

Top Findings: Changes in sodium levels of bread products in Australia (2010-2017)

The George Institute for Global Health

5 HIGHEST SALT SLICED BREADS 2017				
Product name	Manufacturer	Serving size	Salt (g/100g)	Salt gram per serving
Schwob's Dark Rye	Schwob's Swiss Bakery	70g (1 slice)	1.7	1.2
Bowen Island Artisan Breads Wholemeal Sourdough	Bowen Island Artisan Breads	45g	1.6	0.7
Schwob's White Sourdough	Schwob's Swiss Bakery	70g (1 slice)	1.6	1.1
Schwob's Swiss Farmers Light Rye	Schwob's Swiss Bakery	70g (1 slice)	1.6	1.1
Schwob's Swiss Bakery Multigrain	Schwob's Swiss Bakery	70g (1 slice)	1.6	1.1
5 LOWEST SALT SLICED BREADS				
Product name	Manufacturer	Serving size	Salt (g/100g)	Salt gram per serving
Bill's Certified Organic 100% Wholemeal Sourdough	Bill's Certified Organic Health Bakery	40g	0.6	0.2
Bill's Certified Organic Medium Rye Sourdough	Bill's Certified Organic Health Bakery	40g	0.6	0.2
Bill's Certified Organic Ancient Grains + Activated Super Seeds Sourdough	Bill's Certified Organic Health Bakery	40g	0.6	0.2
Bill's Organic Multigrain Sourdough	Bill's Certified Organic Health Bakery	40g	0.6	0.2
Bill's Certified Organic Activated 7 Seeds Multigrain Sourdough	Bill's Certified Organic Health Bakery	40g	0.6	0.2

5 HIGHEST SALT FLAT BREADS 2017

Product name	Manufacturer	Serving size	Salt (g/100g)	Salt gram per serving
Mission Chapattis Garlic	Gruma Oceania Pty Ltd	46g	2.3	1.1
Mission Wraps Zesty Garlic Herb	Gruma Oceania Pty Ltd	71g	2.3	1.6
Coles Tortillas	Coles	40g	2.3	0.9
Mission Wraps Lite Super soft	Gruma Oceania Pty Ltd	71g	2.3	1.6
Mission Wraps Whole Grain	Gruma Oceania Pty Ltd	71g	2.3	1.6

5 LOWEST SALT FLAT BREADS

Product name	Manufacturer	Serving size	Salt (g/100g)	Salt gram per serving
Mission White Corn Tortillas	Gruma Oceania Pty Ltd	26g	0.1	0.0
Old Time Bakery Wholesome Gluten Free Wraps	Old time Bakery Pty Ltd	62.5g	0.1	0.1
Vitastic Sorj Healthy Soft Wraps Rye	MEB Foods Pty Ltd	38g	0.3	0.1
Vitastic Sorj Healthy Soft Wraps Wholemeal	MEB Foods PTY Ltd	38g	0.5	0.2
MEB Pita Bread Wholemeal	MEB Foods Pty Ltd	80g	0.5	0.4