



**International
Children's Meals
Survey**

1.Full product list

Data table sorted by highest salt per children's meal (g)

Notes: Salt per portion and per 100g information was collected online from Feb 2015. In country data was collected from March to June 2015. KFC Potato Wedges were added as a side in USA as fries weren't available as a side option.

Country	Brand	Type	Product name	Portion size (g)	Sodium (mg) per portion	Sodium (g) per serving	Salt (g) per serving	Sodium (g) per 100g	Salt (g) per 100g	Side	Side Sodium (g) per serving	Side Salt (g) per serving	Salt (g) per meal	Sourced from WASH Member / Collected online
Costa Rica	KFC	Kids meal	PopCornNuggets Kids Meal	63.00	1,536.00	1.54	3.84	Not provided	Not provided	French Fries	0.60	1.50	5.34	WASH member
Colombia	Burger King	Happy Meal	Burger King Cheeseburger or equivalent	Not provided	1,356	1.36	3.39	Not provided	Not provided	Fries (kids or small)	0.57	1.43	4.82	WASH member
Costa Rica	McDonald's	Happy Meal	McCrispy Chicken 1pz	234.00	1,825.00	1.83	4.58	0.78	1.95	McDonald's Fries (kids)	0.09	0.23	4.81	WASH member
United States	KFC	Kids Meal	Popcorn Nuggets Kids Meal	81	900	0.90	2.25	1.11	2.78	Potato wedges	0.81	2.03	4.28	Collected online
United States	KFC	Kids Meal	Chicken Little Kids Meal	Not provided	880.00	0.88	2.20	Not provided	Not provided	Potato wedges	0.81	2.03	4.23	Collected online
Canada	KFC	Junior Meal	Junior Chicken	139	690	0.69	1.73	0.50	1.24	Fries	0.77	1.93	3.65	WASH member
Germany	KFC	Kids Meal	Popcorn chicken or equivalent	98	960.00	0.96	2.40	0.98	2.45	Fries	0.36	0.90	3.30	Collected online
Canada	KFC	Kids Meal	Chicken fillet with dip or equivalent	90	420.00	0.420	1.05	0.47	1.17	Fries	0.77	1.93	2.98	Collected online
Ecuador	Burger King	Happy Meal	Burger King Chicken Tenders	Not provided	610	0.61	1.53	Not provided	Not provided	Fries (kids or small)	0.57	1.43	2.95	WASH member
South Africa	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	1164.00	1.16	2.91	Not provided	Not provided	Fries			2.91	Collected online
United States	KFC	Kids Meal	Extra Crispy Tender Kids Meal	52	310	0.31	0.78	0.60	1.49	Potato wedges	0.81	2.03	2.80	Collected online
Finland	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	642	0.64	1.61	Not provided	Not provided	Fries (small) or equivalent	0.46	1.15	2.75	Collected online
United States	KFC	Kids Meal	Drumstick Kids Meal (Kentucky grilled)	50	290	0.29	0.73	0.58	1.45	Potato wedges	0.80	2.00	2.73	Collected online
Canada	Burger King	Junior Meal	Whopper Jr. with Cheese	161	710	0.71	1.78	0.44	1.10	Small Fries (90g)	0.33	0.83	2.60	WASH member
Canada	KFC	Kids Meal	Popcorn chicken or equivalent	100	690.00	0.690	1.73	0.69	1.73	Fries	0.35	0.88	2.60	Collected online
Finland	Burger King	Kids Meal	Burger King Hamburger or equivalent	Not provided	556	0.56	1.39	Not provided	Not provided	Fries (small) or equivalent	0.46	1.15	2.54	Collected online
United States	Burger King	Kids Meal	Home-Style Chicken Strips (2 piece)	90	760	0.76	1.90	0.84	2.11	Satisfries French Fries	0.21	0.53	2.43	WASH member
Turkey	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	580	0.58	1.45	Not provided	Not provided	McDonald's Fries (kids or small)	0.38	0.95	2.40	Collected online
Italy	Burger King	Kids Meal	Burger King Hamburger or equivalent	107	589	0.59	1.47			Fries (small) or equivalent	0.35	0.87	2.34	Collected online
Poland	McDonald's	Happy Meal	Cheeseburger, French Fries potatoes, apple, orange juice	543	935	0.93	2.34	0.17	0.43				2.34	WASH member
South Africa	McDonald's	Happy Meal	McDonald's Cheeseburger or equivalent	434	628	0.63	1.57	0.14	0.36	McDonald's Fries (small)	0.31	0.76	2.33	WASH member
Poland	KFC	Kids Meal	Longer, French Fries potatoes, Mirinda	659	911	0.91	2.28	0.14	0.35				2.28	WASH member
Turkey	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	Not provided	Not provided	McDonald's Fries (kids or small)	0.38	0.95	2.25	Collected online
Netherlands	Burger King	Kids Meal	Burger King Hamburger or equivalent	Not provided	500	0.50	1.25	0.50		Fries (small) or equivalent	0.40	1.00	2.25	Collected online
Netherlands	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	500	0.50	1.25	0.60		Fries (small) or equivalent	0.40	1.00	2.25	Collected online
Canada	McDonald's	Happy Meal	McDonald's Cheeseburger or equivalent	Not Provided	720.00	0.72	1.80	Not provided	Not provided	McDonald's Fries (kids or small)	0.18	0.44	2.24	WASH member
Turkey	Burger King	Kids Meal	Burger King Hamburger or equivalent	Not provided	375	0.38	0.94	Not provided	Not provided	Fries (small) or equivalent	0.52	1.30	2.23	Collected online
Costa Rica	KFC	Kids meal	Crispy Chicken 1 piece	92	292	0.29	0.73			KFC French Fries	0.60	1.50	2.23	WASH member
Serbia	McDonald's	Meal	McDonald's Cheeseburger or equivalent	Not provided	680	0.68	1.70	0.40	1.00	Fries (small) or equivalent	0.20	0.50	2.20	WASH member
Serbia	McDonald's	Happy Meal	McDonald's Cheeseburger or equivalent	Not provided	680	0.68	1.70	0.40	1.00	McDonald's Fries (junior)	0.20	0.50	2.20	WASH member
Serbia	McDonald's	Happy Meal	McToast™	Not provided	680	0.68	1.70	0.80	2.00	McDonald's Fries (junior)	0.20	0.50	2.20	WASH member
Singapore	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	690	0.69	1.73	Not provided	Not provided	McDonald's Fries (kids or small)	0.19	0.48	2.20	Collected online
South Korea	McDonald's	Happy Meal	Bulgogi Burger	155	760.00	0.76	1.90	0.49	1.23	McDonald's Fries (kids or small)	0.12	0.29	2.19	WASH member
South Korea	McDonald's	Happy Meal	McDonald's Cheeseburger or equivalent	114	758.00	0.76	1.90	0.66	1.66	McDonald's Fries (kids or small)	0.12	0.29	2.19	Collected online
Canada	Burger King	Junior Meal	Crispy Chicken Junior	143	540	0.54	1.35	0.38	0.94	Fries (small) or equivalent	0.33	0.83	2.18	WASH member
China	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	602	0.60	1.51	Not provided	Not provided	McDonald's Fries (kids or small)	0.26	0.66	2.16	Collected online
UAE / Arabia	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	580	0.58	1.45	Not provided	Not provided	McDonald's Fries (kids or small)	0.28	0.70	2.15	Collected online
Hungary	Burger King	Kids Meal	Burger King Hamburger or equivalent	136	821	0.82	2.05	Not provided	Not provided	Fries (small) or equivalent	0.04	0.09	2.14	Collected online
Canada	McDonald's	Happy Meal	Grilled Cheese Sandwich	Not Provided	680	0.68	1.70	Not provided	Not provided	McDonald's Fries (kids or small)	0.18	0.44	2.14	WASH member

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Poland	McDonald's	Happy Meal	Hamburger, French Fries potatoes, apple, orange juice	531	839	0.84	2.10	0.16	0.40				2.10	WASH member
Poland	Burger King	Burger King Junior	Double Cheeseburger, French Fries potatoes, apple, coca cola	473	840	0.84	2.10	0.18	0.44				2.10	WASH member
Canada	Burger King	Junior Meal	Whopper Jr.	148	510	0.51	1.28	0.34	0.86	Fries (small) or equivalent	0.33	0.83	2.10	WASH member
Turkey	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	321	0.32	0.80	Not provided	Not provided	Fries (small) or equivalent	0.52	1.30	2.10	Collected online
Poland	McDonald's	Happy Meal	Cheeseburger, French Fries potatoes, apple, coca cola light	608	837	0.84	2.09	0.14	0.34				2.09	WASH member
Hungary	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	160	520	0.52	1.30	0.48	1.20	McDonald's Fries (kids or small)	0.32	0.79	2.09	Collected online
New Zealand	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	525	0.53	1.31	0.57	1.42	McDonald's Fries (kids or small)	0.31	0.78	2.09	Collected online
Canada	McDonald's	Happy Meal	Chicken Snack Wrap	Not Provided	650	0.65	1.63	Not provided	Not provided	McDonald's Fries (kids or small)	0.18	0.44	2.07	WASH member
Costa Rica	McDonald's	Happy Meal	McCrispy Chicken Cajita Feliz	93.00	725.00	0.73	1.83	0.78	1.95	McDonald's Fries (kids)	0.09	0.23	2.06	WASH member
Austria	McDonald's	Happy Meal	McDonald's Chicken Burger or equivalent	148	600	0.60	1.50	0.41	1.03	McDonald's Fries (kids or small)	0.22	0.55	2.05	Collected online
Poland	McDonald's	Happy Meal	Snack Wrap, French Fries potatoes, apple, orange juice	548	813	0.81	2.03	0.15	0.37				2.03	WASH member
Serbia	McDonald's	Happy Meal	Snack Wraps	Not provided	600.00	0.60	1.50	Not provided	Not provided	McDonald's Fries (junior)	0.20	0.50	2.00	WASH member
Germany	KFC	Kids Meal	Chicken fillet with dip or equivalent	81	440.00	0.44	1.10	0.54	1.36	Fries	0.36	0.90	2.00	Collected online
South Africa	KFC	Kids Meal	Chicken fillet with dip or equivalent	Not provided	794.00	0.79	1.99	Not provided	Not provided	Fries			1.99	Collected online
South Africa	KFC	Kids Meal	Popcorn chicken or equivalent	Not provided	788.00	0.79	1.97	Not provided	Not provided	Fries			1.97	Collected online
South Africa	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	420	460	0.46	1.15	0.11	0.27	McDonald's Fries (small)	0.31	0.76	1.91	WASH member
United States	Burger King	Kids Meal	Burger King Cheeseburger or equivalent	111	540	0.54	1.35	0.49	1.22	Satisfies French Fries	0.21	0.53	1.88	WASH member
United States	Burger King	Kids Meal	Burger King Chicken Nuggets (6 piece)	105	540	0.54	1.35	0.51	1.29	Satisfies French Fries	0.21	0.53	1.88	WASH member
Venezuela	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	101	490	0.49	1.23	Not provided	Not provided	McDonald's Fries (kids or small)	0.26	0.65	1.88	Collected online
United States	McDonald's	Happy Meal	McDonald's Cheeseburger or equivalent	113	680	0.68	1.70	0.60	1.50	McDonald's Fries (kids or small)	0.07	0.16	1.86	WASH member
Australia	KFC	Kids Meal	Popcorn chicken or equivalent	Not provided	542.00	0.54	1.36	0.72	1.81	Fries	0.20	0.51	1.86	Collected online
Austria	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	106	520	0.52	1.30	0.48	1.20	McDonald's Fries (kids or small)	0.22	0.55	1.85	Collected online
Australia	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	480	0.48	1.20	0.51	1.26	McDonald's Fries (kids or small)	0.25	0.61	1.81	Collected online
Serbia	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	0.40	1.00	McDonald's Fries (junior)	0.20	0.50	1.80	WASH member
Sweden	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	Not provided	Not provided	McDonald's Fries (kids or small)	0.20	0.50	1.80	Collected online
Ecuador	McDonald's	Happy Meal	McDonald's Cheeseburger or equivalent	111	624	0.62	1.56	0.56	1.41	McDonald's Fries (kids or small)	0.09	0.24	1.80	WASH member
Brazil	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	74	350	0.35	0.88	Not provided	Not provided	Fries (small) or equivalent	0.36	0.90	1.78	Collected online
Costa Rica	McDonald's	Happy Meal	McDonald's Cheeseburger or equivalent	114.00	605.00	0.61	1.53	0.53	1.33	McDonald's Fries (kids)	0.09	0.23	1.76	WASH member
Mexico	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	99	474	0.47	1.19	0.48	1.20	Fries (small) or equivalent	0.22	0.55	1.74	WASH member
Poland	Burger King	Burger King Junior	Cheeseburger, French Fries potatoes	193	697	0.70	1.74	0.36	0.90				1.74	WASH member
Venezuela	McDonald's	Happy Meal	Chicken McNuggets or equivalent	70	430	0.43	1.08	Not provided	Not provided	McDonald's Fries (kids or small)	0.26	0.65	1.73	Collected online
Poland	KFC	Kids Meal	Breaded chicken leg, French Fries potatoes, apple, pepsi cola	564	687	0.69	1.72	0.12	0.30				1.72	WASH member
Canada	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	101	510	0.51	1.28	0.50	1.26	McDonald's Fries (kids or small)	0.18	0.44	1.72	WASH member
Italy	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	333	0.33	0.83			Fries (small) or equivalent	0.35	0.87	1.70	Collected online
United Kingdom	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	640.00	0.64	1.60	Not provided	Not provided	Fries	0.04	0.10	1.70	Collected online
France	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	0.48	1.20	McDonald's Fries (kids or small)	0.16	0.40	1.70	Collected online
Guatemala	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	Not provided	Not provided	McDonald's Fries (kids or small)	0.16	0.40	1.70	Collected online
Germany	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	0.48	1.20	McDonald's Fries (kids or small)	0.15	0.38	1.68	Collected online
Netherlands	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	Not provided	Not provided	McDonald's Fries (kids or small)	0.15	0.38	1.68	Collected online
United States	Burger King	Kids Meal	Burger King Hamburger or equivalent	100	460	0.46	1.15	0.46	1.15	Satisfies French Fries	0.21	0.53	1.68	Collected online
South Africa	McDonald's	Happy Meal	Chicken McNuggets or equivalent	386	364	0.36	0.91	0.09	0.24	McDonald's Fries (small)	0.31	0.76	1.67	WASH member
South Korea	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	100	548.00	0.55	1.37	0.55	1.37	McDonald's Fries (kids or small)	0.12	0.29	1.66	Collected online
UAE / Arabia	McDonald's	Happy Meal	Chicken McNuggets or equivalent	76	380	0.38	0.95	Not provided	Not provided	McDonald's Fries (kids or small)	0.28	0.70	1.65	Collected online
United Kingdom	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	480	0.48	1.20	Not provided	Not provided	McDonald's Fries (kids or small)	0.18	0.44	1.64	Collected online
Australia	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	439	0.44	1.10	0.41	1.03	Fries	0.20	0.51	1.61	Collected online
Finland	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	Not provided	Not provided	McDonald's Fries (kids or small)	0.12	0.30	1.60	Collected online
Poland	McDonald's	Happy Meal	Chicken McNuggets, French Fries potatoes, apple, orange juice	472	634	0.63	1.59	0.13	0.34	French Fries			1.59	WASH member
United Kingdom	Burger King	Kids Meal	Burger King Cheeseburger or equivalent	105.8	632	0.63	1.58	Not provided	Not provided	apple fries	0.00	0.01	1.59	Collected online
Germany	Subway	Kids Pak - Mini Subs	Turkey Breast or equivalent	150	600	0.60	1.50	0.40	1.00				1.50	Collected online
Germany	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	100	600	0.60	1.50	0.60	1.50	apple fries	0.00	0.00	1.50	Collected online
Malaysia	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	360	0.36	0.90	Not provided	Not provided	McDonald's Fries (kids or small)	0.24	0.60	1.50	Collected online
United Kingdom	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	95	591	0.59	1.48	Not provided	Not provided	apple fries	0.00	0.01	1.48	Collected online
South Africa	McDonald's	Happy Meal	Chicken Burger or equivalent	399	288	0.29	0.72	0.07	0.18	McDonald's Fries (small)	0.31	0.76	1.48	Collected online
South Africa	McDonald's	Happy Meal	Crispy Chicken Wrap or equivalent	289	286	0.29	0.72	0.10	0.25	McDonald's Fries (small)	0.31	0.76	1.48	WASH member

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Poland	McDonald's	Happy Meal	Chicken McNuggets, French Fries potatoes, apple, coca cola light	571	584	0.58	1.46	0.10	0.26	French Fries			1.46	WASH member
Singapore	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	390	0.39	0.98	Not provided	Not provided	McDonald's Fries (kids or small)	0.19	0.48	1.45	Collected online
United States	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent (4 piece)	70	360	0.36	0.90	0.51	1.29	Satisfries French Fries	0.21	0.53	1.43	Collected online
Hungary	McDonald's	Happy Meal	Chicken McNuggets or equivalent	71	332	0.33	0.83	0.48	1.20	McDonald's Fries (kids or small)	0.22	0.55	1.38	Collected online
Austria	McDonald's	Happy Meal	Chicken McNuggets or equivalent	71	332	0.33	0.83	0.48	1.20	McDonald's Fries (kids or small)	0.22	0.55	1.38	Collected online
United States	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	98	480	0.48	1.20	0.49	1.22	McDonald's Fries (kids or small)	0.07	0.16	1.36	Collected online
China	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	281	0.28	0.70	Not provided	Not provided	McDonald's Fries (kids or small)	0.26	0.66	1.36	Collected online
Brazil	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	99	433	0.43	1.08	Not provided	Not provided	McDonald's Fries (kids or small)	0.09	0.24	1.32	Collected online
Chile	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	97	431	0.43	1.08	Not provided	Not provided	McDonald's Fries (kids or small)	0.09	0.24	1.31	Collected online
Malaysia	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	Not provided	Not provided	no side			1.30	Collected online
Serbia	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	320.00	0.32	0.80	0.32	0.80	McDonald's Fries (junior)	0.20	0.50	1.30	WASH member
Guatemala	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	360	0.36	0.90	Not provided	Not provided	McDonald's Fries (kids or small)	0.16	0.40	1.30	Collected online
New Zealand	McDonald's	Happy Meal	Chicken McNuggets or equivalent (3 pieces)	Not provided	205	0.21	0.51	0.46	1.14	McDonald's Fries (kids or small)	0.31	0.78	1.29	Collected online
Canada	Subway	Kids Pak	Turkey Breast or equivalent	144	510.00	0.51	1.28	0.35	0.89				1.28	Collected online
New Zealand	Burger King	Kids Meal	Burger King Hamburger or equivalent	109	470	0.47	1.18			Fries (small) or equivalent	0.04	0.10	1.27	Collected online
New Zealand	Burger King	Kids Meal	Junior Whopper or equivalent	153	468	0.47	1.17			Fries (small) or equivalent	0.04	0.10	1.27	Collected online
Canada	McDonald's	Happy Meal	Chicken McNuggets or equivalent	67	330	0.33	0.83	0.49	1.23	McDonald's Fries (kids or small)	0.18	0.44	1.27	WASH member
Costa Rica	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	99.00	414.00	0.41	1.03	0.42	1.05	McDonald's Fries (kids)	0.09	0.23	1.26	WASH member
Germany	Burger King	Kids Meal	Burger King Hamburger or equivalent	100	500	0.50	1.25	0.50	1.25	apple fries	0.00	0.00	1.25	Collected online
Austria	Burger King	Kids Meal	Burger King Hamburger or equivalent	Not provided	500	0.50	1.25	0.40		apple	0.00	0.00	1.25	Collected online
Brazil	McDonald's	Happy Meal	Chicken McNuggets or equivalent	66	402	0.40	1.01	Not provided	Not provided	McDonald's Fries (kids or small)	0.09	0.24	1.24	Collected online
France	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	332	0.33	0.83	0.48	1.20	McDonald's Fries (kids or small)	0.16	0.40	1.23	Collected online
Netherlands	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	332	0.33	0.83	Not provided	Not provided	McDonald's Fries (kids or small)	0.15	0.38	1.21	Collected online
Australia	McDonald's	Happy Meal	Chicken McNuggets or equivalent (3 pieces)	Not provided	222	0.22	0.56	0.45	1.12	McDonald's Fries (kids or small)	0.25	0.61	1.17	Collected online
Canada	Subway	Kids Pak	Beef or equivalent	144	460.00	0.46	1.15	0.32	0.80				1.15	Collected online
Ecuador	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	97	365	0.37	0.91	0.38	0.94	McDonald's Fries (kids or small)	0.09	0.24	1.15	WASH member
Peru	McDonald's	Happy Meal	Chicken McNuggets or equivalent	74	362	0.36	0.91	Not provided	Not provided	McDonald's Fries (kids or small)	0.09	0.24	1.14	Collected online
Ecuador	McDonald's	Happy Meal	Chicken McNuggets or equivalent	66	362	0.36	0.91	0.55	1.37	McDonald's Fries (kids or small)	0.09	0.24	1.14	WASH member
Argentina	McDonald's	Happy Meal	Chicken McNuggets or equivalent	66	362	0.36	0.91	Not provided	Not provided	McDonald's Fries (kids or small)	0.09	0.24	1.14	Collected online
Chile	McDonald's	Happy Meal	Chicken McNuggets or equivalent	66	362	0.36	0.91	Not provided	Not provided	McDonald's Fries (kids or small)	0.09	0.24	1.14	Collected online
Mexico	McDonald's	Happy Meal	Chicken McNuggets or equivalent	66	362	0.36	0.91	0.55	1.37	Fries (small) or equivalent	0.09	0.24	1.14	WASH member
Costa Rica	McDonald's	Happy Meal	Chicken McNuggets or equivalent	66.00	362.00	0.36	0.90	0.54	1.35	McDonald's Fries (kids)	0.09	0.23	1.13	WASH member
United States	Subway	Kids Pak	Ham or equivalent	135	450.00	0.45	1.13	0.33	0.83				1.13	Collected online
Peru	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	94	346	0.35	0.87	Not provided	Not provided	McDonald's Fries (kids or small)	0.09	0.24	1.10	Collected online
Finland	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	320	0.32	0.80	Not provided	Not provided	McDonald's Fries (kids or small)	0.12	0.30	1.10	Collected online
South Korea	McDonald's	Happy Meal	Chicken McNuggets or equivalent (4 piece)	68	313.00	0.31	0.78	0.46	1.15	McDonald's Fries (kids or small)	0.12	0.29	1.07	WASH member
United Kingdom	Burger King	Kids Meal	Burger King Hamburger or equivalent	94	420	0.42	1.05	Not provided	Not provided	apple fries	0.00	0.01	1.06	Collected online
United States	McDonald's	Happy Meal	Chicken McNuggets or equivalent	65	360	0.36	0.90	0.55	1.38	McDonald's Fries (kids or small)	0.07	0.16	1.05	Collected online
New Zealand	Subway	Kids Pak - Mini Subs	Turkey Breast or equivalent	129	416.00	0.42	1.04	0.32	0.81				1.04	Collected online
New Zealand	Subway	Kids Pak - Mini Subs	Ham or equivalent	125	408.00	0.41	1.02	0.33	0.82				1.02	Collected online
New Zealand	Subway	Kids Pak - Mini Subs	Beef or equivalent	131	405.00	0.41	1.01	0.31	0.77				1.01	Collected online
Ireland	Subway	Kids Pak	Turkey Breast or equivalent	156	400.00	0.40	1.00	0.26	0.64				1.00	Collected online
United Kingdom	Subway	Kids Pak	Turkey Breast or equivalent	156	400.00	0.40	1.00	0.26	0.64				1.00	Collected online
Finland	Subway	Kids Pak - Subi breads	Turkey Breast or equivalent	155	400.00	0.40	1.00	0.26	0.65				1.00	Collected online
Ireland	Subway	Kids Pak	Ham or equivalent	147	400.00	0.40	1.00	0.27	0.68				1.00	Collected online
United Kingdom	Subway	Kids Pak	Ham or equivalent	147	400.00	0.40	1.00	0.27	0.68				1.00	Collected online
Finland	Subway	Kids Pak - Subi breads	Ham or equivalent	146	400.00	0.40	1.00	0.27	0.68				1.00	Collected online
Canada	Subway	Kids Pak	Ham or equivalent	135	400.00	0.40	1.00	0.30	0.74				1.00	Collected online
Germany	Subway	Kids Pak - Mini Subs	Ham or equivalent	141	400.00	0.40	1.00	0.30	0.75				1.00	Collected online
France	Subway	Kids Pak	Ham or equivalent	Not provided	400.00	0.40	1.00	Not provided	Not provided				1.00	Collected online
France	Subway	Kids Pak	Turkey Breast or equivalent	Not provided	400.00	0.40	1.00	Not provided	Not provided				1.00	Collected online
Austria	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	400	0.40	1.00	0.60		apple	0.00	0.00	1.00	Collected online
New Zealand	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	82	361	0.36	0.90			Fries (small) or equivalent	0.04	0.10	1.00	Collected online
United States	Subway	Kids Pak	Beef or equivalent	144	390.00	0.39	0.98	0.27	0.68				0.98	Collected online

Country	Brand	Type	Product name	Portion size (g)	Sodium (mg) per portion	Sodium (g) per serving	Salt (g) per serving	Sodium (g) per 100g	Salt (g) per 100g	Side	Side Sodium (g) per serving	Side Salt (g) per serving	Salt (g) per meal	Sourced from WASH Member / Collected online
United States	Subway	Kids Pak	Turkey Breast or equivalent	135	380.00	0.38	0.95	0.28	0.70				0.95	Collected online
United Kingdom	KFC	Kids Meal	Popcorn chicken or equivalent	Not provided	320.00	0.32	0.80	Not provided	Not provided	Fries	0.04	0.10	0.90	Collected online
Spain	Burger King	Kids Meal	Burger King Hamburger or equivalent	92	332	0.33	0.83	0.36	0.91	Fries (small) or equivalent	0.00	0.00	0.83	Collected online
Finland	Subway	Kids Pak - Subi breads	Beef or equivalent	155	300.00	0.30	0.80	0.19	0.48				0.80	Collected online
Ireland	Subway	Kids Pak	Beef or equivalent	156	320.00	0.32	0.80	0.21	0.51				0.80	Collected online
United Kingdom	Subway	Kids Pak	Beef or equivalent	156	320.00	0.32	0.80	0.21	0.51				0.80	Collected online
France	Subway	Kids Pak	Beef or equivalent	Not provided	320.00	0.32	0.80	Not provided	Not provided				0.80	Collected online
United Kingdom	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	136	0.14	0.34	Not provided	Not provided	McDonald's Fries (kids or small)	0.18	0.44	0.78	Collected online
Ireland	Subway	Kids Pak	Veggie Delite or equivalent	118	200.00	0.20	0.50	0.17	0.42				0.50	Collected online
United Kingdom	Subway	Kids Pak	Veggie Delite or equivalent	118	200.00	0.20	0.50	0.17	0.42				0.50	Collected online
Finland	Subway	Kids Pak - Subi breads	Veggie Delite or equivalent	117	200.00	0.20	0.50	0.17	0.43				0.50	Collected online
Germany	Subway	Kids Pak - Mini Subs	Veggie Delite or equivalent	113	200.00	0.20	0.50	0.20	0.50				0.50	Collected online
New Zealand	Subway	Kids Pak - Mini Subs	Veggie Delite or equivalent	99	200.00	0.20	0.50	0.20	0.51				0.50	Collected online
France	Subway	Kids Pak	Veggie Delite or equivalent	Not provided	200.00	0.20	0.50	Not provided	Not provided				0.50	Collected online
Canada	Subway	Kids Pak	Veggie Delite or equivalent	107	190.00	0.19	0.48	0.18	0.44	N/A			0.48	Collected online
United States	Subway	Kids Pak	Veggie Delite or equivalent	106	190.00	0.19	0.48	0.18	0.45				0.48	Collected online
Australia	Subway	Kids Pak - Mini Subs	Veggie Delite or equivalent	Not provided	Not provided	Not provided	Not provided	0.20	0.51					Collected online
Australia	Subway	Kids Pak - Mini Subs	Beef or equivalent	Not provided	Not provided	Not provided	Not provided	0.31	0.77					Collected online
Australia	Subway	Kids Pak - Mini Subs	Turkey Breast or equivalent	Not provided	Not provided	Not provided	Not provided	0.33	0.82					Collected online
Australia	Subway	Kids Pak - Mini Subs	Ham or equivalent	Not provided	Not provided	Not provided	Not provided	0.35	0.86					Collected online
Ecuador	KFC	Happy Meal	Chicken piece	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					WASH member
Argentina	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Argentina	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Argentina	Subway	Kids Pak	Beef or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Argentina	Subway	Kids Pak	Veggie Delite or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Argentina	Subway	Kids Pak	Ham or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Argentina	Subway	Kids Pak	Turkey Breast or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Argentina	Burger King	Kids Meal	Burger King Hamburger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Australia	KFC	Kids Meal	Chicken fillet with dip or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Bangladesh	KFC	Kids Meal	KFC Fries or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Bangladesh	KFC	Kids Meal	Popcorn chicken or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Bangladesh	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Bangladesh	KFC	Kids Meal	Chicken fillet with dip or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Brazil	KFC	Kids Meal	KFC Fries or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Brazil	KFC	Kids Meal	Popcorn chicken or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Brazil	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Brazil	KFC	Kids Meal	Chicken fillet with dip or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	Burger King	Kids Meal	Fries (small) or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	Burger King	Kids Meal	Burger King Hamburger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	KFC	Kids Meal	KFC Fries or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	KFC	Kids Meal	Popcorn chicken or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	KFC	Kids Meal	Chicken fillet with dip or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	Subway	Kids Pak	Beef or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	Subway	Kids Pak	Veggie Delite or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	Subway	Kids Pak	Ham or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Chile	Subway	Kids Pak	Turkey Breast or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
China	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
China	Burger King	Kids Meal	Fries (small) or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
China	Burger King	Kids Meal	Burger King Hamburger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
China	KFC	Kids Meal	KFC Fries or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
China	KFC	Kids Meal	Popcorn chicken or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
China	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					

Country	Brand	Type	Product name	Portion size (g)	Sodium (mg) per portion	Sodium (g) per serving	Salt (g) per serving	Sodium (g) per 100g	Salt (g) per 100g	Side	Side Sodium (g) per serving	Side Salt (g) per serving	Salt (g) per meal	Sourced from WASH Member / Collected online
Venezuela	Subway	Kids Pak	Beef or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Venezuela	Subway	Kids Pak	Veggie Delite or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Venezuela	Subway	Kids Pak	Ham or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
Venezuela	Subway	Kids Pak	Turkey Breast or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
South Africa	Subway	Kids Pak	Beef or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
South Africa	Subway	Kids Pak	Veggie Delite or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
South Africa	Subway	Kids Pak	Turkey Breast or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
South Africa	Subway	Kids Pak	Ham or equivalent	Not provided	Not provided	Not provided	Not provided	Not provided	Not provided					
South Korea	McDonald's	Happy Meal	Sausage Egg McMuffin	162	835.00	0.84	2.09	0.52	1.29					WASH member
United States	KFC	Kids Meal	Mac & Cheese	135	830	0.83	2.08	0.61	1.54					WASH member
South Korea	McDonald's	Happy Meal	Bacon Egg McMuffin	145	814.00	0.81	2.04	0.56	1.40					WASH member
South Korea	McDonald's	Happy Meal	Egg McMuffin	145	814.00	0.81	2.04	0.56	1.40					WASH member
United States	KFC	Kids Meal	Kids Homestyle Sides: Potato Wedges	Not provided	810.00	0.81	2.03	Not provided	Not provided					
Spain	KFC	Kids Meal	Chicken fillet with dip or equivalent	Not provided	800.00	0.80	2.00	Not provided	Not provided					
Canada	KFC	Kids Meal	KFC Fries or equivalent	113	770.00	0.770	1.93	0.68	1.70					Collected online
Guatemala	Burger King	Kids Meal	Burger King Chicken Nuggets or equivalent	170	700	0.70	1.75	Not provided	Not provided					
Canada	McDonald's	Happy Meal	Hot Cakes with Sugar and Butter	Not Provided	660.00	0.66	1.65	Not provided	Not provided					WASH member
Costa Rica	KFC	Kids meal	KFC Fries or equivalent (kids)	93	599	0.60	1.50							WASH member
Spain	KFC	Kids Meal	KFC Chicken Burger or equivalent	Not provided	590.00	0.59	1.48	Not provided	Not provided					
Peru	Burger King	Kids Meal	Fries (small) or equivalent	Not provided	570	0.57	1.43	Not provided	Not provided					
Italy	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	560	0.56	1.40	Not provided	Not provided					
Spain	KFC	Kids Meal	KFC Fries or equivalent	Not provided	530.00	0.53	1.33	Not provided	Not provided					
Spain	McDonald's	Happy Meal	McDonald's Hamburger or equivalent	Not provided	520	0.52	1.30	Not provided	Not provided					
Turkey	Burger King	Kids Meal	Fries (small) or equivalent	Not provided	518	0.52	1.30	Not provided	Not provided					
Guatemala	Burger King	Kids Meal	Burger King Hamburger or equivalent	109	490	0.49	1.23	Not provided	Not provided					
Spain	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	480	0.48	1.20	Not provided	Not provided					
Finland	Burger King	Kids Meal	Fries (small) or equivalent	Not provided	459	0.46	1.15	Not provided	Not provided					Collected online
Netherlands	Burger King	Kids Meal	Fries (small) or equivalent	81	400	0.40	1.00	Not provided	Not provided					
Turkey	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	380	0.38	0.95	Not provided	Not provided					
Germany	KFC	Kids Meal	KFC Fries or equivalent	80	360.00	0.36	0.90	0.45	1.13					Collected online
Italy	McDonald's	Happy Meal	Chicken McNuggets or equivalent	Not provided	360	0.36	0.90	Not provided	Not provided					
Brazil	Burger King	Kids Meal	Fries (small) or equivalent	74	360	0.36	0.90	Not provided	Not provided					
Italy	Burger King	Kids Meal	Fries (small) or equivalent	74	348	0.35	0.87							
United States	KFC	Kids Meal	Mashed Potatoes	Not provided	320	0.32	0.80	Not provided	Not provided					WASH member
Hungary	McDonald's	Happy Meal	McDonald's Fries (kids or small)	80	316	0.32	0.79	0.28	0.69					Collected online
New Zealand	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	310	0.31	0.78	0.43	1.08					Collected online
South Africa	McDonald's	Happy Meal	McDonald's Fries (kids or small)	110	305	0.31	0.76	0.28	0.69					Collected online
UAE / Arabia	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	280	0.28	0.70	Not provided	Not provided					
China	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	262	0.26	0.66	Not provided	Not provided					Collected online
United States	KFC	Kids Meal	Green Beans	86	260	0.26	0.65	0.30	0.76					WASH member
Venezuela	McDonald's	Happy Meal	McDonald's Fries (kids or small)	70	260	0.26	0.65	Not provided	Not provided					
Australia	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	245	0.25	0.61	0.34	0.85					Collected online
Mexico	McDonald's	Happy Meal	McDonald's Fries (kids or small)	73	221	0.22	0.55	0.30	0.76					WASH member
Austria	McDonald's	Happy Meal	McDonald's Fries (kids or small)	80	220	0.22	0.55	0.28	0.69					Collected online
Costa Rica	McDonald's	Happy Meal	McDonald's Fries (small)	73.00	221.00	0.22	0.55	0.30	0.75					WASH member
United States	Burger King	Kids Meal	Satisfries French Fries - Salted	87	210	0.21	0.53	0.24	0.60					WASH member
Australia	KFC	Kids Meal	KFC Fries or equivalent	Not provided	203.00	0.20	0.51	0.20	0.51					Collected online
South Korea	McDonald's	Happy Meal	Hot cake	100	200.00	0.20	0.50	0.20	0.50					WASH member
Serbia	McDonald's	Happy Meal	McDonald's Fries (small)	Not provided	200	0.20	0.50	Not provided	Not provided					WASH member
Sweden	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	200	0.20	0.50	Not provided	Not provided					
Singapore	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	190	0.19	0.48	Not provided	Not provided					
Canada	McDonald's	Happy Meal	McDonald's Fries (kids or small)	75.00	180	0.18	0.45	0.24	0.60					WASH member
United Kingdom	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	176	0.18	0.44	Not provided	Not provided					
France	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	160	0.16	0.40	0.20	0.50					Collected online

Country	Brand	Type	Product name	Portion size (g)	Sodium (mg) per portion	Sodium (g) per serving	Salt (g) per serving	Sodium (g) per 100g	Salt (g) per 100g	Side	Side Sodium (g) per serving	Side Salt (g) per serving	Salt (g) per meal	Sourced from WASH Member / Collected online
Guatemala	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	160	0.16	0.40	Not provided	Not provided					
Italy	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	160	0.16	0.40	Not provided	Not provided					
Germany	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	152	0.15	0.38	0.19	0.48					Collected online
Netherlands	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	152	0.15	0.38	Not provided	Not provided					
Finland	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not provided	120	0.12	0.30	Not provided	Not provided					Collected online
South Korea	McDonald's	Happy Meal	McDonald's Fries (small)	74	117.00	0.12	0.29	0.16	0.40					WASH member
Ecuador	McDonald's	Happy Meal	McDonald's Fries (kids or small)	Not Provided	90	0.09	0.24	Not provided	Not provided					WASH member
Argentina	McDonald's	Happy Meal	McDonald's Fries (kids or small)	31	94	0.09	0.24	Not provided	Not provided					Collected online
Brazil	McDonald's	Happy Meal	McDonald's Fries (kids or small)	31	94	0.09	0.24	Not provided	Not provided					
Chile	McDonald's	Happy Meal	McDonald's Fries (kids or small)	31	94	0.09	0.24	Not provided	Not provided					Collected online
Peru	McDonald's	Happy Meal	McDonald's Fries (kids or small)	31	94	0.09	0.24	Not provided	Not provided					
Canada	McDonald's	Happy Meal	McDonald's Mini Fry - SIDE DISH	38	90	0.09	0.23	0.24	0.59					WASH member
Costa Rica	McDonald's	Happy Meal	McDonald's Fries (kids)	31.00	94.00	0.09	0.23	0.30	0.75					WASH member
United States	McDonald's	Happy Meal	McDonald's Fries (kids or small)	38	65	0.07	0.16	0.17	0.43					Collected online
United Kingdom	KFC	Kids Meal	KFC Fries or equivalent	Not provided	40.00	0.04	0.10	Not provided	Not provided					
New Zealand	Burger King	Kids Meal	Fries (small) or equivalent	87	39	0.04	0.10							
Hungary	Burger King	Kids Meal	Fries (small) or equivalent	111	36	0.04	0.09	Not provided	Not provided					
Costa Rica	McDonald's	Happy Meal	Carrots	60.00	12.00	0.01	0.03	0.02	0.05					WASH member
Canada	McDonald's	Happy Meal	Apple Slices - SIDE DISH	Not provided	5	0.01	0.01							WASH member
United Kingdom	Burger King	Kids Meal	Fries (small) or equivalent	65	2	0.00	0.01	Not provided	Not provided					
Austria	Burger King	Kids Meal	Fries (small) or equivalent	Not provided	0	0.00	0.00	0.00	0.00					Collected online
Spain	Burger King	Kids Meal	Fries (small) or equivalent	Not provided	0	0.00	0.00	0.00	0.00					Collected online
United States	Burger King	Kids Meal	Apple Slices	57	0	0.00	0.00	0.00	0.00					Collected online
Germany	Burger King	Kids Meal	Fries (small) or equivalent	100	0	0.00	0.00	0.00						