

**Table 1: Average nutrient content of each product category**

Category Ref.	Product Description	Nutritional Composition per 100g								
		Energy (kJ)	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Fibre (g)	Sodium (mg)	Salt (g)*
1.	Standard Baked Beans in Tomato Sauce	355	84	4.5	15.5	5.9	0.4	3.6	500	1.3
2.	"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)	313	74	4.7	13.0	3.7	0.3	3.8	283	0.7
3.	Economy Baked Beans in Tomato Sauce	317	75	4.0	14.2	5.4	0.3	3.3	480	1.2
4.	Standard Baked Beans and Sausages in Tomato Sauce	465	111	5.3	13.7	5.0	3.7	3.2	489	1.2
5.	Standard Spaghetti in Tomato Sauce	266	62	1.7	13.4	4.6	0.3	0.5	500	1.3
6.	Standard Spaghetti in Tomato Sauce with Sausages	371	88	3.5	10.9	4.1	3.4	0.5	467	1.2
7.	Children's Pasta Shapes in Tomato Sauce	266	63	1.6	12.4	4.4	0.7	0.5	372	0.9
8.	Children's Pasta Shapes in Tomato Sauce with Sausages	408	98	3.5	11.9	4.0	4.0	0.5	438	1.1
9.	Ravioli	340	81	3.1	13.6	3.2	1.4	0.8	480	1.2
10.	Spaghetti Bolognese	370	88	4.0	11.5	2.9	2.7	0.6	471	1.2
11.	Macaroni Cheese	502	120	4.5	11.4	1.4	6.0	0.3	471	1.2

\* Salt equivalent figure (sodium multiplied by 2.55)

**Table 2: Nutrient content of individual products**

Sample Ref.	Product Description	Nutritional Composition per 100g as declared on label										Health Claims
		Energy kJ	Energy kcal	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Sodium (mg)	Salt (g)*	
<b>1</b>	<b>Standard Baked Beans in Tomato Sauce</b>											
1.1	Heinz Baked Beans in Tomato Sauce	308	73	4.6	13.1	5.0	0.2	Trace	3.6	400	1.0	None
1.2	Heinz Organic Baked Beans in Tomato Sauce	323	76	4.9	13.7	5.3	0.2	Trace	3.9	500	1.3	Organic, no artificial colours, preservatives, flavours or GM ingredients, one fruit and veg portion per half can
1.3	Crosse & Blackwell Baked Beans in Tomato Sauce (4 can multipack)	358	84	4.6	15.8	4.7	0.3	0.1	3.5	500	1.3	None
1.4	HP Baked Beans in Tomato Sauce	362	85	4.7	15.0	6.1	0.7	0.2	3.7	500	1.3	Free from artificial colours and preservatives, gluten free, low in fat, high in fibre
1.5	Tesco Baked Beans in Tomato Sauce	360	85	4.6	15.9	6.2	0.3	0.1	3.5	500	1.3	High in fibre
1.6	Sainsbury's Baked Beans in Tomato Sauce	362	85	4.9	15.5	6.3	0.4	0.1	3.7	500	1.3	None
1.7	Asda Baked Beans in Tomato Sauce	327	77	4.6	14.0	5.0	0.3	0.1	3.7	500	1.3	None
1.8	Waitrose Baked Beans in Tomato Sauce	345	81	4.2	14.8	5.1	0.6	0.2	3.3	400	1.0	Source of fibre
1.9	Safeway Baked Beans in Tomato Sauce	427	101	4.7	19.3	5.8	0.5	0.1	3.7	500	1.3	Source of fibre
1.10	Marks & Spencer Baked Beans in a Rich Tomato Sauce	360	85	4.6	15.9	5.2	0.3	0.1	3.5	500	1.3	None
1.11	Somerfield Baked Beans in Tomato Sauce	394	93	4.7	17.8	7.1	0.3	0.1	3.5	600	1.5	None
1.12	Spar Baked Beans in Tomato Sauce	340	80	4.6	14.4	6.3	0.3	0.1	3.7	500	1.3	None
1.13	Co-op Baked Beans in Tomato Sauce (4 can multipack)	380	90	5.0	16.0	5.0	0.4	0.1	3.0	400	1.0	None
1.14	Budgens Baked Beans in Tomato Sauce	390	92	4.7	17.6	7.1	0.3	0.1	3.5	600	1.5	None
1.15	Morrisons Baked Beans in Tomato Sauce	295	69	2.9	14.0	8.7	0.2	0.1	3.7	600	1.5	None
<b>2</b>	<b>"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)</b>											
2.1	Crosse & Blackwell Waistline Healthy Baked Beans in Tomato Sauce	321	76	4.6	13.6	2.3	0.3	0.1	4.5	300	0.8	Reduced salt, reduced sugar, naturally low in fat
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	286	67	4.6	11.7	4.0	0.2	Trace	3.7	300	0.8	15% less sugar and salt
2.3	Heinz Weight Watchers Baked Beans in Tomato Sauce	279	66	4.7	11.3	3.4	0.2	Trace	3.7	300	0.8	High fibre, low fat
2.4	Tesco Healthy Living Baked Beans in Tomato Sauce	354	84	5.1	15.1	3.5	0.3	0.1	3.6	300	0.8	50% less added sugar, 50% less added salt, high fibre
2.5	Sainsbury's Baked Beans in Tomato Sauce (Reduced Sugar and Reduced Salt)	320	75	4.9	13.0	3.8	0.4	0.1	3.7	300	0.8	Reduced sugar, reduced salt
2.6	Asda Healthy Choice Baked Beans in Tomato Sauce	310	73	4.6	13.0	4.4	0.3	0.1	3.7	200	0.5	Reduced sugar
2.7	HP Healthy Baked Beans in Tomato Sauce	269	63	4.4	11.0	2.9	0.2	Trace	3.7	300	0.8	Reduced sugar, high fibre, low fat, reduced salt
2.8	Waitrose Reduced Sugar and Salt Baked Beans in Tomato Sauce	288	68	5.0	11.5	3.6	0.2	0.1	3.7	200	0.5	Reduced sugar, reduced salt
2.9	Safeway Reduced Salt and Sugar Baked Beans in Tomato Sauce	393	93	4.7	17.3	3.8	0.5	0.1	3.7	300	0.8	Source of fibre, 25% less salt
2.10	Somerfield Reduced Sugar and Salt Baked Beans in Tomato Sauce	270	64	5.1	9.9	3.0	0.4	0.1	3.7	300	0.8	Reduced sugar and salt
2.11	Co-op Healthy Living Baked Beans in Tomato Sauce	330	80	5.0	14.0	3.0	0.3	0.1	3.0	300	0.8	Reduced sugar and salt
2.12	Morrisons Better For You Reduced Sugar and Salt Baked Beans in Tomato Sauce	338	80	4.4	14.8	6.1	0.3	0.1	3.7	300	0.8	Reduced sugar and salt
<b>3</b>	<b>Economy Baked Beans in Tomato Sauce</b>											
3.1	Tesco Value Baked Beans in Tomato Sauce	331	78	4.5	16.6	5.5	0.3	0.1	3.5	500	1.3	None
3.2	Sainsbury's Low Price Baked Beans in Tomato Sauce	278	65	3.9	12.0	5.4	0.2	Less than 0.1	3.1	500	1.3	Fibre source
3.3	Asda Smart Price Baked Beans in Tomato Sauce	295	69	2.9	14.0	6.0	0.2	0.1	3.7	500	1.3	None
3.4	Safeway Savers Baked Beans in Tomato Sauce	278	65	3.9	12.0	5.4	0.2	0.1	3.1	500	1.3	None
3.5	Somerfield Makes Sense Baked Beans in Tomato Sauce	332	78	4.2	14.7	5.2	0.3	0.1	3.2	500	1.3	None
3.6	Nisa Today's Value Baked Beans in Tomato Sauce	332	78	4.2	14.7	5.2	0.3	0.1	3.2	500	1.3	None

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		Energy kJ	Energy kcal	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Sodium (mg)	Salt (g)*	
3.7	Sunny Glade Baked Beans in Tomato Sauce	-	-	-	-	-	-	-	-	-	-	None
3.8	Co-op Everyday Baked Beans in Tomato Sauce	310	75	3.0	15.0	6.0	0.2	0.1	3.0	500	1.3	None
3.9	Corale Premium Quality Baked Beans in Rich Tomato Sauce	352	83	4.9	14.3	5.9	0.7	0.2	3.4	400	1.0	None
3.10	Iceland Great Value Baked Beans in Tomato Sauce	331	78	4.4	14.4	4.5	0.3	0.1	3.4	400	1.0	None
3.11	Morrisons Bettabuy Baked Beans in Tomato Sauce	332	78	4.2	14.7	5.2	0.3	0.1	3.2	500	1.3	None
<b>4.</b>	<b>Standard Baked Beans and Sausages in Tomato Sauce</b>											
4.1	Crosse & Blackwell Baked Beans and Sausages in Tomato Sauce	450	107	4.8	12.9	4.9	4.0	1.6	1.9	500	1.3	None
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	373	89	5.4	11.1	4.4	2.5	0.8	2.6	600	1.5	No artificial colours, preservatives, flavours or GM ingredients, one fruit and veg portion per half can
4.3	Tesco Baked Beans with Pork Sausages in Tomato Sauce	565	134	5.7	14.9	4.4	3.9	1.4	2.9	400	1.0	None
4.4	Sainsbury's Baked Beans in Tomato Sauce, with Four Pork Sausages	498	118	5.7	13.9	5.9	4.4	2.1	3.4	600	1.5	Source of fibre
4.5	Asda Baked Beans and Sausages in Tomato Sauce	518	123	6.0	16.0	6.0	3.9	1.4	3.0	600	1.5	None
4.6	Safeway Baked Beans with Pork Sausages in Tomato Sauce	501	119	6.1	15.1	5.5	3.8	1.2	2.8	400	1.0	None
4.7	Somerfield Baked Beans and Pork Sausages in Tomato Sauce	440	105	4.7	13.8	4.6	3.4	1.7	5.4	500	1.3	None
4.8	Morrisons Baked Beans and Sausages in Tomato Sauce	463	110	4.7	13.7	5.5	4.0	1.7	2.0	400	1.0	None
4.9	Co-op Baked Beans with Pork Sausages in Tomato Sauce	380	90	4.0	12.0	4.0	3.0	1.0	4.0	400	1.0	None
<b>5.</b>	<b>Standard Spaghetti in Tomato Sauce</b>											
5.1	Crosse & Blackwell Spaghetti in Tomato Sauce	256	60	1.5	13.1	4.0	0.2	Trace	0.4	400	1.0	None
5.2	Heinz Spaghetti Hoops in Tomato Sauce	224	53	1.7	11.0	3.8	0.2	Trace	0.5	300	0.8	One fruit and veg portion per half can
5.3	Heinz Spaghetti in Tomato Sauce	258	61	1.7	13.0	3.8	0.2	Trace	0.5	400	1.0	One fruit and veg portion per half can
5.4	Tesco Spaghetti in Tomato Sauce	254	60	1.6	12.9	5.3	0.2	Trace	0.5	500	1.3	None
5.5	Tesco Spaghetti Rings in Tomato Sauce	254	60	1.6	12.9	5.3	0.2	Trace	0.5	500	1.3	None
5.6	Sainsbury's Spaghetti Rings in Tomato Sauce	273	64	1.9	13.3	4.9	0.4	0.1	0.5	400	1.0	None
5.7	Sainsbury's Spaghetti in Tomato Sauce	273	64	1.9	13.3	4.9	0.4	0.1	0.5	400	1.0	None
5.8	Asda Spaghetti in Tomato Sauce	273	64	1.6	14.0	5.0	0.2	Trace	0.5	700	1.8	None
5.9	Asda Spaghetti Loops in Tomato Sauce	273	64	1.6	14.0	5.0	0.2	Trace	0.5	700	1.8	None
5.10	Waitrose Spaghetti Rings in Tomato Sauce	254	60	1.6	12.9	5.3	0.2	Trace	0.5	500	1.3	None
5.11	Safeway Short Cut Spaghetti in Tomato Sauce	260	61	1.5	12.9	4.3	0.4	Trace	0.4	600	1.5	None
5.12	Somerfield Spaghetti in Tomato Sauce	270	63	1.5	13.7	3.8	0.3	Trace	0.5	400	1.0	None
5.13	Co-op Spaghetti in Tomato Sauce	280	65	2.0	14.0	5.0	0.2	Trace	1.0	700	1.8	None
5.14	HP Spaghetti in Tomato Sauce (4 can multipack)	256	60	1.5	13.1	4.0	0.2	Trace	0.4	400	1.0	Added vitamins and minerals
5.15	Morrisons Spaghetti in Tomato Sauce	331	78	2.3	16.3	4.3	0.4	0.1	0.6	600	1.5	None
<b>6.</b>	<b>Standard Spaghetti in Tomato Sauce with Sausages</b>											
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	321	76	2.7	10.9	3.8	2.4	0.8	0.4	400	1.0	No artificial colours or GM ingredients
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	347	82	3.7	11.0	4.1	2.6	0.9	0.5	500	1.3	No artificial colours, preservatives or GM ingredients, low fat, one fruit and veg portion per half can
6.3	Tesco Spaghetti Rings and Sausages in Tomato Sauce	377	90	3.1	11.9	3.6	3.3	1.3	0.2	500	1.3	None
6.4	Sainsbury's Spaghetti Rings and Pork Sausages in Tomato Sauce	405	97	3.6	11.3	2.6	4.1	1.6	0.4	300	0.8	None
6.5	Morrisons Spaghetti Rings and Sausages in Tomato Sauce	374	89	4.8	8.3	5.5	4.1	2.4	0.8	500	1.3	None
6.6	Asda Spaghetti Loops and Sausages in Tomato Sauce	403	96	3.2	12.0	4.8	3.9	1.4	0.4	600	1.5	None

Sample Ref.	Product Description	Nutritional Composition per 100g as declared on label										Health Claims	
		Energy kJ	Energy kcal	Protein (g)	Carbohydrate (g)	Sugars (g)	Fat (g)	Saturates (g)	Fibre (g)	Sodium (mg)	Salt (g)*		
<b>7.</b>	<b>Children's Pasta Shapes in Tomato Sauce</b>												
7.1	Safeway Kids Spaghetti Letters in Tomato Sauce	260	61	1.5	12.9	4.3	0.4	Trace	0.4	600	1.5	None	
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	221	52	1.7	10.9	3.8	0.2	Trace	0.5	300	0.8	Free from artificial colour, flavour and preservative, fortified with vitamins and iron	
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	224	53	1.7	11.0	3.8	0.2	Trace	0.5	300	0.8	Free from artificial colour, flavour and preservative, fortified with vitamins and iron, no GM ingredients	
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	234	55	1.8	11.5	3.8	0.2	Trace	0.5	300	0.8	Free from artificial colour, flavour, preservative and no GM ingredients	
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	Added vitamins and minerals	
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	Added vitamins and minerals	
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	None	
7.8	Sainsbury's Blue Parrot Café Numberelli in Tomato Sauce	268	63	1.8	13.3	4.9	0.3	0.1	0.7	200	0.5	No added colours and no preservatives, only natural flavours, no added flavour enhancers, source of vitamins	
7.9	Sainsbury's Blue Parrot Café Alphabetti in Tomato Sauce	268	63	1.8	13.3	4.9	0.3	0.1	0.7	200	0.5	No added colours and no preservatives, only natural flavours, no added flavour enhancers, source of vitamins	
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	244	58	1.7	12.0	3.8	0.3	0.1	0.5	200	0.5	No colours or preservatives, controlled fat sugar and salt, with added vitamins A, C and iron	
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	None	
7.12	Waitrose Food Explorers Spaghetti Numbers in Tomato Sauce	273	64	1.9	13.3	3.3	0.4	0.1	0.5	230	0.6	Free from artificial colours, free from artificial flavours, controlled fat and salt	
7.13	HP Barney Pasta Shapes in Tomato Sauce	292	69	1.4	12.7	5.0	1.4	0.1	0.4	500	1.3	Added vitamins and minerals	
<b>8.</b>	<b>Children's Pasta Shapes in Tomato Sauce with Sausages</b>												
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	437	104	3.2	12.7	4.3	4.5	1.0	0.5	500	1.3	Added vitamins and minerals	
8.2	HP Scooby Doo Pasta Shapes with Barbecue Sausages in Tomato Sauce	454	108	3.0	12.4	4.9	5.2	3.0	0.2	300	0.8	None	
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	436	104	3.2	12.7	4.3	4.5	1.0	0.6	500	1.3	None	
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	381	91	3.7	11.5	4.1	3.3	1.2	0.5	500	1.3	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron, one fruit and	
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	372	89	3.6	11.6	4.0	3.1	1.0	0.5	500	1.3	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	372	89	3.6	11.6	4.0	3.1	1.0	0.5	500	1.3	Free from artificial colour, preservative and GM ingredients, fortified with vitamins and iron	
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	430	103	3.6	11.0	2.6	4.9	1.8	0.4	200	0.5	No colours or preservatives, controlled fat, sugar and salt	
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	385	92	3.7	11.5	4.1	3.4	1.2	0.5	500	1.3	Free from artificial colour, flavour and preservative, fortified with vitamins and iron, no GM ingredients	
<b>9.</b>	<b>Ravioli</b>												
9.1	Heinz Ravioli in Tomato Sauce	307	72	2.6	13.0	2.6	1.2	0.4	0.6	400	1.0	No artificial colours preservatives flavours or GM ingredients, low fat, low saturates, one fruit and veg	
9.2	Tesco Beef Ravioli in a Spicy Beef and Tomato Sauce	378	90	4.3	12.3	1.1	2.6	1.0	1.5	600	1.5	None	
9.3	Sainsbury's Ravioli in Tomato Sauce	353	83	3.1	15.5	4.4	1.0	0.5	0.5	500	1.3	Low fat	
9.4	Princes Ravioli in Tomato Sauce	349	83	4.2	12.0	-	2.0	-	-	-	-	Free from artificial colour, flavour and preservatives	
9.5	Asda Beef Ravioli in Tomato Sauce	373	88	3.6	14.0	1.5	2.0	Trace	3.0	600	1.5	None	
9.6	Tesco Vegetable Ravioli (in Tomato Sauce)	347	82	2.6	16.3	4.4	0.7	0.1	0.7	600	1.5	None	
9.7	Sainsbury's Vegetable Ravioli in a Rich Tomato and Herb Sauce	347	82	2.6	16.3	4.4	0.7	0.1	0.7	600	1.5	Low fat	
9.8	Heinz Cheese and Tomato Ravioli (in Tomato Sauce)	335	79	2.6	13.9	3.2	1.4	0.5	0.5	400	1.0	No artificial colours, preservatives or GM ingredients, low fat, low saturates, one fruit and veg portion per can	
9.9	Tesco Pork Ravioli (in Tomato Sauce)	291	69	2.7	14.2	4.1	0.1	Trace	1.3	300	0.8	None	
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	317	75	2.4	14.4	2.9	0.8	0.1	0.5	400	1.0	No artificial colours, preservatives or GM ingredients, low fat, one fruit and veg portion per can	
9.11	Morrisons Ravioli (in Tomato Sauce)	373	89	3.1	12.3	-	3.0	-	-	-	-	None	
9.12	Morrisons Bettabuy Ravioli (in Tomato Sauce)	311	74	2.8	9.0	2.9	1.1	0.3	0.7	400	1.0	None	
<b>10.</b>	<b>Spaghetti Bolognese</b>												
10.1	Heinz Spaghetti Bolognese	314	74	2.7	12.9	2.4	1.4	0.2	0.5	400	1.0	No artificial colours preservatives or GM ingredients, low fat, low saturates, one fruit and veg portion per half can	

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10.2	Tesco Spaghetti Bolognese	468	111	6.4	12.2	2.0	2.6	1.1	0.7	500	1.3	None
10.3	Sainsbury's Spaghetti Bolognese	308	73	3.9	10.3	4.4	1.8	0.5	1.0	400	1.0	None
10.4	Asda Spaghetti Bolognese	362	86	4.2	11.0	3.6	2.8	0.9	0.6	500	1.3	None
10.5	Asda Smart Price Spaghetti Bolognese	440	105	3.2	12.0	2.0	4.9	0.6	0.8	500	1.3	None
10.6	Safeway Spaghetti Bolognese	342	81	3.6	11.1	2.7	2.5	0.8	0.6	400	1.0	None
10.7	Morrisons Spaghetti Bolognese	357	85	4.2	10.7	3.5	2.8	1.0	0.6	600	1.5	None
<b>11.</b>	<b>Macaroni Cheese</b>											
11.1	Heinz Macaroni Cheese	399	95	3.4	9.8	1.1	4.7	1.4	0.3	400	1.0	None
11.2	Tesco Macaroni Cheese	557	133	4.5	10.1	0.7	6.3	2.8	0.3	500	1.3	None
11.3	Sainsbury's Macaroni Cheese	557	133	5.1	12.2	1.8	7.1	3.2	0.3	500	1.3	None
11.4	Asda Macaroni Cheese	501	120	4.4	12.0	1.6	6.0	2.1	0.3	500	1.3	None
11.5	Asda Smart Price Macaroni Cheese	528	126	5.0	13.0	1.1	6.0	2.3	0.3	400	1.0	None
11.6	Safeway Macaroni Cheese	485	116	4.4	11.5	1.6	5.8	2.1	0.3	500	1.3	None
11.7	Morrisons Macaroni Cheese	486	116	4.4	11.5	1.6	5.8	2.1	0.3	500	1.3	None

- Denotes where no information was available on the label

\* Salt equivalent figure (sodium multiplied by 2.55)

**Table 3: Salt content of individual products per 100g and per portion**

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>1</b>	<b>Standard Baked Beans in Tomato Sauce</b>				
1.11	Somerfield Baked Beans in Tomato Sauce	1.5	3.2	1.1	1.5
1.14	Budgens Baked Beans in Tomato Sauce	1.5	3.2	1.1	1.5
1.15	Morrisons Baked Beans in Tomato Sauce	1.5	3.2	1.1	1.5
1.2	Heinz Organic Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.3	Crosse & Blackwell Baked Beans in Tomato Sauce (4 can multipack)	1.3	2.7	0.9	1.2
1.4	HP Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.5	Tesco Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.6	Sainsbury's Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.7	Asda Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.9	Safeway Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.10	Marks & Spencer Baked Beans in a Rich Tomato Sauce	1.3	2.7	0.9	1.2
1.12	Spar Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
1.1	Heinz Baked Beans in Tomato Sauce	1.0	2.1	0.7	1.0
1.8	Waitrose Baked Beans in Tomato Sauce	1.0	2.1	0.7	1.0
1.13	Co-op Baked Beans in Tomato Sauce (4 can multipack)	1.0	2.1	0.7	1.0

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>2.</b>	<b>"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)</b>				
2.1	Crosse & Blackwell Waistline Healthy Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.3	Heinz Weight Watchers Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.4	Tesco Healthy Living Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.5	Sainsbury's Baked Beans in Tomato Sauce (Reduced Sugar and Reduced Salt)	0.8	1.6	0.5	0.7
2.7	HP Healthy Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.9	Safeway Reduced Salt and Sugar Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.10	Somerfield Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.11	Co-op Healthy Living Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.12	Morrisons Better For You Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.8	1.6	0.5	0.7
2.6	Asda Healthy Choice Baked Beans in Tomato Sauce	0.5	1.1	0.4	0.5
2.8	Waitrose Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.5	1.1	0.4	0.5

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>3.</b>	<b>Economy Baked Beans in Tomato Sauce</b>				
3.7	Sunny Glade Baked Beans in Tomato Sauce	-	-	-	-
3.1	Tesco Value Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.2	Sainsbury's Low Price Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.3	Asda Smart Price Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.4	Safeway Savers Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.5	Somerfield Makes Sense Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.6	Nisa Today's Value Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.8	Co-op Everyday Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.11	Morrisons Bettabuy Baked Beans in Tomato Sauce	1.3	2.7	0.9	1.2
3.9	Corale Premium Quality Baked Beans in Rich Tomato Sauce	1.0	2.1	0.7	1.0
3.10	Iceland Great Value Baked Beans in Tomato Sauce	1.0	2.1	0.7	1.0



Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>4.</b>	<b>Standard Baked Beans and Sausages in Tomato Sauce</b>				
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	1.5	3.2	1.1	1.5
4.4	Sainsbury's Baked Beans in Tomato Sauce, with Four Pork Sausages	1.5	3.2	1.1	1.5
4.5	Asda Baked Beans and Sausages in Tomato Sauce	1.5	3.2	1.1	1.5
4.1	Crosse & Blackwell Baked Beans and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
4.7	Somerfield Baked Beans and Pork Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
4.3	Tesco Baked Beans with Pork Sausages in Tomato Sauce	1.0	2.1	0.7	1.0
4.6	Safeway Baked Beans with Pork Sausages in Tomato Sauce	1.0	2.1	0.7	1.0
4.8	Morrisons Baked Beans and Sausages in Tomato Sauce	1.0	2.1	0.7	1.0
4.9	Co-op Baked Beans with Pork Sausages in Tomato Sauce	1.0	2.1	0.7	1.0

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>5.</b>	<b>Standard Spaghetti in Tomato Sauce</b>				
5.8	Asda Spaghetti in Tomato Sauce	1.8	3.7	1.2	1.7
5.9	Asda Spaghetti Loops in Tomato Sauce	1.8	3.7	1.2	1.7
5.13	Co-op Spaghetti in Tomato Sauce	1.8	3.7	1.2	1.7
5.11	Safeway Short Cut Spaghetti in Tomato Sauce	1.5	3.2	1.1	1.5
5.15	Morrisons Spaghetti in Tomato Sauce	1.5	3.2	1.1	1.5
5.4	Tesco Spaghetti in Tomato Sauce	1.3	2.7	0.9	1.2
5.5	Tesco Spaghetti Rings in Tomato Sauce	1.3	2.7	0.9	1.2
5.10	Waitrose Spaghetti Rings in Tomato Sauce	1.3	2.7	0.9	1.2
5.1	Crosse & Blackwell Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.3	Heinz Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.6	Sainsbury's Spaghetti Rings in Tomato Sauce	1.0	2.1	0.7	1.0
5.7	Sainsbury's Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.12	Somerfield Spaghetti in Tomato Sauce	1.0	2.1	0.7	1.0
5.14	HP Spaghetti in Tomato Sauce (4 can multipack)	1.0	2.1	0.7	1.0
5.2	Heinz Spaghetti Hoops in Tomato Sauce	0.8	1.6	0.5	0.7

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>6.</b>	<b>Standard Spaghetti in Tomato Sauce with Sausages</b>				
6.6	Asda Spaghetti Loops and Sausages in Tomato Sauce	1.5	3.2	1.1	1.5
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
6.3	Tesco Spaghetti Rings and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
6.5	Morrisons Spaghetti Rings and Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	1.0	2.1	0.7	1.0
6.4	Sainsbury's Spaghetti Rings and Pork Sausages in Tomato Sauce	0.8	1.6	0.5	0.7
<b>7.</b>	<b>Children's Pasta Shapes in Tomato Sauce</b>				
7.1	Safeway Kids Spaghetti Letters in Tomato Sauce	1.5	3.2	1.1	1.5
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.13	HP Barney Pasta Shapes in Tomato Sauce	1.3	2.7	0.9	1.2
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	0.8	1.6	0.5	0.7
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	0.8	1.6	0.5	0.7
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	0.8	1.6	0.5	0.7
7.12	Waitrose Food Explorers Spaghetti Numbers in Tomato Sauce	0.6	1.2	0.4	0.6
7.8	Sainsbury's Blue Parrot Café Numberelli in Tomato Sauce	0.5	1.1	0.4	0.5
7.9	Sainsbury's Blue Parrot Café Alphabeti in Tomato Sauce	0.5	1.1	0.4	0.5
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	0.5	1.1	0.4	0.5

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>8.</b>	<b>Children's Pasta Shapes in Tomato Sauce with Sausages</b>				
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	1.3	2.7	0.9	1.2
8.2	HP Scooby Doo Pasta Shapes with Barbecue Sausages in Tomato Sauce	0.8	1.6	0.5	0.7
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	0.5	1.1	0.4	0.5
<b>9.</b>	<b>Ravioli</b>				
9.4	Princes Ravioli in Tomato Sauce	-	-	-	-
9.11	Morrisons Ravioli (in Tomato Sauce)	-	-	-	-
9.2	Tesco Beef Ravioli in a Spicy Beef and Tomato Sauce	1.5	3.2	1.1	1.5
9.5	Asda Beef Ravioli in Tomato Sauce	1.5	3.2	1.1	1.5
9.6	Tesco Vegetable Ravioli (in Tomato Sauce)	1.5	3.2	1.1	1.5
9.7	Sainsbury's Vegetable Ravioli in a Rich Tomato and Herb Sauce	1.5	3.2	1.1	1.5
9.3	Sainsbury's Ravioli in Tomato Sauce	1.3	2.7	0.9	1.2
9.1	Heinz Ravioli in Tomato Sauce	1.0	2.1	0.7	1.0
9.8	Heinz Cheese and Tomato Ravioli (in Tomato Sauce)	1.0	2.1	0.7	1.0
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	1.0	2.1	0.7	1.0
9.12	Morrisons Bettabuy Ravioli (in Tomato Sauce)	1.0	2.1	0.7	1.0
9.9	Tesco Pork Ravioli (in Tomato Sauce)	0.8	1.6	0.5	0.7

Sample Ref.	Product Description	Amount per 100g	Adult (210g portion)*	4-6 years (70g portion)*	7-10 years (97g portion)*
		Salt (g)	Salt (g)	Salt (g)	Salt (g)
<b>10.</b>	<b>Spaghetti Bolognese</b>				
10.7	Morrisons Spaghetti Bolognese	1.5	3.2	1.1	1.5
10.2	Tesco Spaghetti Bolognese	1.3	2.7	0.9	1.2
10.4	Asda Spaghetti Bolognese	1.3	2.7	0.9	1.2
10.5	Asda Smart Price Spaghetti Bolognese	1.3	2.7	0.9	1.2
10.1	Heinz Spaghetti Bolognese	1.0	2.1	0.7	1.0
10.3	Sainsbury's Spaghetti Bolognese	1.0	2.1	0.7	1.0
10.6	Safeway Spaghetti Bolognese	1.0	2.1	0.7	1.0
<b>11.</b>	<b>Macaroni Cheese</b>				
11.2	Tesco Macaroni Cheese	1.3	2.7	0.9	1.2
11.3	Sainsbury's Macaroni Cheese	1.3	2.7	0.9	1.2
11.4	Asda Macaroni Cheese	1.3	2.7	0.9	1.2
11.6	Safeway Macaroni Cheese	1.3	2.7	0.9	1.2
11.7	Morrisons Macaroni Cheese	1.3	2.7	0.9	1.2
11.1	Heinz Macaroni Cheese	1.0	2.1	0.7	1.0
11.5	Asda Smart Price Macaroni Cheese	1.0	2.1	0.7	1.0

- Denotes where no information was available on the label

**Table 4: Fat and saturated fat content of individual products per 100g and per portion**

Sample Ref.	Product Description	Amount per 100g		Adult (210g portion)		4-6 years (70g portion)		7-10 years (97g portion)	
		Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)
<b>1</b>	<b>Standard Baked Beans in Tomato Sauce</b>								
1.1	Heinz Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
1.2	Heinz Organic Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
1.3	Crosse & Blackwell Baked Beans in Tomato Sauce (4 can multipack)	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.4	HP Baked Beans in Tomato Sauce	0.7	0.2	1.5	0.4	0.5	0.1	0.7	0.2
1.5	Tesco Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.6	Sainsbury's Baked Beans in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
1.7	Asda Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.8	Waitrose Baked Beans in Tomato Sauce	0.6	0.2	1.3	0.4	0.4	0.1	0.6	0.2
1.9	Safeway Baked Beans in Tomato Sauce	0.5	0.1	1.1	0.2	0.4	0.1	0.5	0.1
1.10	Marks & Spencer Baked Beans in a Rich Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.11	Somerfield Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.12	Spar Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.13	Co-op Baked Beans in Tomato Sauce (4 can multipack)	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
1.14	Budgens Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
1.15	Morrisons Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
<b>2.</b>	<b>"Healthy Eating" Baked Beans in Tomato Sauce (Reduced Sugar/Salt)</b>								
2.1	Crosse & Blackwell Waistline Healthy Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
2.3	Heinz Weight Watchers Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
2.4	Tesco Healthy Living Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.5	Sainsbury's Baked Beans in Tomato Sauce (Reduced Sugar and Reduced Salt)	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
2.6	Asda Healthy Choice Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.7	HP Healthy Baked Beans in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
2.8	Waitrose Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
2.9	Safeway Reduced Salt and Sugar Baked Beans in Tomato Sauce	0.5	0.1	1.1	0.2	0.4	0.1	0.5	0.1
2.10	Somerfield Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
2.11	Co-op Healthy Living Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
2.12	Morrisons Better For You Reduced Sugar and Salt Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
<b>3.</b>	<b>Economy Baked Beans in Tomato Sauce</b>								
3.1	Tesco Value Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.2	Sainsbury's Low Price Baked Beans in Tomato Sauce	0.2	Less than 0.1	0.4	-	0.1	-	0.2	-
3.3	Asda Smart Price Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
3.4	Safeway Savers Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
3.5	Somerfield Makes Sense Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.6	Nisa Today's Value Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.7	Sunny Glade Baked Beans in Tomato Sauce	-	-	-	-	-	-	-	-
3.8	Co-op Everyday Baked Beans in Tomato Sauce	0.2	0.1	0.4	0.2	0.1	0.1	0.2	0.1
3.9	Corale Premium Quality Baked Beans in Rich Tomato Sauce	0.7	0.2	1.5	0.4	0.5	0.1	0.7	0.2
3.10	Iceland Great Value Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
3.11	Morrisons Bettabuy Baked Beans in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1

Sample Ref.	Product Description	Amount per 100g		Adult (210g portion)		4-6 years (70g portion)		7-10 years (97g portion)	
		Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)
<b>4.</b>	<b>Standard Baked Beans and Sausages in Tomato Sauce</b>								
4.1	Crosse & Blackwell Baked Beans and Sausages in Tomato Sauce	4.0	1.6	8.4	3.4	2.8	1.1	3.9	1.6
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	2.5	0.8	5.3	1.7	1.8	0.6	2.4	0.8
4.3	Tesco Baked Beans with Pork Sausages in Tomato Sauce	3.9	1.4	8.2	2.9	2.7	1.0	3.8	1.4
4.4	Sainsbury's Baked Beans in Tomato Sauce, with Four Pork Sausages	4.4	2.1	9.2	4.4	3.1	1.5	4.3	2.0
4.5	Asda Baked Beans and Sausages in Tomato Sauce	3.9	1.4	8.2	2.9	2.7	1.0	3.8	1.4
4.6	Safeway Baked Beans with Pork Sausages in Tomato Sauce	3.8	1.2	8.0	2.5	2.7	0.8	3.7	1.2
4.7	Somerfield Baked Beans and Pork Sausages in Tomato Sauce	3.4	1.7	7.1	3.6	2.4	1.2	3.3	1.6
4.8	Morrisons Baked Beans and Sausages in Tomato Sauce	4.0	1.7	8.4	3.6	2.8	1.2	3.9	1.6
4.9	Co-op Baked Beans with Pork Sausages in Tomato Sauce	3.0	1.0	6.3	2.1	2.1	0.7	2.9	1.0
<b>5.</b>	<b>Standard Spaghetti in Tomato Sauce</b>								
5.1	Crosse & Blackwell Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.2	Heinz Spaghetti Hoops in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.3	Heinz Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.4	Tesco Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.5	Tesco Spaghetti Rings in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.6	Sainsbury's Spaghetti Rings in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
5.7	Sainsbury's Spaghetti in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
5.8	Asda Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.9	Asda Spaghetti Loops in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.10	Waitrose Spaghetti Rings in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.11	Safeway Short Cut Spaghetti in Tomato Sauce	0.4	Trace	0.8	Trace	0.3	Trace	0.4	Trace
5.12	Somerfield Spaghetti in Tomato Sauce	0.3	Trace	0.6	Trace	0.2	Trace	0.3	Trace
5.13	Co-op Spaghetti in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.14	HP Spaghetti in Tomato Sauce (4 can multipack)	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
5.15	Morrisons Spaghetti in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
<b>6.</b>	<b>Standard Spaghetti in Tomato Sauce with Sausages</b>								
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	2.4	0.8	5.0	1.7	1.7	0.6	2.3	0.8
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	2.6	0.9	5.5	1.9	1.8	0.6	2.5	0.9
6.3	Tesco Spaghetti Rings and Sausages in Tomato Sauce	3.3	1.3	6.9	2.7	2.3	0.9	3.2	1.3
6.4	Sainsbury's Spaghetti Rings and Pork Sausages in Tomato Sauce	4.1	1.6	8.6	3.4	2.9	1.1	4.0	1.6
6.5	Morrisons Spaghetti Rings and Sausages in Tomato Sauce	4.1	2.4	8.6	5.0	2.9	1.7	4.0	2.3
6.6	Asda Spaghetti Loops and Sausages in Tomato Sauce	3.9	1.4	8.2	2.9	2.7	1.0	3.8	1.4
<b>7.</b>	<b>Children's Pasta Shapes in Tomato Sauce</b>								
7.1	Safeway Kids Spaghetti Letters in Tomato Sauce	0.4	Trace	0.8	Trace	0.3	Trace	0.4	Trace
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	0.2	Trace	0.4	Trace	0.1	Trace	0.2	Trace
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.8	Sainsbury's Blue Parrot Café Numberelli in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
7.9	Sainsbury's Blue Parrot Café Alphabeti in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	0.3	0.1	0.6	0.2	0.2	0.1	0.3	0.1
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1
7.12	Waitrose Food Explorers Spaghetti Numbers in Tomato Sauce	0.4	0.1	0.8	0.2	0.3	0.1	0.4	0.1
7.13	HP Barney Pasta Shapes in Tomato Sauce	1.4	0.1	2.9	0.2	1.0	0.1	1.4	0.1

Sample Ref.	Product Description	Amount per 100g		Adult (210g portion)		4-6 years (70g portion)		7-10 years (97g portion)	
		Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)	Fat (g)	Saturates (g)
<b>8.</b>	<b>Children's Pasta Shapes in Tomato Sauce with Sausages</b>								
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	4.5	1.0	9.5	2.1	3.2	0.7	4.4	1.0
8.2	HP Scooby Doo Pasta Shapes with Barbecue Sausages in Tomato Sauce	5.2	3.0	10.9	6.3	3.6	2.1	5.0	2.9
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	4.5	1.0	9.5	2.1	3.2	0.7	4.4	1.0
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	3.3	1.2	6.9	2.5	2.3	0.8	3.2	1.2
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	3.1	1.0	6.5	2.1	2.2	0.7	3.0	1.0
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	3.1	1.0	6.5	2.1	2.2	0.7	3.0	1.0
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	4.9	1.8	10.3	3.8	3.4	1.3	4.8	1.7
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	3.4	1.2	7.1	2.5	2.4	0.8	3.3	1.2
<b>9.</b>	<b>Ravioli</b>								
9.1	Heinz Ravioli in Tomato Sauce	1.2	0.4	2.5	0.8	0.8	0.3	1.2	0.4
9.2	Tesco Beef Ravioli in a Spicy Beef and Tomato Sauce	2.6	1.0	5.5	2.1	1.8	0.7	2.5	1.0
9.3	Sainsbury's Ravioli in Tomato Sauce	1.0	0.5	2.1	1.1	0.7	0.4	1.0	0.5
9.4	Princes Ravioli in Tomato Sauce	2.0	-	4.2	-	1.4	-	1.9	-
9.5	Asda Beef Ravioli in Tomato Sauce	2.0	Trace	4.2	Trace	1.4	Trace	1.9	Trace
9.6	Tesco Vegetable Ravioli (in Tomato Sauce)	0.7	0.1	1.5	0.2	0.5	0.1	0.7	0.1
9.7	Sainsbury's Vegetable Ravioli in a Rich Tomato and Herb Sauce	0.7	0.1	1.5	0.2	0.5	0.1	0.7	0.1
9.8	Heinz Cheese and Tomato Ravioli (in Tomato Sauce)	1.4	0.5	2.9	1.1	1.0	0.4	1.4	0.5
9.9	Tesco Pork Ravioli (in Tomato Sauce)	0.1	Trace	0.2	Trace	0.1	Trace	0.1	Trace
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	0.8	0.1	1.7	0.2	0.6	0.1	0.8	0.1
9.11	Morrisons Ravioli (in Tomato Sauce)	3.0	-	6.3	-	2.1	-	2.9	-
9.12	Morrisons Bettabuy Ravioli (in Tomato Sauce)	1.1	0.3	2.3	0.6	0.8	0.2	1.1	0.3
<b>10.</b>	<b>Spaghetti Bolognese</b>								
10.1	Heinz Spaghetti Bolognese	1.4	0.2	2.9	0.4	1.0	0.1	1.4	0.2
10.2	Tesco Spaghetti Bolognese	2.6	1.1	5.5	2.3	1.8	0.8	2.5	1.1
10.3	Sainsbury's Spaghetti Bolognese	1.8	0.5	3.8	1.1	1.3	0.4	1.7	0.5
10.4	Asda Spaghetti Bolognese	2.8	0.9	5.9	1.9	2.0	0.6	2.7	0.9
10.5	Asda Smart Price Spaghetti Bolognese	4.9	0.6	10.3	1.3	3.4	0.4	4.8	0.6
10.6	Safeway Spaghetti Bolognese	2.5	0.8	5.3	1.7	1.8	0.6	2.4	0.8
10.7	Morrisons Spaghetti Bolognese	2.8	1.0	5.9	2.1	2.0	0.7	2.7	1.0
<b>11.</b>	<b>Macaroni Cheese</b>								
11.1	Heinz Macaroni Cheese	4.7	1.4	9.9	2.9	3.3	1.0	4.6	1.4
11.2	Tesco Macaroni Cheese	6.3	2.8	13.2	5.9	4.4	2.0	6.1	2.7
11.3	Sainsbury's Macaroni Cheese	7.1	3.2	14.9	6.7	5.0	2.2	6.9	3.1
11.4	Asda Macaroni Cheese	6.0	2.1	12.6	4.4	4.2	1.5	5.8	2.0
11.5	Asda Smart Price Macaroni Cheese	6.0	2.3	12.6	4.8	4.2	1.6	5.8	2.2
11.6	Safeway Macaroni Cheese	5.8	2.1	12.2	4.4	4.1	1.5	5.6	2.0
11.7	Morrisons Macaroni Cheese	5.8	2.1	12.2	4.4	4.1	1.5	5.6	2.0

- Denotes where no information was available on the label



Annex 1: Details of changes in product composition since sampling

Category Ref.	Product Description	Label data collected in survey				Comment from manufacturer on changes in composition compared with label value at time of sampling
		Sodium mg/100g	Salt g/100g	Sugars g/100g	Fat g/100g	
8.7	Asda Kids Spaghetti and Hot Dogs in Tomato Sauce	200	0.5	2.6	4.9	Product delisted
7.10	Asda Kids Super Saucy Spaghetti Letters in Tomato Sauce	200	0.5	3.8	0.3	Product delisted
3.3	Asda Smart Price Baked Beans in Tomato Sauce	500	1.3	6.0	0.2	Salt 2.3g per portion (200g)
11.5	Asda Smart Price Macaroni Cheese	400	1.0	1.1	6.0	Salt 1.5g per portion (200g), fat 2.7g per 100g
10.5	Asda Smart Price Spaghetti Bolognese	500	1.3	2.0	4.9	Salt 1.4g per portion, fat 1.2g per 100g
7.13	HP Barney Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
7.5	HP Bob the Builder Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
8.1	HP Groovy Chick Pasta with Mini Sausages in Tomato Sauce	500	1.3	4.3	4.5	Sodium content now 340mg per 100g (32% reduction)
7.11	HP Postman Pat Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
7.6	HP Scooby Doo Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
7.7	HP Tom and Jerry Pasta Shapes in Tomato Sauce	500	1.3	5.0	1.4	Sodium content now 270mg per 100g (46% reduction)
8.3	HP Tom and Jerry Pasta Shapes with Mini Pork Sausages in Tomato Sauce	500	1.3	4.3	4.5	Sodium content now 340mg per 100g (32% reduction)
4.2	Heinz Baked Beans and Pork Sausages in Tomato Sauce	600	1.5	4.4	2.5	Sodium 400 mg (33% reduced), Sugar 4.1 (6.8% reduced)
1.1	Heinz Baked Beans in Tomato Sauce	400	1.0	5.0	0.2	Sodium 300 mg (25% reduced), Sugar 4.8g (4% reduced)
2.2	Heinz Healthy Balance Baked Beans in Tomato Sauce	300	0.8	4.0	0.2	Discontinued to be replaced by Reduced Sugar & Salt Baked beans: Sodium 200mg, Sugar 3.5g
9.10	Heinz Meat Free Ravioli (in Tomato Sauce)	400	1.0	2.9	0.8	Sodium 300 mg (25% reduced)
1.2	Heinz Organic Baked Beans in Tomato Sauce	500	1.3	5.3	0.2	Sodium 400mg (20% reduced)
8.6	Heinz Pokemon Pasta Shapes with Sausages in Tomato Sauce	500	1.3	4.0	3.1	Sodium 200mg (60% reduced)
9.1	Heinz Ravioli in Tomato Sauce	400	1.0	2.6	1.2	Sodium 300mg (25% reduced)
7.2	Heinz Sabrina Pasta Shapes in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)
6.2	Heinz Spaghetti and Sausages in Tomato Sauce	500	1.3	4.1	2.6	Sodium 400mg (20% reduced)
5.2	Heinz Spaghetti Hoops in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)
6.1	Heinz Spaghetti Hoops 'n' Hot Dogs in a Smoky Bacon Sauce	400	1.0	3.8	2.4	Sodium 300mg (25% reduced)
5.3	Heinz Spaghetti in Tomato Sauce	400	1.0	3.8	0.2	Sodium 200mg (50% reduction)
8.5	Heinz Spiderman Pasta Shapes with Sausages in Tomato Sauce	500	1.3	4.0	3.1	Sodium 200mg (60% reduced)
8.4	Heinz Teletubbies Pasta Shapes with Mini Sausages in Tomato Sauce	500	1.3	4.1	3.3	Discontinued
8.8	Heinz Thomas the Tank Engine Pasta Shapes with Mini Sausages in Tomato Sauce	500	1.3	4.1	3.4	Sodium 200mg (60% reduced) , Sugar 3.9g (4.8% reduced)
7.3	Heinz Thomas the Tank Spaghetti Shapes in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)
7.4	Heinz Tweenies Pasta Shapes in Tomato Sauce	300	0.8	3.8	0.2	Sodium 200mg (33% reduced)