles with Vegetables	Fried	350
	Noodles with Vegetables	Fried, With Chicken & Vegetables	249
	Noodles with Vegetables	Fried, With Chicken & Vegetables	293
	Noodles with Vegetables	Fried, With Chicken & Vegetables	389
	Noodles with Vegetables	Fried, With Chicken & Vegetables	470
	Noodles with Vegetables	Fried, With Chicken & Vegetables	476
	Noodles with Vegetables	Fried, With Vegetables	396
	Noodles with Vegetables	Fried, With Vegetables	474
	Noodles with Vegetables	Fried, With Vegetables	492
	Noodles with Vegetables	Fried, With Vegetables	519
	Pie, Meat	Commercial, Frozen	366
	Pie, Meat	Commercial, Frozen	416
	Pie, Meat	Commercial, Frozen	435
	Pie, Meat	Commercial, Frozen	462
	Pie, Meat	Commercial, Frozen	468
	Pie, Meat	Commercial, Frozen	514
	Pie, Meat	Commercial, Frozen	519
	Pie, Meat	Commercial, Frozen	525
	Pie, Meat	Commercial, Frozen	530

Food Category	Food Group	Type	Na (mg/100g)
	Pie, Meat	Take Away	419
	Pie, Meat	Take Away	454
	Pie, Meat	Take Away	497
	Pie, Meat	Take Away	507
	Pie, Meat	Take Away	548
	Pie, Meat	Take Away	562
	Pizza	Meat & Vegetables	472
	Pizza	Meat & Vegetables	610
	Pizza	Meat & Vegetables	621
	Pizza	Meat & Vegetables	700
	Pizza	Meat & Vegetables	769
	Pizza	Vegetables	448
	Pizza	Vegetables	587
	Pizza	Vegetables	637
	Pizza	Vegetables	920
	Pizza	Vegetables, Frozen	281
	Pork, With Sweet & Sour Sauce	Commercial, Frozen	272
	Pork, With Sweet & Sour Sauce	Take Away	139
	Pork, With Sweet & Sour Sauce	Take Away	139
	Pork, With Sweet & Sour Sauce	Take Away	289
	Pork, With Sweet & Sour Sauce	Take Away	325
	Pork, With Sweet & Sour Sauce	Take Away	391
	Pork, With Sweet & Sour Sauce	Take Away	412
	Pork, With Sweet & Sour Sauce	Take Away	418
	Pork, With Sweet & Sour Sauce	Take Away	438
	Pork, With Sweet & Sour Sauce	Take Away	473
	Pork, With Sweet & Sour Sauce	Take Away	531
	Potato, Chips and Fries	Chips, Salted	142
	Potato, Chips and Fries	Chips, Salted	194
	Potato, Chips and Fries	Chips, Salted	207
	Potato, Chips and Fries	Chips, Salted	212
	Potato, Chips and Fries	Chips, Salted	223
	Potato, Chips and Fries	Chips, Salted	251
	Potato, Chips and Fries	Chips, Salted	257
	Potato, Chips and Fries	Chips, Salted	289
	Potato, Chips and Fries	Chips, Salted	483
	Potato, Chips and Fries	Fries, Salted	100
	Potato, Chips and Fries	Fries, Salted	116
	Potato, Chips and Fries	Fries, Salted	235

Food Category	Food Group	Type	Na (mg/100g)
	Potato, Chips and Fries	Fries, Salted	235
	Potato, Chips and Fries	Fries, Salted	243
	Potato, Chips and Fries	Fries, Salted	381
	Potato, Chips and Fries	Salted	24
	Potato, Chips and Fries	Salted	36
	Potato, Chips and Fries	Salted	43
	Potato, Chips and Fries	Salted	59
	Potato, Chips and Fries	Salted	83
	Potato, Chips and Fries	Salted	89
	Potato, Chips and Fries	Salted	98
	Sausage Roll	Frozen	415
	Sausage Roll	Frozen	604
	Sausage Roll	Frozen	686
	Sausage Roll	Frozen	686
	Sausage Roll	Frozen	700
	Sausage Roll	Frozen	710
	Sausage Roll	Frozen	746
	Sausage Roll	Frozen	758
	Sausage Roll	Individual	410
	Sausage Roll	Individual	603
	Sausage Roll	Individual	610
	Sausage Roll	Individual	670
	Sausage Roll	Individual	697
	Sausage Roll	Individual	703
	Sausage Roll	Individual	896
	Spring Roll	Frozen	389
	Spring Roll	Frozen	452
	Spring Roll	Frozen	462
	Spring Roll	Frozen	467
	Spring Roll	Frozen	537
	Spring Roll	Frozen	568
	Spring Roll	Frozen	629
	Spring Roll	Frozen	652
	Spring Roll	Frozen	681
	Spring Roll	Take Away	390
	Spring Roll	Take Away	468
	Spring Roll	Vegetable, Take Away	381
	Spring Roll	Vegetable, Take Away	428
	Spring Roll	Vegetable, Take Away	477

Food Category	Food Group	Type	Na (mg/100g)
	Spring Roll	Vegetable, Take Away	531
Snack Foods	Muesli Bar	Chocolate Chips	4
	Muesli Bar	Chocolate Chips	186
	Muesli Bar	Nut & Fruit	37
	Muesli Bar	Nut & Fruit	151
	Muesli Bar	Nut & Fruit	280
	Popcorn	Butter Flavoured	329
	Popcorn	Butter Flavoured	380
	Popcorn	Butter Flavoured	932
	Popcorn	Butter Flavoured	940
	Popcorn	Homemade, From Commercial Popping Corn	1
	Potato, Crisps & Extruded Snacks	Noodle, Flavoured	776
	Potato, Crisps & Extruded Snacks	Plain, Salted	279
	Potato, Crisps & Extruded Snacks	Plain, Salted	392
	Potato, Crisps & Extruded Snacks	Plain, Salted	438
	Potato, Crisps & Extruded Snacks	Plain, Salted	477
	Potato, Crisps & Extruded Snacks	Plain, Salted	482
	Potato, Crisps & Extruded Snacks	Plain, Salted	484
	Potato, Crisps & Extruded Snacks	Plain, Salted	493
	Potato, Crisps & Extruded Snacks	Plain, Salted	578
	Potato, Crisps & Extruded Snacks	Plain, Salted	767
	Potato, Crisps & Extruded Snacks	Plain, Salted	977
	Potato, Crisps & Extruded Snacks	Plain, Salted	1013
	Potato, Crisps & Extruded Snacks	Plain, Unsalted	43
	Potato, Crisps & Extruded Snacks	Prawn Flavoured	555
	Potato, Crisps & Extruded Snacks	Reduced Fat, Salted	1546
	Snack Bar	Baked, Fruit Filled	170
	Snack Bar	Baked, Fruit Filled	281
	Snack Bar	Cereal, Nuts and Fruit	132
	Snack Bar	Flavoured	273
	Snack Bar	Fruit Flavoured	283
	Snack Bar	Malt Flavoured	71
	Snack Bar	Mixed Cereal, Chocolate Base	187
Snack Bar	Puffed rice	244	
Snack Bar	Puffed rice	375	
Snack Bar	Yoghurt Flavoured	307	
Fats & Oils	Margarine Spread	Monounsaturated	523
	Margarine Spread	Monounsaturated	599

Food Category	Food Group	Type	Na (mg/100g)
	Margarine Spread	Monounsaturated, Reduced Salt	357
	Margarine Spread	Monounsaturated, Reduced Salt	361
	Margarine Spread	Monounsaturated, Reduced Salt	379
	Margarine Spread	Monounsaturated, Reduced Salt	388
	Margarine Spread	Not Further Specified	555
	Margarine Spread	Not Further Specified	639
	Margarine Spread	Polyunsaturated	526
	Margarine Spread	Polyunsaturated, Reduced Salt	247
	Margarine Spread	Reduced Salt	356
	Mayonnaise	Japanese-style	557
	Mayonnaise	Not Further Specified	284
	Mayonnaise	Not Further Specified	464
	Mayonnaise	Not Further Specified	540
	Mayonnaise	Not Further Specified	678
	Mayonnaise	Whole Egg	375
	Oil	Rice Bran	0.1
	Oil	Vegetable	0.1
	Oil	Vegetable	0.2
	Oil	Vegetable	0.2
	Salad Dressing	Cream-style	617
	Salad Dressing	Cream-style	886
	Salad Dressing	Cream-style	954
Bakery Products	Biscuit, Savoury	Flavoured	605
	Biscuit, Savoury	Flavoured	651
	Biscuit, Savoury	Flavoured	877
	Biscuit, Savoury	Flavoured	902
	Biscuit, Savoury	Flavoured	1055
	Biscuit, Savoury	Flavoured	1311
	Biscuit, Savoury	Plain	463
	Biscuit, Savoury	Plain	565
	Biscuit, Savoury	Plain	631
	Biscuit, Savoury	Plain	992
	Biscuit, Savoury, Puffed Corn	Flavoured	1440
	Biscuit, Savoury, Puffed Corn	Plain	270
	Biscuit, Savoury, Puffed Corn	Plain	690
	Biscuit, Sweet	Chocolate Coated	208

Food Category	Food Group	Type	Na (mg/100g)
	Biscuit, Sweet	Chocolate Coated	367
	Biscuit, Sweet	Cream Filled	100
	Biscuit, Sweet	Cream Filled	134
	Biscuit, Sweet	Cream Filled	210
	Biscuit, Sweet	Cream Filled	214
	Biscuit, Sweet	Cream Filled	253
	Biscuit, Sweet	Cream Filled	277
	Biscuit, Sweet	Cream Filled	306
	Biscuit, Sweet	Cream Filled	388
	Biscuit, Sweet	Cream Filled	401
	Biscuit, Sweet	Cream Filled	551
	Biscuit, Sweet	Cream Filled, Chocolate Coated	15
	Biscuit, Sweet	Cream Filled, Chocolate Coated	117
	Biscuit, Sweet	Cream Filled, Chocolate Coated	134
	Biscuit, Sweet	Cream Filled, Chocolate Coated	160
	Biscuit, Sweet	Cream Filled, Chocolate Coated	203
	Biscuit, Sweet	Cream Filled, Chocolate Coated	209
	Biscuit, Sweet	Filled, Chocolate Coated	111
	Cake, Shelf Stable	Chocolate Coated	276
	Cake, Shelf Stable	Chocolate Flavoured	286
	Cake, Shelf Stable	Fruit Flavoured	431
	Cake, Shelf Stable	Jam Filled	127
	Cake, Shelf Stable	Jam Filled	428
	Croissant	Plain, Commercial	400
	Croissant	Plain, Commercial	421
	Croissant	Plain, Commercial	435
	Croissant	Plain, Commercial	438
	Croissant	Plain, Commercial	449
	Croissant	Plain, Commercial	461
	Croissant	Plain, Commercial	475
	Croissant	Plain, Commercial	499
	Croissant	Plain, Commercial	500
	Croissant	Plain, Commercial	521
	Croissant	Plain, Commercial	523
	Croissant	Plain, Commercial	540

Food Category	Food Group	Type	Na (mg/100g)
	Croissant	Plain, Commercial, Frozen	469
	Croissant	Plain, Commercial, Frozen	520
	Croissant	Plain, Mini, Commercial, Fresh	480
	Danish Pastry	Custard Filled	175
	Danish Pastry	Custard Filled	207
	Danish Pastry	Custard Filled	227
	Danish Pastry	Custard Filled	247
	Danish Pastry	Custard Filled	320
	Danish Pastry	Custard Filled	368
	Danish Pastry	Custard Filled, Frozen	265
	Danish Pastry	Custard Filled, Frozen	271
	Danish Pastry	Fruit & Custard Filled	192
	Danish Pastry	Fruit & Custard Filled	256
	Danish Pastry	Fruit & Custard Filled	261
	Danish Pastry	Fruit & Custard Filled	276
	Danish Pastry	Fruit & Custard Filled	314
	Danish Pastry	Fruit & Custard Filled	345
	Danish Pastry	Fruit & Custard Filled	358
	Doughnut	Cinnamon	306
	Doughnut	Cinnamon	514
	Doughnut	Cinnamon	730
	Doughnut	Cream Filled	323
	Doughnut	Glazed	231
	Doughnut	Glazed	243
	Doughnut	Glazed	248
	Doughnut	Glazed	252
	Doughnut	Glazed	270
	Doughnut	Iced	340
	Doughnut	Iced	453
	Doughnut	Jam Filled	299
	Doughnut	Mini, Cinnamon	627
	Doughnut	Mini, Not Further Specified	623
	Doughnut	Not Further Specified	234
	Doughnut	Not Further Specified	451
	Doughnut	Not Further Specified	553
	Doughnut	Not Further Specified	616
	Muffin, Sweet	Cake-style, With Chocolate Chips	234
	Muffin, Sweet	Cake-style, With Chocolate	402

Food Category	Food Group	Type	Na (mg/100g)
		Chips	
	Muffin, Sweet	Cake-style, With Chocolate Chips	423
	Muffin, Sweet	Cake-style, With Fruit	193
	Muffin, Sweet	Cake-style, With Fruit	265
	Muffin, Sweet	Cake-style, With Fruit	287
	Muffin, Sweet	Cake-style, With Fruit	308
	Muffin, Sweet	Cake-style, With Fruit	351
	Muffin, Sweet	Cake-style, With Fruit	379
	Muffin, Sweet	Cake-style, With Fruit	396
	Muffin, Sweet	Cake-style, With Fruit	409
	Muffin, Sweet	Cake-style, With Fruit	420
	Muffin, Sweet	Cake-style, With Fruit	449
	Muffin, Sweet	Cake-style, With Fruit	460
	Muffin, Sweet	Cake-style, With Fruit	516
	Pancake/Pikelet	Fruit Flavoured	326
	Pancake/Pikelet	Plain	316
	Pancake/Pikelet	Plain	329
	Pancake/Pikelet	Plain	330
	Pancake/Pikelet	Plain	330
	Pancake/Pikelet	Plain	354
	Pancake/Pikelet	Plain	361
	Pancake/Pikelet	Plain	378
	Pancake/Pikelet	Plain	400
	Pancake/Pikelet	Plain	463
	Pastry	Choux, Unfilled, Commercial, Baked	400
	Pastry	Commercial, Frozen	238
	Pastry	Commercial, Frozen	378
	Pastry	Commercial, Frozen	430
	Pastry	Commercial, Frozen	498
	Pastry	Commercial, Frozen	562
	Pastry	Fillo, Commercial, Frozen	664
	Pastry	Puff, Commercial, Frozen	308
	Pastry	Puff, Commercial, Frozen	336
	Pastry	Puff, Commercial, Frozen	393
	Pastry	Puff, Commercial, Frozen	542
	Pastry, Tart	Commercial, Frozen	244
	Pastry, Tart	Commercial, Jam Filled, Baked	236

Food Category	Food Group	Type	Na (mg/100g)
Other	Gravy Powder	Dry Mix	4605
	Gravy Powder	Dry Mix	5439
	Gravy Powder	Dry Mix	5963
	Gravy Powder	Dry Mix	6913
	Gravy Powder	Dry Mix	7178
	Muesli, Toasted	Not Further Specified	18
	Muesli, Toasted	Not Further Specified	21
	Muesli, Toasted	Not Further Specified	38
	Muesli, Toasted	Not Further Specified	57
	Muesli, Toasted	Without Fruit	30
	Pasta, Dry Mix	Cream-style	678
	Pasta, Dry Mix	Cream-style	738
	Pasta, Dry Mix	Cream-style	827
	Pasta, Dry Mix	Cream-style	874
	Pasta, Dry Mix	Cream-style	1039
	Peanut Butter	Crunchy	471
	Peanut Butter	Crunchy	482
	Peanut Butter	Smooth	577
	Sauce (Recipe Base – wet & dry)	Cream-style	820
	Sauce (Recipe Base – wet & dry)	Cream-style	1494
	Sauce (Recipe Base – wet & dry)	Marinade, Soy-based	820
	Sauce (Recipe Base – wet & dry)	Marinade, Soy-based	928
	Sauce (Recipe Base – wet & dry)	Satay	1166
	Soup, Dry Mix	Noodle, Broth-style	5863
	Soup, Dry Mix	Vegetable	2705
	Soup, Dry Mix	Vegetable, Broth-Style	2026
	Soup, Dry Mix	Vegetable, Broth-Style	9469
	Soup, Dry Mix	Vegetable, Cream-Style	2181
	Spread, Sweet	Hazelnut	54
	Spread, Sweet	Hazelnut	39