

Asian style sauces: Highest and Lowest Sodium Content

Table 1. Top 5 Asian style sauces with the highest salt content.

Product name	Manufacturer	Serving Size mL	Sodium (mg/100mL)	Sodium (mg/serve)	Salt (g/100mL)	Salt (g/serve)	*Original labelling on package
Ayam Fish Sauce	A Clouet (Australia) Pty Ltd	15	10882	1632	27.2	4.1	
Asia Specialties Fish Sauce	Aldi	15	10500	1580	26.3	3.9	
Maggi Authentic Thai Fish Sauce	Nestle Australia Ltd	20	10170	2034	25.4	5.1	
Three Crabs Brand Fish Sauce	Viet Huong Fishsauce Company, Inc.	15	10126	1519	25.3	3.8	
Chang's Light Soy Sauce	Cypress & Sons Pty Ltd	20	8762	1752	21.9	4.4	9200mg/100g 1840mg/serve

*Sodium content reported in mg/100g was converted to mg/100mL using an AUSNUT density conversion to maintain consistency in the comparative analysis. Original measures of sodium provided as indicated on label.

Table 2. Top 5 Asian style sauces with the lowest salt content.

Product name	Manufacturer	Serving Size mL	Sodium (mg/100mL)	Sodium (mg/serve)	Salt (g/100mL)	Salt (g/serve)	*Original labelling on package
Pandaroo Oyster Sauce	Yuen's Market Trading co.	12	1803	216	4.5	0.5	2200 mg/100g 330 mg/serve
Ong's Oyster Sauce	Oriental Merchant Pty Ltd	15	2550	383	6.4	1.0	3111 mg/100g 560 mg/serve
Coles Oyster Sauce	Coles	15	3030	455	7.6	1.1	
Amoy Oyster Sauce	Amoy Food Ltd.	31	3057	948	7.6	2.4	3730 mg/100g 1400 mg/serve
Chang's Original Oyster Sauce	Cypress & Sons Pty Ltd	12	3279	394	8.2	1.0	

*Sodium content reported in mg/100g was converted to mg/100mL using an AUSNUT density conversion to maintain consistency in the comparative analysis. Original measures of sodium provided as indicated on label.

Table 3. Top 5 soy sauces with highest sodium content

Product name	Manufacturer	Serving Size mL	Sodium (mg/100mL)	Sodium (mg/serve)	Salt (g/100mL)	Salt (g/serve)	*Original labelling on package
Chang's Light Soy Sauce	Cypress & Sons Pty Ltd	20	8762	1752	21.9	4.4	9200 mg/100g 1840mg/serve
Yeo's Light Soya Sauce Nuoc Tuong	Yeo Hiap Seng Ltd	15	8355	1253	20.9	3.1	
Yeo's Dark Soya Sauce Nuoc Tuong Den	Yeo Hiap Seng Ltd	15	8090	1214	20.2	3.0	
Black & Gold Soy Sauce	IGA	20	7600	1520	19.0	3.8	
Pearl River Bridge Superior Light Soy Sauce	Guangdong PRB Bio-Tech Co. Ltd.	15	7200	1080	18.0	2.7	

*Sodium content reported in mg/100g was converted to mg/100mL using an AUSNUT density conversion to maintain consistency in the comparative analysis. Original measures of sodium provided as indicated on label.

Table 4. Top 10 soy sauces with lowest sodium content.

Product name	Manufacturer	Serving Size mL	Sodium (mg/100mL)	Sodium (mg/serve)	Salt (g/100mL)	Salt (g/serve)	*Original labelling on package
Kikkoman Naturally Brewed Less Salt Soy Sauce	Kikkoman Australia Pty Ltd	15	3808	571	9.5	1.4	
Lee Kum Kee Salt Reduced Soy Sauce	Oriental Merchant Pty Ltd	15	4000	600	10.0	1.5	
Abundant Earth Reduced Salt Tamari Soy Salt	Vitaco Health Australia	10	4100	410	10.3	1.0	
Spiral Tamari Salt Reduced	Spiral Foods	10	4150	415	10.4	1.0	
Ayam Bonito Soy	A Clouet (Australia) Pty Ltd	15	4297	645	10.7	1.6	

*Sodium content reported in mg/100g was converted to mg/100mL using an AUSNUT density conversion to maintain consistency in the comparative analysis. Original measures of sodium provided as indicated on label.