

	Food Category	Brazil Salt Target (g/100g)*	PAHO Regional Target (g/100g)*	PAHO Lower Target (g/100g)*	UK Salt Target (g/100g)**
Bread	Artisanal Bakery Bread	1.47	1.5	1	1.13
	Industrially Sliced Bread	1	1.5	1	1.13
	Buns	0.88	1.5	1	1.13
Soup	Instant Individual Soups	0.83	0.9	0.77	0.63
	Ready to consume and dry soups	0.79	0.9	0.77	0.63
Mayonnaise	Mayonnaise	2.63	2.63	1.68	1.25 (full fat/calorie), 1.7 (reduced fat/calorie)
Biscuits and Cookies	Salted Biscuits	1.75	3.35	1.75	1.75
	Sweet Biscuits	0.90	1.21	0.66	0.95
	Filled Cookies	0.66	1.21	0.66	0.95
Cakes	Cakes without filling	0.83	1	0.51	0.7
	Filled Cakes	0.61	1	0.51	0.33
	Cake Rolls	0.51	1	0.51	-
	Mixes for Aerated Cakes	1	1	0.51	-
	Mixes for Creamy Cakes	0.74	1	0.51	-
Meats	Nuggets and breaded meat and poultry	1.63	1.84	1.18	0.95
	Hamburgers	1.85	3.03	1.73	0.88
	Cooked Sausage stored at room temperature	3.75	4.75	3.38	1.7
	Chilled Cooked Sausage	3.03	3.03	1.73	1.7
	Uncooked fresh sausage	2.43	3.03	1.73	1.38
	Hot Dogs	2.8	3.03	1.73	1.75 (canned), 1.88 (fresh)
	Bologna stored at room temperature	2.95	4.75	3.38	-
	Chilled Bologna	3.38	3.03	1.73	-
	Ham	2.9	3.03	1.73	1.63

Breakfast Cereal	Breakfast Cereal	1.05	1.58	1.25	1
Cheese	Cheese Spread	1.35	-	-	1.8
	Mozzarella	1.28	-	-	1.35
Pasta	Instant pasta with seasoning (as consumed)	1.6	1.6	1.1	0.88
Condiments	Condiments for Pasta	82.8	82.75	22.75	***
	Condiments for Rice	80.19	82.75	22.75	***
	Other Salt Based Condiments (e.g. for meat)	54.44	57.5	54.44	***
	Bouillon Cubes and Powders (dry)	51.25	51.25	45	***
Margarine	Margarine	1.79	2	1.25	1.38
Snacks	Potato Chips	1.47	2.25	1.33	1.45
	Extruded Corn Snacks	2.13	2.25	1.33	2

*Brazil and PAHO salt targets have been converted from sodium (mg) per 100g of product to salt (g) per 100g of product, by multiplying the sodium value by 2.5

**UK salt targets have a maximum upper limit of salt allowed in food, similar to Brazil's salt reduction targets, and also have a sales weighted average target. Only the maximum target has been quoted here for ease of comparison

*** UK salt targets for condiments are given 'as consumed' and are therefore not comparable to the Brazilian/PAHO targets