

Highest and lowest salt ready meal products, 2017

The five highest and lowest salt levels in ambient ready meals (based on salt per 100g)

5 Highest Salt Ambient Ready Meals

Product name	Manufacturer	Serving size (g)	Sodium (mg/100g)	Salt (g/100g)	Salt per serve (g)
Kraft Deluxe Mac & Cheese	Mondelez Australia Foods	226.0	783	1.96	4.42
Harvest Braised Steak and Onion	Simplot Australia PTY LTD	212.5	638	1.60	3.39
Wokka Shelf Fresh Noodles with Mi Goreng Sauce	Manassen Foods Australia PTY LTD	350.0	630	1.58	5.51
Maharajah's Choice Dhal Makhani	Ostindo International Pty Ltd	141.5	590	1.48	2.09
Podravka Beef Goulash	Podravka	150.0	535	1.34	2.01

5 Lowest Salt Ambient Ready Meals

Product name	Manufacturer	Serving size (g)	Sodium (mg/100g)	Salt (g/100g)	Salt per serve (g)
Sun Rice Street Snack Chicken Satay	Ricegrowers Ltd	200	170	0.43	0.85
Asia Specialities Hokkien Noodles with Peanut Satay Sauce	Aldi	330	179	0.45	1.48
SunRice Thai Style Chicken Satay Curry with Rice	Ricegrowers Ltd	350	193	0.48	1.69
John West Tuna and Rice Chilli and Tomato	Simplot Australia Pty Ltd	200	194	0.49	0.97
John West Tuna Brown Rice & Quinoa Thai Red Curry	Simplot Australia Pty Ltd	200	195	0.49	0.98

The five highest and lowest salt levels in chilled ready meals (based on salt per 100g)

5 Highest Salt Chilled Ready Meals

Product name	Manufacturer	Serving size (g)	Sodium (mg/100g)	Salt (g/100g)	Salt per serve (g)
Brubecks Boutique Foods Kato Organic Soba Noodles Salad with Teriyaki Dressing	Brubeck Boutique Foods PTY Ltd.	200	828	2.07	4.14
Quick as Wok Chicken Teriyaki	Jewel Fine Foods Pty Ltd	300	780	1.95	5.85
Brubecks Boutique Foods Chinese Style Egg Noodles Salad with Fresh Vegetables and Sesame Soy	Brubeck Boutique Foods PTY Ltd.	200	724	1.81	3.62
Quick as Wok Beef Rendang	Jewel Fine Foods Pty Ltd	300	657	1.64	4.93
Spice and Passion Thai Green Chicken Curry	Jewel of India Enterprises PTY. LTD.	350	540	1.35	4.73

5 Lowest Salt Chilled Ready Meals

Product name	Manufacturer	Serving size (g)	Sodium (mg/100g)	Salt (g/100g)	Salt per serve (g)
My Pasta Box Classic Tomato and Basil Penne	7 Chefs Pty Ltd	280	37	0.09	0.26
Fresh Fodder Mild Chicken and Rice Curry	Fresh Fodder	300	65	0.16	0.49
Woolworths Delicious Nutritious Michelle Bridges Beef and Barley Casserole with Roasted Vegetables Chickpeas and Brown Rice Pilaf	Woolworths	350	102	0.26	0.89
My Pasta Box Rich Bolognese Rigatoni	7 Chefs Pty Ltd	280	104	0.26	0.73
Fresh Fodder Beef and Pasta Bolognese with Red Wine	Fresh Fodder	300	133	0.33	1.00

The five highest and lowest salt levels in frozen ready meals (based on salt per 100g)

5 Highest Salt Frozen Ready Meals

Product name	Manufacturer	Serving size (g)	Sodium (mg/100g)	Salt (g/100g)	Salt per serve (g)
CP Authentic Asia Prawn Wonton Tom Yum Soup with Ramen	Charoen Pokphand Group Co. Ltd	322	595	1.49	4.79
Super Nature Middle Eastern Chicken with Quinoa Tabbouleh	Super Nature	350	504	1.26	4.41
On the Menu All Day Breakfast	Vesco Foods Pty Ltd	320	491	1.23	3.93
Super Nature Chicken Pad Thai with Rice Noodles	Super Nature	350	490	1.23	4.29
On the Menu Beef Schnitzel	Vesco Foods Pty Ltd	320	405	1.01	3.24

5 Lowest Salt Frozen Ready Meals

Product name	Manufacturer	Serving size (g)	Sodium (mg/100g)	Salt (g/100g)	Salt per serve (g)
The Sultan's Kitchen Butter Chicken	Sultan's Kitchen NSW	250	84	0.21	0.53
McCain Healthy Choice Lemon Chicken with Asian Veg and Rice	McCain Foods Aust Pty Ltd	350	90	0.23	0.79
The Good Meal Co. Gluten Free Risotto Primavera	Kuisine Company Pty Ltd	375	94	0.24	0.88
Super Nature Beef, Kale and Red Quinoa Lasagne	Super Nature	350	129	0.32	1.13
International Cuisine Beef in Red Wine Sauce with Mash	International Cuisine Health and vitality for Aldi	300	130	0.33	0.98