

## FINAL TABLES

### The ten highest salt levels in crackers per 100g (2017)

10 HIGHEST IN SALT							
Product name	Manufacturer	Pack size	Serving size	Salt per serve (in gram)	Sodium per serve (in mg)	Salt per 100g (in gram)	Sodium per 100g (in mg)
KurraJong Kitchen Lavosh Thins Original –Rosemary & Sea Salt	Kurrajong Kitchen	125g	10g	0.53	210	5.25	2100
Fantastic Delites Rice Snacks –Sea Salt & Balsamic Vinegar Flavour	Fantastic Snacks Australia	100g	25g	1	400	4	1600
Always Fresh Grissini – Rosemary & Sea Salt	Rivana Food PTY LTD	125g	14g (2 breadsticks)	0.54	214	3.83	1530
Peckish Rice Crackers –Sea Salt & Vinegar Flavour	Menora Food	100g	20g	0.75	300	3.75	1500
Fantastic Rice Crackers – Salt & Vinegar Flavour	Fantastic Snacks Australia	100g	25g	0.86	343	3.43	1370
Fantastic Rice Cluster Minis - Chicken Flavour	Fantastic Snacks Australia	80g	20g	0.64	254	3.18	1270
SunRice Thin Rice Cakes – Salt & Balsamic Vinegar Flavoured	SunRice (Ricegrowers Ltd)	195g	24g	0.75	301	3.13	1250
Fantastic Rice Cluster Minis –Honey Soy Flavour	Fantastic Snacks Australia	80g	20g	0.61	224	3.05	1220
Fantastic Delites Rice Snack –Traditional Chicken Flavour	Fantastic Snacks Australia	100g	25g	0.76	303	3.03	1210
Damora Dutch Straws – Gouda Cheese	ALDI Stores	100g	25g	0.75	300	3.0	1200

- All the manufacturer names are either obtained from the package or from the webpage of the brand name

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The ten lowest salt levels in crackers per 100g (2017)

10 LOWEST IN SALT							
Product name	Manufacturer	Pack size	Serving size	Salt per serve (in gram)	Sodium per serve (in mg)	Salt per 100g (in gram)	Sodium per 100g (in mg)
SunRice Original Thin Rice Cakes	SunRice (Ricegrowers Ltd)	150g	25g (3-4 rice cakes)	0	0.3	0	1
SunRice Original Thick Rice Cakes	SunRice (Ricegrowers Ltd)	150g	25g (2 rice cakes)	0	0.3	0	1
Ceres Organics –Organic Brown Rice Cakes  (No added salt)	Ceres Organics Australia Pty Ltd  (Ceres Enterprises Ltd. New Zealand)	110g	18g (3 cakes)	0	0	0	1.4
SunRice Thin Rice Cakes – Rice and Corn	SunRice (Ricegrowers Ltd)	150g	25g (3-4 rice and corn cakes)	0	1	0	2
Pure Harvest Thin Quinoa Rice Cakes	Pure Harvest	150g	6.6g	0	0.14	0	2.1
SunRice Thin Grain Cakes – Rice with Quinoa	SunRice (Ricegrowers Ltd)	150g	25g (3-4 cakes)	0	1.25 <sup>1</sup>	0.01	5 <sup>2</sup>
Damora Thin Rice Cakes Original	ALDI Stores	150g	28g	0	1.25 <sup>1</sup>	0.01	5 <sup>2</sup>
Damora Thin Rice & Corn Cakes	ALDI Stores	150g	28g	0	1.25 <sup>1</sup>	0.01	5 <sup>2</sup>
Peckish Brown Rice Crackers –No Salt	Menora Foods	100g	20g	0.03	11	0.13	53

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Peckish Brown Rice Crackers –Lightly Salted	Menora Foods	100g	20g	0.07	28	0.35	140
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<sup>1</sup> derived using the sodium per 100g divided by 100g and multiplied by the serving size.

<sup>2</sup> on the package stated less than 5mg, it is assumed to be 5mg of sodium in this table.

### The ten highest salt levels in dips per 100g (2017)

10 HIGHEST IN SALT							
Product name	Manufacturer	Pack size	Serving size	Salt per serve (in gram)	Sodium per serve (in mg)	Salt per 100g (in gram)	Sodium per 100g (in mg)
Fresh Fodder – Smokey Taramosalata	Fresh Fodder	200g	50g	2.42	967	4.82	1930
Fresh Fodder – Peppered Tarmosalata	Fresh Fodder	200g	50g	2.42	967	4.82	1930
Fresh Fodder –Taramosalata	Fresh Fodder	200g	50g	2.4	960	4.8	1920
Wattle Valley Delish Olive Medley with Feta	Monde Nissin Australia	200g	10g	0.3	120	3	1200
The Olive Branch –Gourmet Tarama	Quality Food World	250g	20g	0.59	236	2.95	1180
Fifya Beetroot	Quality Food World	200g	25g	0.73	292.5	2.93	1170
Yumi’s Classic Dips –Green Olive	Yumi’s Qulaity Foods Pty Ltd	200g	20g	0.5	200	2.5	1000

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Yumi's Classic Family Recipe –Kalamata Olive	Yumi's Quality Foods Pty Ltd	200g	20g	0.49	197	2.47	986
Chris' – Three Olive	Cantire Foods Pty Ltd	200g	20g	0.49	196	2.45	980
Black Swan Classic Olive	Black Swan Foods	200g	10g	0.24	96	2.4	961

The ten lowest salt levels in dips per 100g (2017)

10 LOWEST IN SALT							
Product name	Manufacturer	Pack size	Serving size	Salt per serve (in gram)	Sodium per serve (in mg)	Salt per 100g (in gram)	Sodium per 100g (in mg)
Pilpel Avocado	Dari's Kitchen Pty Ltd	170g	17g	0	0.9	0	5.0
The Olive Branch – Tuna Pate	Quality Food World	200g	25g	0.05	19.75	0.20	79
Fresh Fodder –Babaganoush	Fresh Fodder	200g	50g	0.13	52	0.26	104
Yalla tzatziki	Yalla Foods Pty Ltd	175g	50g	0.13	53	0.26	105
Fresh Fodder –Tzatziki	Fresh Fodder	200g	50g	0.15	61	0.31	122
MonJay Mezza –Hummos Dip	MonJay Mezza Fine Foods	250g	25g	0.10	38	0.38	153
Chris' Festivale Exotic Global Dips –Sweet Potato & Coconut Sri Lankan Style Dip	Cantire Foods Pty Ltd	170g	20g	0.08	31	0.39	156

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The Pure Produce Company- Eggplant & Fresh Parsley	Quality Food World	200g	20g	0.08	33	0.42	167
MonJay Mezza –Peri Peri Dip	MonJay Mezza Fine Foods	250g	10g	0.04	18	0.44	176
Fifya Spiced Persian Youghurt, Fetta & Fresh Herbs Dip	Quality Food World	250g	25g	0.11	46	0.46	183

NB: all product data was collected in store 24<sup>th</sup> September 2017 and 3<sup>rd</sup> October 2017.