

## Ten highest salt ambient pasta sauces

Brand Name	Product Name	Serving Size (g)	Sodium per 100g (mg)	Salt per 100g (g)	Salt per serve (g)
Barilla	Barilla Olive	100	750	1.88	1.88
Leggo's	Leggo's Stir Through Roasted Vegetables	87	747	1.87	1.62
Leggo's	Leggo's Stir Through Sundried Tomato & Roasted Garlic	87	692	1.73	1.51
Specially Selected Passionate About Food	Specially Selected Passionate About Food Romana Gourmet Pasta Sauce	125	660	1.65	2.06
Leggo's	Leggo's Providore Series Vine Ripened Tomatoes with Caramalised Baby Onions	100	600	1.50	1.50
Specially Selected Passionate About Food	Specially Selected Passionate About Food Calabrese Gourmet Pasta Sauce	125	578	1.45	1.81
Mutti	Mutti Parma Simply Sugo Capers & Onion (with a hint of anchovy)	100	559	1.40	1.40
Leggo's	Leggo's Pasta Bake with Creamy Sundried Tomato & Garlic	125	551	1.38	1.72
Leggo's	Leggo's Providore Series Provincial Italian Tomatoes with Grilled Bell Peppers	100	530	1.33	1.33
Leggo's	Leggo's Providore Series Grilled Vegetables with Provincial Italian Tomatoes	100	520	1.30	1.30

## Ten lowest salt ambient pasta sauces

Brand Name	Product Name	Serving Size (g)	Sodium per 100g (mg)	Salt per 100g (g)	Salt per serve (g)
Tenuta Fragassi	Tenuta Fragassi Sugo Pronto Napoletana Neapolitan Style Pasta Sauce	125	8	0.02	0.03
Tenuta Fragassi	Tenuta Fragassi Sugo Pronto Melanzane Tomato & Eggplant Pasta Sauce	125	8	0.02	0.03
Remano	Remano Passata Traditional Tomato Cooking Sauce	155	15	0.04	0.06
Tenuta Fragassi	Tenuta Fragassi Sugo Pronto Tartufo Tomato & Truffle Pasta Sauce	125	16	0.04	0.05
Global Organics	Global Organics Passata Con Basilico Tomato Puree with Basil	170	16	0.04	0.07
Global Organics	Global Organics Passata Di Pomodoro Tomato Puree	170	16	0.04	0.07
Global Organics	Global Organics Passata Rustica Crushed Tomato	170	16	0.04	0.07
Tenuta Fragassi	Tenuta Fragassi Sugo Pronto Basilico Tomato & Basil Pasta Sauce	125	44	0.11	0.14
Coles	Coles Italian Passata	172	55	0.14	0.24
Tenuta Fragassi	Tenuta Fragassi Sugo Pronto Arrabbiata Style Pasta Sauce	125	60	0.15	0.19

## Ten highest salt powdered meal based sauces

Brand Name	Product Name	Serving Size (g)	Sodium per 100g (mg)	Salt per 100g (g)	Salt per serve (g)
McCormick	McCormick Garlic & Rosemary Lamb Shanks	7.5	8950	22.38	1.68
McCormick	McCormick Slow Cookers Mild Chicken Curry	6.7	8700	21.76	1.46
McCormick	McCormick Classic Beef Casserole	7.5	8575	21.44	1.61
Keen's Traditional Curry	Keen's Mustard Honey Mustard Chicken Curry	10	8480	21.20	2.12
McCormick	McCormick Apricot Chicken	7.5	7860	19.65	1.47
McCormick	McCormick Farmhouse Chicken Casserole	7.5	7140	17.85	1.34
Maggi	Maggi Beef Goulash	8.3	7060	17.65	1.46
Woolworths Homebrand	Woolworths Homebrand Taco Seasoning Mix	3	6930	17.33	0.52
Maggi	Maggi Spaghetti Bolognese	5	6880	17.20	0.86
Old El Paso	Old El Paso Taco Spice Mix	3	6850	17.13	0.51

## Ten lowest salt powdered meal based sauces

Brand Name	Product Name	Serving Size (g)	Sodium per 100g (mg)	Salt per 100g (g)	Salt per serve (g)
Maggi	Maggi Tomato & Onion Sausages	9.8	715	1.79	0.18
McCormick	McCormick Sausage Hot Pot	7.5	920	2.30	0.17
Chefs' Cupboard	Chefs' Cupboard Devilled Sausages Recipe Base	11	1240	3.10	0.34
Chefs' Cupboard	Chefs' Cupboard Shepherd's Pie Recipe Base	13	2100	5.25	0.68
Maggi	Maggi Devilled Sausages	9.3	2110	5.28	0.49
Continental	Continental Chicken Satay Skewers	8.5	2120	5.30	0.45
Old El Paso	Old El Paso Crispy Chicken Spice Mix	3.5	2200	5.50	0.19
Chefs' Cupboard	Chefs' Cupboard Beef Stroganoff Recipe Base	13	2400	6.00	0.78
Continental	Continental Curried Sausages	9.8	2680	6.70	0.66
Continental	Continental Spaghetti Bolognese	14	2825	7.06	0.99

## Ten highest salt ambient meal based sauces

Brand Name	Product Name	Serving Size (g)	Sodium per 100g (mg)	Salt per 100g (g)	Salt per serve (g)
Pandaroo	Pandaroo Ezy Asian Thai Stirfry Sauce	15	2250	5.63	0.84
Ayam	Ayam Pad Thai Stir Fry Sauce	62.5	1855	4.64	2.90
Pandaroo	Pandaroo Teriyaki Sesame & Onion Sauce	30	1840	4.60	1.38
Pandaroo	Pandaroo Ezy Asian Chinese Stirfry Sauce	15	1810	4.53	0.68
Pandaroo	Pandaroo Ezy Asian Blackbean Stirfry Sauce	15	1760	4.40	0.66
Ayam	Ayam Singaporean Chilli Crab Stir Fry Sauce	62.5	1414	3.54	2.21
Asia Specialities	Asia Specialities Stir Fry Sauce For Chicken & Cashew	125	1140	2.85	3.56
KanTong	KanTong Honey, Soy & Garlic Cooking Sauce	80	955	2.39	1.91
Ayam	Ayam Mee Goreng Stir Fry Sauce	62.5	927	2.32	1.45
Old El Paso	Old El Paso Mild Taco Sauce	20	800	2.00	0.40

## Ten lowest salt ambient meal based sauces

Brand Name	Product Name	Serving Size (g)	Sodium per 100g (mg)	Salt per 100g (g)	Salt per serve (g)
Asia Specialities	Asia Sweet & Sour Stir Fry Sauce	125	120	0.30	0.38
KanTong	KanTong Sweet & Sour Cooking Sauce	128	200	0.50	0.64
KanTong	KanTong Pineapple Sweet & Sour	128	214	0.54	0.68
Simmer Sensations	Simmer Sensations Red Wine & Peppercorn Simmer Sauce	125	220	0.55	0.69
Ayam	Ayam Satay Sauce	70	251	0.63	0.44
KanTong	KanTong Honey, Sesame & Garlic Cooking Sauce	130	270	0.68	0.88
Sharwood's	Sharwood's Rogan Josh Simmer Sauce	140	272	0.68	0.95
Silks Fine Indian Foods	Silks Fine Indian Foods Jalfrezi Sauce and Spice Cap	120	273	0.68	0.82
Sharwood's	Sharwood's Tikka Masala Simmer Sauce	140	276	0.69	0.97
Silks Fine Indian Foods	Silks Fine Indian Foods Dopiaza Sauce and Spice Cap	120	277	0.69	0.83