



## International Products Survey

### 1.Full product list

Data table sorted by highest salt per portion size (g) in 2014

Notes: Salt per portion and per 100g information was collected online from August 2014.

Worst by portion

Best by portion

Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g
	Kelloggs	All bran or All bran plus or equivalent										z			
Argentina	Kelloggs	All bran or All bran plus or equivalent	Not provided	Not provided	0.12	Not provided	Not provided	0.30	Not provided	Not provided	0.30	Not provided	Not provided	0.75	Not provided
Chile	Kelloggs	All bran or All bran plus or equivalent	Not provided	Not provided	0.12	Not provided	Not provided	0.30	Not provided	Not provided	0.30	Not provided	Not provided	0.75	Not provided
Middle East	Kelloggs	All bran or All bran plus or equivalent	Not provided	Not provided	0.30	Not provided	Not provided	0.80	Not provided	Not provided	0.75	Not provided	Not provided	2.00	Not provided
Spain	Kelloggs	All bran or All bran plus or equivalent	Not provided	0.26	Not provided	Not provided	0.85	0.70	Not provided	0.64	Not provided	Not provided	2.13	1.75	Not provided
Colombia	Kelloggs	All bran or All bran plus or equivalent	40	0.25	Not recorded	0.26	0.84	Not recorded	Not provided	0.63	Not recorded	0.65	2.10	Not recorded	Not provided
Belgium	Kelloggs	All bran or All bran plus or equivalent	40	0.26	Not recorded	0.25	0.85	Not recorded	0.45	0.64	Not recorded	0.63	2.13	Not recorded	1.15
Italy	Kelloggs	All bran or All bran plus or equivalent	40 with milk	0.26	0.30	0.25	0.85	0.60	0.45	0.64	0.75	0.60	2.13	1.55	1.15
France	Kelloggs	All bran or All bran plus or equivalent	40	Not provided	0.20	0.20	Not provided	0.50	Not provided	Not provided	0.55	0.50	Not provided	1.30	Not provided
Netherlands	Kelloggs	All bran or All bran plus or equivalent	40	Not provided	0.15	0.20	Not provided	0.50	0.46	Not provided	0.39	0.50	Not provided	1.30	1.15
Canada	Kelloggs	All bran or All bran plus or equivalent	1/3 cup	0.26	0.31	0.19	0.86	0.86	Not provided	0.65	0.78	0.48	2.15	2.15	Not provided
Denmark	Kelloggs	All bran or All bran plus or equivalent	40	0.24	Not provided	0.18	0.80	Not recorded	0.46	0.60	Not recorded	0.46	2.00	Not recorded	1.15
Finland	Kelloggs	All bran or All bran plus or equivalent	40	0.24	Not provided	0.18	0.80	Not recorded	0.46	0.60	Not recorded	0.46	2.00	Not recorded	1.15
Norway	Kelloggs	All bran or All bran plus or equivalent	40	0.24	Not provided	0.18	0.80	0.50	0.46	0.60	Not provided	0.46	2.00	1.30	1.15
Sweden	Kelloggs	All bran or All bran plus or equivalent	40	0.24	Not provided	0.18	0.80	0.50	0.46	0.60	Not provided	0.46	2.00	1.30	1.15
Ireland	Kelloggs	All bran or All bran plus or equivalent	40	0.27	Not provided	0.18	0.90	Not recorded	0.45	0.68	Not recorded	0.45	2.25	Not recorded	1.12
Portugal	Kelloggs	All bran or All bran plus or equivalent	40	0.24	Not provided	0.18	0.80	Not provided	0.46	0.60	Not provided	0.45	2.00	Not provided	1.15
Australia	Kelloggs	All bran or All bran plus or equivalent	45	0.11	0.23	0.17	0.38	0.38	0.38	0.29	0.57	0.43	0.95	0.95	0.95
New Zealand	Kelloggs	All bran or All bran plus or equivalent	45	Not provided	0.23	0.17	Not provided	0.38	0.38	Not provided	0.57	0.43	Not provided	0.95	0.95
Germany	Kelloggs	All bran or All bran plus or equivalent	40	Not provided	Not provided	0.15	Not provided	Not recorded	0.40	Not provided	Not recorded	0.38	Not provided	Not recorded	1.00
Switzerland	Kelloggs	All bran or All bran plus or equivalent	40	Not provided	Not provided	0.15	Not provided	Not provided	Not provided	Not provided	Not provided	0.38	Not provided	Not provided	Not provided
United Kingdom	Kelloggs	All bran or All bran plus or equivalent	40	0.27	0.20	0.15	0.90	0.45	0.38	0.68	0.50	0.38	2.25	1.13	0.95
Mexico	Kelloggs	All bran or All bran plus or equivalent	40	Not provided	0.34	0.12	Not provided	0.85	0.29	Not provided	0.85	0.29	Not provided	2.13	0.73
Guatemala	Kelloggs	All bran or All bran plus or equivalent	40	Not provided	Not provided	0.12	Not provided	Not provided	Not provided	Not provided	Not provided	0.29	Not provided	Not recorded	Not provided
Brazil	Kelloggs	All bran or All bran plus or equivalent	40	Not provided	0.12	0.11	Not provided	0.30	Not provided	Not provided	0.30	0.28	Not provided	0.75	Not provided
United States	Kelloggs	All bran or All bran plus or equivalent	31	0.08	0.08	0.08	0.26	0.26	0.26	0.19	0.20	0.20	0.65	0.65	0.65
	Burger King	Bacon double cheeseburger or equivalent										z			
Italy	Burger King	Bacon double cheeseburger or equivalent	Not provided	Not provided	1.13	Not provided	Not provided	0.60	Not provided	Not provided	2.83	Not provided	Not provided	1.49	Not provided
Canada	Burger King	Bacon double cheeseburger or equivalent	185	1.46	1.17	1.14	0.79	0.56	Not provided	3.65	2.93	2.85	1.98	1.41	Not provided
United Kingdom	Burger King	Bacon double cheeseburger or equivalent	Not provided	0.88	0.84	1.05	0.51	0.52	Not provided	2.20	2.09	2.64	1.28	1.31	Not provided
Australia	Hungry Jacks	Bacon double cheeseburger or equivalent	180	1.24	1.23	1.03	0.57	0.50	Not provided	3.10	3.07	2.58	1.44	1.25	Not provided
Brazil	Burger King	Bacon double cheeseburger or equivalent	Not provided	Not provided	1.29	0.88	Not provided	0.63	Not provided	Not provided	3.22	2.20	Not provided	1.58	Not provided
Austria	Burger King	Bacon double cheeseburger or equivalent	164	Not provided	1.07	0.87	Not provided	0.56	Not provided	Not provided	2.67	2.18	Not provided	1.40	Not provided
United States	Burger King	Bacon double cheeseburger or equivalent	148	1.18	1.11	0.79	0.60	0.58	Not provided	2.95	2.78	1.98	1.51	1.45	Not provided
New Zealand	Burger King	Bacon double cheeseburger or equivalent	171	Not provided	Not provided	0.77	Not provided	Not provided	0.45	Not provided	Not provided	1.92	Not provided	Not provided	1.13
	McDonald's	Big Mac or equivalent										z			
Brazil	McDonald's	Big Mac or equivalent	Not provided	1.02	Not provided	Not provided	Not provided	Not provided	Not provided	2.55	Not provided	Not provided	Not provided	Not provided	Not provided
Venezuela	McDonald's	Big Mac or equivalent	Not provided	1.27	Not provided	Not provided	Not provided	Not provided	Not provided	3.19	Not provided	Not provided	Not provided	Not provided	Not provided
Malaysia	McDonald's	Big Mac or equivalent	Not provided	0.73	1.08	1.08	Not provided	0.50	Not provided	1.83	2.70	2.70	Not provided	1.26	Not provided
Singapore	McDonald's	Big Mac or equivalent	Not provided	0.88	0.97	1.07	Not provided	Not provided	Not provided	2.20	2.43	2.68	Not provided	Not provided	Not provided
Guatemala	McDonald's	Big Mac or equivalent	214	Not provided	1.09	1.04	Not provided	0.50	Not provided	Not provided	2.73	2.60	Not provided	1.26	Not provided
Canada	McDonald's	Big Mac or equivalent	209	1.02	1.02	1.02	Not provided	0.49	Not provided	2.55	2.55	2.55	Not provided	1.22	Not provided
South Africa	McDonald's	Big Mac or equivalent	Not provided	0.80	Not provided	0.99	Not provided	Not provided	Not provided	2.00	Not provided	2.47	Not provided	Not provided	Not provided

Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g
New Zealand	McDonald's	Big Mac or equivalent	Not provided	1.01	1.08	0.97	Not provided	0.54	0.48	2.53	2.70	2.42	Not provided	1.34	1.20
United States	McDonald's	Big Mac or equivalent	211	1.01	1.04	0.96	Not provided	Not provided	Not provided	2.53	2.60	2.40	Not provided	Not provided	Not provided
Azerbaijan	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.92	Not provided	Not provided	0.44	Not provided	2.30	2.30	Not provided	Not provided	1.10
Cyprus	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.80	0.92	Not provided	Not provided	Not provided	Not provided	2.00	2.30	Not provided	Not provided	Not provided
Netherlands	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.92	Not provided	Not provided	Not provided	Not provided	2.30	2.30	Not provided	Not provided	Not provided
Belgium	McDonald's	Big Mac or equivalent	Not provided	0.92	0.92	0.92	Not provided	Not provided	Not provided	2.30	2.30	2.30	Not provided	Not provided	Not provided
Slovenia	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.92	Not provided	Not provided	Not provided	Not provided	2.30	2.30	Not provided	Not provided	Not provided
Ukraine	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.92	Not provided	0.44	0.44	Not provided	2.30	2.30	Not provided	1.10	1.10
Portugal	McDonald's	Big Mac or equivalent	Not provided	0.50	0.92	0.92	Not provided	0.42	Not provided	1.25	2.30	2.30	Not provided	1.04	Not provided
Mexico	McDonald's	Big Mac or equivalent	204	1.05	1.05	0.89	Not provided	0.48	Not provided	2.63	2.63	2.23	Not provided	1.20	Not provided
Austria	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.88	Not provided	0.44	0.40	Not provided	2.30	2.20	Not provided	1.10	1.00
Czech Republic	McDonald's	Big Mac or equivalent	Not provided	0.88	Not provided	0.88	Not provided	Not provided	Not provided	2.20	Not provided	2.20	Not provided	Not provided	Not provided
Denmark	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.88	Not provided	0.42	Not provided	Not provided	2.30	2.20	Not provided	1.04	Not provided
Finland	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.88	Not provided	0.42	Not provided	Not provided	2.30	2.20	Not provided	1.04	Not provided
Germany	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.88	Not provided	0.40	0.40	Not provided	2.30	2.20	Not provided	1.00	1.00
Hungary	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.88	Not provided	Not provided	Not provided	Not provided	2.30	2.20	Not provided	Not provided	Not provided
Norway	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.88	Not provided	Not provided	Not provided	Not provided	2.30	2.20	Not provided	Not provided	Not provided
Poland	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.92	0.88	Not provided	Not provided	Not provided	Not provided	2.30	2.20	Not provided	Not provided	Not provided
Romania	McDonald's	Big Mac or equivalent	Not provided	0.92	Not provided	0.88	Not provided	Not provided	0.40	2.30	Not provided	2.20	Not provided	Not provided	1.00
France	McDonald's	Big Mac or equivalent	Not provided	0.90	0.92	0.88	Not provided	0.40	0.40	2.25	2.30	2.20	Not provided	1.00	1.00
Italy	McDonald's	Big Mac or equivalent	Not provided	0.84	0.92	0.88	Not provided	Not provided	Not provided	2.10	2.30	2.20	Not provided	Not provided	Not provided
Slovakia	McDonald's	Big Mac or equivalent	Not provided	0.88	0.92	0.88	Not provided	Not provided	Not provided	2.20	2.30	2.20	Not provided	Not provided	Not provided
Spain	McDonald's	Big Mac or equivalent	Not provided	0.84	0.92	0.88	Not provided	Not provided	Not provided	2.10	2.30	2.20	Not provided	Not provided	Not provided
Sweden	McDonald's	Big Mac or equivalent	Not provided	0.92	0.92	0.88	Not provided	Not provided	0.40	2.30	2.30	2.20	Not provided	Not provided	1.00
Australia	McDonald's	Big Mac or equivalent	Not provided	0.80	0.96	0.86	Not provided	0.48	0.43	2.00	2.40	2.15	Not provided	1.20	1.07
Turkey	McDonald's	Big Mac or equivalent	Not provided	Not provided	0.84	0.84	Not provided	Not provided	Not provided	Not provided	2.10	2.10	Not provided	Not provided	Not provided
Ireland	McDonald's	Big Mac or equivalent	490	1.01	0.84	0.84	Not provided	Not provided	Not provided	2.52	2.10	2.10	Not provided	Not provided	Not provided
United Kingdom	McDonald's	Big Mac or equivalent	Not provided	0.90	0.84	0.84	Not provided	Not provided	Not provided	2.25	2.10	2.10	Not provided	1.00	Not provided
	Kelloggs	Cornflakes or equivalent										z			
Argentina	Kelloggs	Cornflakes or equivalent	Not provided	Not provided	0.33	Not provided	Not provided	1.10	Not provided	Not provided	0.83	Not provided	Not provided	2.75	Not provided
Chile	Kelloggs	Cornflakes or equivalent	Not provided	Not provided	0.33	Not provided	Not provided	1.10	Not provided	Not provided	0.83	Not provided	Not provided	2.75	Not provided
Finland	Kelloggs	Cornflakes or equivalent	Not provided	0.29	Not provided	Not provided	0.95	0.70	Not provided	0.71	Not provided	Not provided	2.38	1.80	Not provided
Greece	Kelloggs	Cornflakes or equivalent	30	Not provided	0.20	Not provided	Not provided	Not provided	Not provided	Not provided	0.50	Not provided	Not provided	Not provided	Not provided
Luxemburg	Kelloggs	Cornflakes or equivalent	Not provided	Not provided	0.21	Not provided	Not provided	0.70	Not provided	Not provided	0.54	Not provided	Not provided	1.80	Not provided
Middle East	Kelloggs	Cornflakes or equivalent	Not provided	Not provided	0.40	Not provided	Not provided	1.10	Not provided	Not provided	1.00	Not provided	Not provided	2.75	Not provided
Norway	Kelloggs	Cornflakes or equivalent	Not provided	0.29	Not provided	Not provided	0.95	0.70	Not provided	0.71	Not provided	Not provided	2.38	1.80	Not provided
Sweden	Kelloggs	Cornflakes or equivalent	Not provided	0.29	Not provided	Not provided	0.95	0.70	Not provided	0.71	Not provided	Not provided	2.38	1.80	Not provided
South Africa	Kelloggs	Cornflakes or equivalent	40	0.33	0.36	0.30	1.10	0.90	0.75	0.83	0.90	0.75	Not provided	2.25	1.88
Venezuela	Kelloggs	Cornflakes or equivalent	30	Not provided	Not recorded	0.23	Not provided	Not recorded	0.76	Not provided	Not recorded	0.58	Not provided	Not recorded	1.90
Brazil	Kelloggs	Cornflakes or equivalent	30	0.33	0.33	0.20	1.10	1.10	0.68	0.83	0.83	0.51	2.75	2.75	1.70
United States	Kelloggs	Cornflakes or equivalent	28	0.21	0.20	0.20	0.71	0.71	Not provided	0.54	0.50	0.50	1.79	1.79	Not provided
Australia	Kelloggs	Cornflakes or equivalent	35	0.25	0.27	0.19	0.82	0.72	0.55	0.62	0.68	0.48	2.05	1.80	1.38
New Zealand	Kelloggs	Cornflakes or equivalent	35	Not provided	0.27	0.19	Not provided	0.72	0.55	Not provided	0.68	0.48	Not provided	1.80	1.38
Canada	Kelloggs	Cornflakes or equivalent	30	0.22	0.22	0.19	0.73	0.73	Not provided	0.55	0.55	0.48	1.83	1.83	Not provided
Colombia	Kelloggs	Cornflakes or equivalent	30	0.33	Not recorded	0.18	1.09	Not recorded	Not provided	0.82	Not recorded	0.45	2.73	Not recorded	Not provided
Guatemala	Kelloggs	Cornflakes or equivalent	30	Not provided	Not recorded	0.18	Not provided	Not provided	Not provided	Not provided	Not provided	0.45	Not provided	Not recorded	Not provided
Mexico	Kelloggs	Cornflakes or equivalent	30	Not provided	Not recorded	0.18	Not provided	Not recorded	Not provided	Not provided	Not recorded	0.45	Not provided	Not recorded	1.50
Belgium	Kelloggs	Cornflakes or equivalent	30	0.29	0.21	0.16	0.95	0.70	Not provided	0.71	0.54	0.40	2.38	1.80	1.30
Denmark	Kelloggs	Cornflakes or equivalent	30	0.29	Not provided	0.16	0.95	0.70	Not provided	0.71	Not provided	0.40	2.38	1.80	1.30
France	Kelloggs	Cornflakes or equivalent	30	Not provided	0.25	0.16	Not provided	0.70	Not provided	Not provided	0.70	0.40	Not provided	1.80	Not provided
Ireland	Kelloggs	Cornflakes or equivalent	30	0.21	Not provided	0.16	0.70	Not provided	Not provided	0.53	Not provided	0.40	1.75	Not provided	Not provided

Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g
Portugal	Kelloggs	Cornflakes or equivalent	30	0.27	Not provided	0.15	0.90	Not provided	0.52	0.68	Not provided	0.40	2.25	Not provided	1.30
Spain	Kelloggs	Cornflakes or equivalent	30	0.21	Not provided	0.15	0.70	0.70	0.52	0.53	Not provided	0.40	1.75	1.75	1.30
Italy	Kelloggs	Cornflakes or equivalent	30	0.27	0.25	0.16	0.90	0.70	0.50	0.68	0.70	0.40	2.25	1.80	1.30
Austria	Kelloggs	Cornflakes or equivalent	30	Not provided	Not recorded	0.16	Not provided	Not recorded	Not provided	Not provided	Not recorded	0.39	Not provided	Not recorded	Not provided
Germany	Kelloggs	Cornflakes or equivalent	30	0.21	Not provided	0.16	0.70	0.70	Not provided	0.53	Not provided	0.39	1.75	1.75	Not provided
Switzerland	Kelloggs	Cornflakes or equivalent	30	0.21	Not provided	0.16	0.70	Not provided	Not provided	0.53	Not provided	0.39	1.75	Not provided	Not provided
United Kingdom	Kelloggs	Cornflakes or equivalent	30	0.21	0.20	0.15	0.70	0.70	0.50	0.53	0.50	0.38	1.75	1.75	1.25
Netherlands	Kelloggs	Cornflakes or equivalent	30	Not provided	0.22	0.15	Not provided	0.72	Not provided	Not provided	0.54	0.38	Not provided	1.80	1.30
	Kelloggs	Crunchy nut cornflakes										z			
Germany	Kelloggs	Crunchy nut cornflakes	Not provided	0.14	Not provided	Not provided	0.45	0.45	Not provided	0.34	Not provided	Not provided	1.13	1.13	Not provided
Greece	Kelloggs	Crunchy nut cornflakes	Not provided	Not provided	0.14	Not provided	Not provided	Not provided	Not provided	Not provided	0.35	Not provided	Not provided	Not provided	Not provided
Italy	Kelloggs	Crunchy nut cornflakes	Not provided	Not provided	Not provided	Not provided	Not provided	0.45	Not provided	Not provided	Not provided	Not provided	Not provided	1.13	Not provided
Middle East	Kelloggs	Crunchy nut cornflakes	Not provided	Not provided	0.30	Not provided	Not provided	0.70	Not provided	Not provided	0.75	Not provided	Not provided	1.75	Not provided
South Africa	Kelloggs	Crunchy nut cornflakes	Not provided	0.20	0.27	Not provided	0.65	0.66	Not provided	0.49	0.66	Not provided	1.63	1.66	Not provided
Ireland	Kelloggs	Crunchy nut cornflakes	30 with milk	0.18	Not provided	0.16	0.60	Not provided	Not provided	0.45	Not provided	0.40	1.50	Not provided	0.90
United States	Kelloggs	Crunchy nut cornflakes	31	Not provided	Not provided	0.14	Not provided	Not provided	Not provided	Not provided	Not provided	0.34	Not provided	Not provided	Not provided
Portugal	Kelloggs	Crunchy nut cornflakes	30	0.18	Not provided	0.10	0.60	Not provided	0.35	0.45	Not provided	0.30	1.50	Not provided	0.90
Spain	Kelloggs	Crunchy nut cornflakes	30	0.14	Not recorded	0.12	0.45	Not recorded	0.35	0.34	Not provided	0.30	1.13	Not provided	0.90
Switzerland	Kelloggs	Crunchy nut cornflakes	Not provided	0.14	Not provided	0.12	0.45	Not provided	Not provided	0.34	Not provided	0.30	1.13	Not provided	Not provided
Australia	Kelloggs	Crunchy nut cornflakes	30	0.14	0.20	0.11	0.47	0.47	0.36	0.35	0.50	0.27	1.18	1.18	0.89
New Zealand	Kelloggs	Crunchy nut cornflakes	30	Not provided	0.20	0.11	Not provided	0.47	0.36	Not provided	0.50	0.27	Not provided	1.18	0.89
United Kingdom	Kelloggs	Crunchy nut cornflakes	30	0.18	0.12	0.65	0.60	0.45	0.35	0.45	0.30	0.26	1.50	1.13	0.88
	Burger King	Double Whopper										z			
Germany	Burger King	Double Whopper	Not provided	1.07	1.01	Not provided	0.30	0.29	Not provided	2.68	2.53	Not provided	0.76	0.71	Not provided
Italy	Burger King	Double Whopper	Not provided	Not provided	0.82	Not provided	Not provided	0.23	Not provided	Not provided	2.05	Not provided	Not provided	0.58	Not provided
Netherlands	Burger King	Double Whopper	Not provided	Not provided	0.98	Not provided	Not provided	0.28	Not provided	Not provided	2.44	Not provided	Not provided	0.69	Not provided
Brazil	Burger King	Double Whopper	Not provided	Not provided	1.30	1.50	Not provided	0.35	Not provided	Not provided	3.25	3.74	Not provided	0.87	Not provided
Argentina	Burger King	Double Whopper	Not provided	Not provided	Not recorded	1.40	Not provided	Not recorded	Not provided	Not provided	Not provided	3.50	Not provided	Not recorded	Not provided
Barbados	Burger King	Double Whopper	Not provided	Not provided	Not recorded	1.40	Not provided	Not recorded	Not provided	Not provided	Not recorded	3.50	Not provided	Not recorded	Not provided
Dominican Republic	Burger King	Double Whopper	Not provided	Not provided	Not recorded	1.40	Not provided	Not provided	Not provided	Not provided	Not provided	3.50	Not provided	Not provided	Not provided
Mexico	Burger King	Double Whopper	Not provided	Not provided	Not recorded	1.40	Not provided	Not recorded	Not provided	Not provided	Not recorded	3.50	Not provided	Not recorded	Not provided
Peru	Burger King	Double Whopper	Not provided	Not provided	Not recorded	1.40	Not provided	Not recorded	Not provided	Not provided	Not provided	3.50	Not provided	Not provided	Not provided
United Kingdom	Burger King	Double Whopper	Not provided	1.01	0.88	1.04	0.29	0.25	Not provided	2.53	2.19	2.61	0.71	0.62	Not provided
Austria	Burger King	Double Whopper	355	0.99	0.98	1.02	0.28	0.28	Not provided	2.46	2.44	2.54	0.69	0.69	Not provided
Turkey	Burger King	Double Whopper	Not provided	Not provided	Not recorded	1.01	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.53	Not provided	Not recorded	Not provided
Canada	Burger King	Double Whopper	373	0.99	0.98	0.98	0.28	0.26	Not provided	2.48	2.45	2.45	0.69	0.66	Not provided
United States	Burger King	Double Whopper	375	1.09	1.09	0.98	0.29	0.29	Not provided	2.72	2.73	2.45	0.73	0.73	Not provided
New Zealand	Burger King	Double Whopper	379	1.09	1.09	0.91	0.30	0.30	0.24	2.72	2.72	2.29	0.74	0.74	0.60
Australia	Hungry Jacks	Double Whopper	359	1.01	1.15	0.62	0.29	0.32	Not provided	2.53	2.88	1.54	0.73	0.80	Not provided
	KFC	Fillet burger or equivalent										z			
Bangladesh	KFC	Fillet burger or equivalent	Not provided	Not provided	0.97	Not provided	Not provided	0.53	Not provided	Not recorded	2.43	Not provided	Not provided	1.33	Not provided
France	KFC	Fillet burger or equivalent	Not provided	Not provided	1.24	Not provided	Not provided	0.55	Not provided	Not recorded	3.10	Not provided	Not provided	1.50	Not provided
Middle East	KFC	Fillet burger or equivalent	230	Not provided	Not provided	1.40	Not provided	Not recorded	Not provided	Not recorded	Not recorded	3.50	Not provided	Not recorded	Not provided
United States	KFC	Fillet burger or equivalent	170	Not provided	1.23	1.11	Not provided	0.57	Not provided	Not recorded	3.08	2.78	Not provided	1.43	Not provided
Canada	KFC	Fillet burger or equivalent	170	Not provided	1.25	1.11	Not provided	0.53	Not provided	Not recorded	3.125	2.78	Not provided	1.329787234	Not provided
United Kingdom	KFC	Fillet burger or equivalent	Not provided	Not provided	1.20	0.92	Not provided	Not provided	Not provided	Not recorded	3.10	2.30	Not provided	Not provided	Not provided
Australia	KFC	Fillet burger or equivalent	Not provided	Not provided	0.97	0.85	Not provided	0.53	Not provided	Not recorded	2.42	2.13	Not provided	1.32	Not provided
New Zealand	KFC	Fillet burger or equivalent	211	Not provided	1.48	0.83	Not provided	0.75	0.40	Not recorded	3.70	2.08	Not provided	1.89	1.00
Malaysia	KFC	Fillet burger or equivalent	Not provided	Not provided	0.38	0.42	Not provided	0.330434783	Not provided	Not recorded	0.95	1.05	Not provided	0.826086957	Not provided
	McDonald's	Fillet Fish or equivalent										z			
Brazil	McDonald's	Fillet Fish or equivalent	Not provided	0.60	Not provided	Not provided	Not provided	Not provided	Not provided	1.50	Not provided	Not provided	Not provided	Not provided	Not provided

Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g
Belgium	McDonald's	Fillet Fish or equivalent	Not provided	0.72	0.72	0.72	Not provided	Not provided	Not provided	1.80	1.80	1.80	Not provided	Not provided	Not provided
Netherlands	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.72	Not provided	Not provided	Not provided	Not provided	1.70	1.80	Not provided	Not provided	Not provided
Azerbaijan	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.68	Not provided	Not provided	0.44	Not provided	1.70	1.70	Not provided	Not provided	1.10
Slovenia	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.68	Not provided	Not provided	Not provided	Not provided	1.70	1.70	Not provided	Not provided	Not provided
Ukraine	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.68	Not provided	0.52	0.52	Not provided	1.70	1.70	Not provided	1.30	1.30
Portugal	McDonald's	Fillet Fish or equivalent	Not provided	0.50	0.68	0.68	Not provided	0.45	Not provided	1.25	1.70	1.70	Not provided	1.13	Not provided
Cyprus	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.64	0.64	Not provided	Not provided	Not provided	Not provided	1.60	1.60	Not provided	Not provided	Not provided
Malaysia	McDonald's	Fillet Fish or equivalent	Not provided	0.72	0.60	0.64	Not provided	0.45	Not provided	1.80	1.50	1.60	Not provided	1.14	Not provided
France	McDonald's	Fillet Fish or equivalent	Not provided	0.70	0.80	0.60	Not provided	0.44	0.40	1.75	2.00	1.50	Not provided	1.20	1.00
Austria	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.60	Not provided	0.48	0.40	Not provided	1.70	1.50	Not provided	1.20	1.00
Czech Republic	McDonald's	Fillet Fish or equivalent	Not provided	0.64	Not provided	0.60	Not provided	Not provided	Not provided	1.60	Not provided	1.50	Not provided	Not provided	Not provided
Denmark	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.60	Not provided	0.45	Not provided	Not provided	1.70	1.50	Not provided	1.13	Not provided
Finland	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.60	Not provided	0.46	Not provided	Not provided	1.70	1.50	Not provided	1.2	Not provided
Germany	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.60	Not provided	0.44	0.44	Not provided	1.70	1.50	Not provided	1.10	1.10
Hungary	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.60	Not provided	Not provided	Not provided	Not provided	1.70	1.50	Not provided	Not provided	Not provided
Norway	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.60	Not provided	Not provided	Not provided	Not provided	1.70	1.50	Not provided	Not provided	Not provided
Poland	McDonald's	Fillet Fish or equivalent	Not provided	Not provided	0.68	0.60	Not provided	Not provided	Not provided	Not provided	1.70	1.50	Not provided	Not provided	Not provided
Romania	McDonald's	Fillet Fish or equivalent	Not provided	0.68	Not provided	0.88	Not provided	Not provided	Not provided	1.70	Not provided	1.50	Not provided	Not provided	1.00
Slovakia	McDonald's	Fillet Fish or equivalent	Not provided	0.64	0.68	0.60	Not provided	Not provided	Not provided	1.60	1.70	1.50	Not provided	Not provided	Not provided
Sweden	McDonald's	Fillet Fish or equivalent	Not provided	0.76	0.72	0.60	Not provided	Not provided	0.44	1.90	1.80	1.50	Not provided	Not provided	1.10
Singapore	McDonald's	Fillet Fish or equivalent	Not provided	0.69	0.67	0.59	Not provided	Not provided	Not provided	1.73	1.68	1.48	Not provided	Not provided	Not provided
United States	McDonald's	Fillet Fish or equivalent	142	0.64	0.64	0.59	Not provided	Not provided	Not provided	1.60	1.60	1.48	Not provided	Not provided	Not provided
Canada	McDonald's	Fillet Fish or equivalent	140	0.73	0.73	0.58	Not provided	0.52	Not provided	1.83	1.83	1.45	Not provided	1.30	Not provided
Italy	McDonald's	Fillet Fish or equivalent	Not provided	0.72	0.68	0.56	Not provided	Not provided	Not provided	1.80	1.70	1.40	Not provided	Not provided	Not provided
Spain	McDonald's	Fillet Fish or equivalent	Not provided	0.68	0.68	0.56	Not provided	Not provided	Not provided	1.70	1.70	1.40	Not provided	Not provided	Not provided
Australia	McDonald's	Fillet Fish or equivalent	Not provided	0.61	0.57	0.52	Not provided	0.45	0.41	1.52	1.43	1.31	Not provided	1.12	1.02
Ireland	McDonald's	Fillet Fish or equivalent	Not provided	0.55	0.68	0.52	Not provided	Not provided	0.36	1.37	1.70	1.30	Not provided	Not provided	0.90
United Kingdom	McDonald's	Fillet Fish or equivalent	Not provided	0.80	0.68	0.52	Not provided	0.44	Not provided	2.00	1.70	1.30	Not provided	1.10	Not provided
South Africa	McDonald's	Fillet Fish or equivalent	137	0.37	Not provided	0.51	Not provided	Not provided	Not provided	0.92	Not provided	1.27	Not provided	Not provided	Not provided
New Zealand	McDonald's	Fillet Fish or equivalent	Not provided	0.74	0.65	0.35	Not provided	0.48	0.44	1.85	1.62	0.88	Not provided	1.21	1.10
	Nestle	Fitness & Fruits or equivalent										z			
Chile	Nestle	Fitness & Fruits or equivalent	Not provided	0.19	0.26	Not provided	0.62	Not provided	Not provided	0.47	0.65	Not provided	1.56	Not provided	Not provided
Panama	Nestle	Fitness & Fruits or equivalent	Not provided	Not provided	0.25	Not provided	Not provided	Not provided	Not provided	Not provided	0.63	Not provided	Not provided	Not provided	Not provided
Turkey	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	Not recorded	0.31	Not provided	Not recorded	0.61	Not provided	Not recorded	0.78	Not provided	Not provided	1.53
Russia	Nestle	Fitness & Fruits or equivalent	41 with milk	Not provided	0.20	0.30	Not provided	0.60	0.60	Not provided	0.50	0.75	Not provided	1.50	1.50
Italy	Nestle	Fitness & Fruits or equivalent	42 with milk	0.12	0.20	0.21	0.40	0.40	0.34	0.30	0.50	0.53	1.00	1.00	0.85
Belgium	Nestle	Fitness & Fruits or equivalent	43 with milk	Not provided	0.20	0.21	Not provided	0.40	0.36	Not provided	0.50	0.53	Not provided	1.00	0.90
Czech Republic	Nestle	Fitness & Fruits or equivalent	44 with milk	Not provided	Not recorded	0.21	Not provided	Not recorded	0.34	Not provided	Not recorded	0.53	Not provided	Not provided	0.85
France	Nestle	Fitness & Fruits or equivalent	45 with milk	Not provided	0.20	0.21	Not provided	0.40	0.34	Not provided	0.50	0.53	Not provided	1.00	0.85
Greece	Nestle	Fitness & Fruits or equivalent	46 with milk	Not provided	0.20	0.21	Not provided	0.40	0.34	Not provided	0.50	0.53	Not provided	1.00	0.85
Middle East	Nestle	Fitness & Fruits or equivalent	40	Not provided	Not provided	0.21	Not provided	Not provided	0.34	Not provided	Not provided	0.53	Not provided	Not provided	0.85
Romania	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	0.20	0.21	Not provided	0.40	0.34	Not provided	0.50	0.53	Not provided	1.00	0.85
Taiwan	Nestle	Fitness & Fruits or equivalent	30 with milk	Not provided	Not provided	0.21	Not provided	Not provided	0.46	Not provided	Not provided	0.51	Not provided	Not provided	1.14
Germany	Nestle	Fitness & Fruits or equivalent	40 with milk	0.12	0.16	0.20	0.40	Not provided	Not provided	0.30	0.40	0.50	1.00	Not provided	Not provided
Austria	Nestle	Fitness & Fruits or equivalent	30 with milk	Not provided	0.20	0.20	Not provided	0.40	0.34	Not provided	0.50	0.50	Not provided	1.00	0.85
Caribbean	Nestle	Fitness & Fruits or equivalent	40	Not provided	Not provided	0.20	Not provided	Not provided	0.40	Not provided	Not provided	0.50	Not provided	Not provided	1.00
Finland	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	0.20	0.20	Not provided	0.40	0.30	Not provided	0.50	0.50	Not provided	1.00	0.75
Portugal	Nestle	Fitness & Fruits or equivalent	40	Not provided	0.20	0.20	Not provided	0.40	0.40	Not provided	0.50	0.50	Not provided	1.00	1.00
Switzerland	Nestle	Fitness & Fruits or equivalent	40	0.12	Not provided	0.20	0.40	Not provided	0.40	0.30	Not provided	0.50	1.00	Not provided	1.00
Malaysia	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	Not recorded	0.16	Not provided	Not provided	0.23	Not provided	Not provided	0.40	Not provided	Not provided	0.57
Philippines	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	Not provided	0.16	Not provided	Not provided	0.23	Not provided	Not provided	0.40	Not provided	Not provided	0.57

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Singapore	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	Not provided	0.16	Not provided	Not provided	0.23	Not provided	Not provided	0.40	Not provided	Not provided	0.57
Mexico	Nestle	Fitness & Fruits or equivalent	40	Not provided	0.25	0.15	Not provided	Not provided	Not provided	Not provided	0.63	0.38	Not provided	Not provided	Not provided
Poland	Nestle	Fitness & Fruits or equivalent	40 with milk	Not provided	0.16	0.14	Not provided	Not provided	0.35	Not provided	0.40	0.35	Not provided	Not provided	0.87
Thailand	Nestle	Fitness & Fruits or equivalent	40	Not provided	Not provided	0.13	Not provided	Not provided	Not provided	Not provided	Not recorded	0.33	Not provided	Not provided	Not provided
Spain	Nestle	Fitness & Fruits or equivalent	40	Not provided	0.16	0.10	Not provided	Not provided	0.34	Not provided	0.40	0.30	Not provided	Not provided	0.90
	Nestle	Fitness or equivalent										z			
Argentina	Nestle	Fitness or equivalent	Not provided	0.26	Not provided	Not provided	0.86	Not provided	Not provided	0.65	Not provided	Not provided	2.15	Not provided	Not provided
Colombia	Nestle	Fitness or equivalent	Not provided	0.25	0.25	Not provided	0.83	0.83	Not provided	0.63	0.63	Not provided	2.09	2.09	Not provided
Indonesia	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	Not provided	Not provided	Not recorded	Not provided	Not provided	Not recorded	Not provided	Not provided	Not provided	Not provided
Panama	Nestle	Fitness or equivalent	Not provided	Not provided	0.26	Not provided	Not provided	Not provided	Not provided	Not provided	0.65	Not provided	Not provided	Not provided	Not provided
United Kingdom	Nestle	Fitness or equivalent	Not provided	0.16	Not provided	Not provided	0.52	Not provided	Not provided	0.39	Not provided	Not provided	1.30	Not provided	Not provided
Uruguay	Nestle	Fitness or equivalent	Not provided	0.25	Not provided	Not provided	0.83	Not provided	Not provided	0.63	Not provided	Not provided	2.08	Not provided	Not provided
Russia	Nestle	Fitness or equivalent	30 with milk	Not provided	0.30	0.30	Not provided	0.80	0.80	Not provided	0.75	0.75	Not provided	2.00	2.00
Belgium	Nestle	Fitness or equivalent	30	Not provided	0.20	0.21	Not provided	0.50	0.48	Not provided	0.50	0.53	Not provided	1.30	1.20
Philippines	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.21	Not provided	Not provided	0.46	Not provided	Not provided	0.51	Not provided	Not provided	1.14
Taiwan	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.21	Not provided	Not recorded	0.51	Not provided	Not recorded	0.51	Not provided	Not provided	1.28
Germany	Nestle	Fitness or equivalent	30 with milk	0.15	0.16	0.20	0.50	0.53	0.45	0.38	0.40	0.50	1.25	1.33	1.13
Italy	Nestle	Fitness or equivalent	30	0.15	0.20	0.20	0.50	0.50	0.45	0.38	0.50	0.50	1.25	1.25	1.13
Caribbean	Nestle	Fitness or equivalent	30	0.26	Not provided	0.20	0.87	Not recorded	0.50	0.65	Not recorded	0.50	2.17	Not recorded	1.25
Croatia	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.20	Not provided	Not recorded	0.50	Not provided	Not provided	0.50	Not provided	Not provided	1.25
Finland	Nestle	Fitness or equivalent	30 with milk	Not provided	0.20	0.20	Not provided	0.50	0.50	Not provided	0.50	0.50	Not provided	1.25	1.25
France	Nestle	Fitness or equivalent	30	Not provided	0.20	0.20	Not provided	0.50	0.45	Not provided	0.50	0.50	Not provided	1.25	1.13
Middle East	Nestle	Fitness or equivalent	30	Not provided	Not provided	0.20	Not provided	Not provided	0.45	Not provided	Not recorded	0.50	Not provided	Not recorded	1.13
Nigeria	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.20	Not provided	Not provided	0.45	Not provided	Not recorded	0.50	Not provided	Not recorded	1.13
Poland	Nestle	Fitness or equivalent	30 with milk	Not provided	0.16	0.20	Not provided	0.53	0.45	Not provided	0.40	0.50	Not provided	1.33	1.13
Portugal	Nestle	Fitness or equivalent	30 with milk	Not provided	0.20	0.20	Not provided	0.50	0.45	Not provided	0.50	0.50	Not provided	1.30	1.13
Romania	Nestle	Fitness or equivalent	30 with milk	Not provided	0.20	0.20	Not provided	0.50	0.45	Not provided	0.50	0.50	Not provided	1.30	1.13
Serbia	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.20	Not provided	Not provided	0.50	Not provided	Not provided	0.50	Not provided	Not provided	1.25
Slovenia	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.20	Not provided	Not provided	0.50	Not provided	Not provided	0.50	Not provided	Not provided	1.25
UAE	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.20	Not provided	Not provided	0.40	Not provided	Not provided	0.50	Not provided	Not provided	1.00
Austria	Nestle	Fitness or equivalent	30 with milk	Not provided	0.20	0.20	Not provided	0.50	0.45	Not provided	0.50	0.50	Not provided	1.30	1.13
Switzerland	Nestle	Fitness or equivalent	30	0.15	0.16	0.20	0.50	0.53	0.50	0.38	0.40	0.50	1.25	1.33	1.25
Denmark	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.18	Not provided	Not provided	0.37	Not provided	Not provided	0.45	Not provided	Not provided	0.93
Norway	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.18	Not provided	Not provided	0.37	Not provided	Not provided	0.45	Not provided	Not provided	0.93
Sweden	Nestle	Fitness or equivalent	30 with milk	0.15	Not provided	0.18	0.50	Not provided	0.37	0.38	Not provided	0.45	1.25	Not provided	0.93
Malaysia	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.18	Not provided	Not provided	0.36	Not provided	Not provided	0.44	Not provided	Not provided	0.91
Singapore	Nestle	Fitness or equivalent	30 with milk	Not provided	Not provided	0.18	Not provided	Not provided	0.36	Not provided	Not provided	0.44	Not provided	Not provided	0.91
Chile	Nestle	Fitness or equivalent	30 with milk	0.26	0.26	0.17	0.86	Not provided	0.29	0.64	0.65	0.43	2.14	Not provided	0.72
Peru	Nestle	Fitness or equivalent	30	0.26	Not provided	0.15	0.86	Not provided	Not provided	0.64	Not provided	0.38	2.14	Not provided	Not provided
Mexico	Nestle	Fitness or equivalent	30	0.20	0.26	0.15	0.67	Not provided	Not provided	0.50	0.65	0.37	1.67	Not provided	Not provided
Thailand	Nestle	Fitness or equivalent	30	Not provided	Not recorded	0.13	Not provided	Not provided	Not provided	Not provided	Not recorded	0.31	Not provided	Not provided	Not provided
Brazil	Nestle	Fitness or equivalent	30	0.26	0.24	0.10	0.87	Not provided	0.45	0.65	0.59	0.30	2.17	Not provided	1.10
Spain	Nestle	Fitness or equivalent	30	Not provided	0.16	0.10	Not provided	Not provided	0.45	Not provided	0.40	0.30	Not provided	Not provided	1.10
	McDonald's	Fries (Med)										z			
Brazil	McDonald's	Fries (Med)	Not provided	0.55	Not recorded	Not provided	Not provided	Not recorded	Not provided	1.38	Not recorded	Not provided	Not provided	Not recorded	Not provided
Venezuela	McDonald's	Fries (Med)	Not provided	0.06	Not recorded	Not provided	Not provided	Not recorded	Not provided	0.14	Not recorded	Not provided	Not provided	Not recorded	Not provided
Cyprus	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	1.04	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.60	Not provided	Not provided	Not provided
Ukraine	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.72	Not provided	Not recorded	0.60	Not provided	Not recorded	1.80	Not provided	Not recorded	1.50
Turkey	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.68	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.70	Not provided	Not recorded	Not provided
Azerbaijan	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.52	Not provided	Not recorded	0.44	Not provided	Not recorded	1.30	Not provided	Not recorded	1.10
Belgium	McDonald's	Fries (Med)	Not provided	0.52	Not recorded	0.52	Not provided	Not recorded	Not provided	1.30	Not recorded	1.30	Not provided	Not recorded	Not provided

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Netherlands	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.52	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.30	Not provided	Not recorded	Not provided
Portugal	McDonald's	Fries (Med)	Not provided	0.50	Not recorded	0.52	Not provided	Not recorded	Not provided	1.25	Not recorded	1.30	Not provided	Not recorded	Not provided
Slovenia	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.52	Not provided	Not recorded	0.44	Not provided	Not recorded	1.30	Not provided	Not recorded	1.10
Spain	McDonald's	Fries (Med)	Not provided	0.52	Not recorded	0.52	Not provided	Not recorded	Not provided	1.30	Not recorded	1.30	Not provided	Not recorded	Not provided
Sweden	McDonald's	Fries (Med)	Not provided	0.56	Not recorded	0.52	Not provided	Not recorded	0.44	1.40	Not recorded	1.30	Not provided	Not recorded	1.10
Norway	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.44	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.10	Not provided	Not recorded	Not provided
New Zealand	McDonald's	Fries (Med)	Not provided	0.36	Not recorded	0.42	Not provided	Not recorded	0.43	0.90	Not recorded	1.05	Not provided	Not recorded	1.08
Malaysia	McDonald's	Fries (Med)	Not provided	0.57	Not recorded	0.36	Not provided	Not recorded	Not provided	1.43	Not recorded	0.90	Not provided	Not recorded	Not provided
Australia	McDonald's	Fries (Med)	Not provided	0.14	Not recorded	0.35	Not provided	Not recorded	Not provided	0.35	Not recorded	0.89	Not provided	Not recorded	Not provided
Austria	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.32	Not provided	Not recorded	0.28	Not provided	Not recorded	0.80	Not provided	Not recorded	0.70
Czech Republic	McDonald's	Fries (Med)	Not provided	0.15	Not recorded	0.32	Not provided	Not recorded	Not provided	0.37	Not recorded	0.80	Not provided	Not recorded	Not provided
Denmark	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.32	Not provided	Not recorded	Not provided	Not provided	Not recorded	0.80	Not provided	Not recorded	Not provided
Hungary	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.32	Not provided	Not recorded	Not provided	Not provided	Not recorded	0.80	Not provided	Not recorded	Not provided
Italy	McDonald's	Fries (Med)	Not provided	0.52	Not recorded	0.32	Not provided	Not recorded	Not provided	1.30	Not recorded	0.80	Not provided	Not recorded	Not provided
Poland	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.32	Not provided	Not recorded	Not provided	Not provided	Not recorded	0.80	Not provided	Not recorded	Not provided
Romania	McDonald's	Fries (Med)	Not provided	0.52	Not recorded	0.32	Not provided	Not recorded	Not provided	1.30	Not recorded	0.80	Not provided	Not recorded	0.70
Slovakia	McDonald's	Fries (Med)	Not provided	0.15	Not recorded	0.32	Not provided	Not recorded	Not provided	0.37	Not recorded	0.80	Not provided	Not recorded	Not provided
Mexico	McDonald's	Fries (Med)	102	0.22	Not recorded	0.31	Not provided	Not recorded	Not provided	0.55	Not recorded	0.77	Not provided	Not recorded	Not provided
Canada	McDonald's	Fries (Med)	113	0.29	Not recorded	0.27	Not provided	Not recorded	Not provided	0.73	Not recorded	0.68	Not provided	Not recorded	Not provided
Ireland	McDonald's	Fries (Med)	Not provided	0.55	Not recorded	0.24	Not provided	Not recorded	0.20	1.38	Not recorded	0.60	Not provided	Not recorded	0.50
Singapore	McDonald's	Fries (Med)	Not provided	0.21	Not recorded	0.24	Not provided	Not recorded	Not provided	0.53	Not recorded	0.60	Not provided	Not recorded	Not provided
United Kingdom	McDonald's	Fries (Med)	Not provided	0.27	Not recorded	0.24	Not provided	Not recorded	Not provided	0.67	Not recorded	0.60	Not provided	Not recorded	Not provided
France	McDonald's	Fries (Med)	Not provided	0.50	Not recorded	0.20	Not provided	Not recorded	0.16	1.25	Not recorded	0.50	Not provided	Not recorded	0.40
United States	McDonald's	Fries (Med)	111	0.22	Not recorded	0.19	Not provided	Not recorded	Not provided	0.55	Not recorded	0.48	Not provided	Not recorded	Not provided
Finland	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.16	Not provided	Not recorded	Not provided	Not provided	Not recorded	0.40	Not provided	Not recorded	Not provided
Germany	McDonald's	Fries (Med)	Not provided	Not provided	Not recorded	0.12	Not provided	Not recorded	0.12	Not provided	Not recorded	0.30	Not provided	Not recorded	0.30
	Subway	Ham 6-inch sandwich or equivalent										z			
Singapore	Subway	Ham 6-inch sandwich or equivalent	216	Not provided	1.10	1.07	Not provided	0.51	Not provided	Not provided	2.76	2.68	Not provided	1.28	Not provided
Sweden	Subway	Ham 6-inch sandwich or equivalent	377	Not provided	Not recorded	0.80	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.00	Not provided	Not recorded	Not provided
United States	Subway	Ham 6-inch sandwich or equivalent	217	1.28	1.26	0.80	0.57	0.56	Not provided	3.20	3.15	2.00	1.43	1.41	Not provided
Australia	Subway	Ham 6-inch sandwich or equivalent	Not provided	1.15	0.98	0.76	0.55	0.46	Not provided	2.88	2.45	1.90	1.38	1.16	Not provided
New Zealand	Subway	Ham 6-inch sandwich or equivalent	203	1.17	1.24	0.76	0.57	0.56	Not provided	2.93	3.10	1.90	1.43	1.40	Not provided
Brazil	Subway	Ham 6-inch sandwich or equivalent	222	Not provided	Not recorded	0.72	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.81	Not provided	Not recorded	Not provided
Canada	Subway	Ham 6-inch sandwich or equivalent	217	1.07	1.06	0.70	0.48	0.47	Not provided	2.68	2.65	1.75	1.20	1.18	Not provided
Ireland	Subway	Ham 6-inch sandwich or equivalent	219	Not provided	Not recorded	0.64	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.60	Not provided	Not recorded	Not provided
United Kingdom	Subway	Ham 6-inch sandwich or equivalent	219	1.10	1.20	0.64	0.47	0.53	Not provided	2.75	3.10	1.60	1.17	1.33	Not provided
Finland	Subway	Ham 6-inch sandwich or equivalent	205	Not provided	0.72	3.75	Not provided	0.32	Not provided	Not provided	1.80	1.50	Not provided	0.80	Not provided
France	Subway	Ham 6-inch sandwich or equivalent	205	Not provided	Not provided	0.60	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.50	Not provided	Not recorded	Not provided
Germany	Subway	Ham 6-inch sandwich or equivalent	198	1.09	Not provided	0.60	0.46	Not recorded	0.30	2.73	Not recorded	1.50	1.16	Not recorded	0.75
Netherlands	Subway	Ham 6-inch sandwich or equivalent	205	Not provided	Not provided	0.60	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.50	Not provided	Not recorded	Not provided
	McDonald's	McChicken Sandwich or equivalent										z			
Venezuela	McDonald's	McChicken Sandwich or equivalent	173	0.74	Not provided	0.69	Not provided	Not provided	Not provided	1.86	Not provided	Not provided	Not provided	Not provided	Not provided
Turkey	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	1.15	1.15	Not provided	Not provided	Not provided	Not provided	2.88	2.88	Not provided	Not provided	Not provided
Germany	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.88	0.92	Not provided	0.48	0.52	Not provided	2.20	2.30	Not provided	1.20	1.30
Spain	McDonald's	McChicken Sandwich or equivalent	Not provided	0.84	0.80	0.92	Not provided	Not provided	Not provided	2.10	2.00	2.30	Not provided	Not provided	Not provided
New Zealand	McDonald's	McChicken Sandwich or equivalent	Not provided	1.12	1.08	0.89	Not provided	0.62	0.55	2.80	2.70	2.23	Not provided	1.56	1.37
Azerbaijan	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.84	0.88	Not provided	Not provided	0.52	Not provided	2.10	2.20	Not provided	Not provided	1.30
Slovenia	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.88	0.88	Not provided	Not provided	Not provided	Not provided	2.20	2.20	Not provided	Not provided	1.20
Portugal	McDonald's	McChicken Sandwich or equivalent	Not provided	0.60	0.80	0.88	Not provided	0.44	Not provided	1.50	2.00	2.20	Not provided	1.10	Not provided
Brazil	McDonald's	McChicken Sandwich or equivalent	177	0.83	Not provided	0.86	Not provided	Not provided	Not provided	2.08	Not provided	2.14	Not provided	Not provided	Not provided
Italy	McDonald's	McChicken Sandwich or equivalent	Not provided	1.16	0.92	0.84	Not provided	Not provided	Not provided	2.90	2.30	2.10	Not provided	Not provided	Not provided

Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g
Ukraine	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.83	0.84	Not provided	Not provided	0.56	Not provided	2.10	2.10	Not provided	Not provided	1.40
Guatemala	McDonald's	McChicken Sandwich or equivalent	143	Not provided	1.18	0.83	Not provided	0.50	Not found	Not provided	2.95	2.08	Not provided	1.26	Not provided
Belgium	McDonald's	McChicken Sandwich or equivalent	Not provided	1.20	0.92	0.80	Not provided	Not provided	Not provided	3.00	2.30	2.00	Not provided	Not provided	Not provided
Austria	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.88	0.80	Not provided	0.48	0.44	Not provided	2.20	2.00	Not provided	1.20	1.10
Denmark	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.84	0.80	Not provided	0.43	Not provided	Not provided	2.10	2.00	Not provided	1.08	Not provided
Finland	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	1.12	0.80	Not provided	0.58	Not provided	Not provided	2.80	2.00	Not provided	1.45	Not provided
Hungary	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	1.04	0.80	Not provided	Not provided	Not provided	Not provided	2.60	2.00	Not provided	Not provided	Not provided
Poland	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	1.20	0.80	Not provided	Not provided	Not provided	Not provided	3.00	2.00	Not provided	Not provided	Not provided
Slovakia	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	1.04	0.80	Not provided	Not provided	Not provided	Not provided	2.60	2.00	Not provided	Not provided	Not provided
United States	McDonald's	McChicken Sandwich or equivalent	143	0.81	0.83	0.80	Not provided	Not provided	Not provided	2.03	2.08	2.00	Not provided	Not provided	Not provided
Canada	McDonald's	McChicken Sandwich or equivalent	173	0.80	0.79	0.79	Not provided	0.46	Not provided	2.00	1.98	1.98	Not provided	1.14	Not provided
Singapore	McDonald's	McChicken Sandwich or equivalent	Not provided	0.82	Not recorded	0.77	Not provided	Not recorded	Not provided	2.05	Not provided	1.93	Not provided	Not recorded	Not provided
Netherlands	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.80	0.76	Not provided	Not provided	Not provided	Not provided	2.00	1.90	Not provided	Not provided	Not provided
Norway	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	1.24	0.76	Not provided	Not provided	Not provided	Not provided	3.10	1.90	Not provided	Not provided	Not provided
Sweden	McDonald's	McChicken Sandwich or equivalent	Not provided	1.16	0.76	0.76	Not provided	Not provided	0.40	2.90	1.90	1.90	Not provided	Not provided	1.00
Mexico	McDonald's	McChicken Sandwich or equivalent	176	0.83	0.83	0.73	Not provided	0.56	Not provided	2.08	2.08	1.81	Not provided	1.41	Not provided
France	McDonald's	McChicken Sandwich or equivalent	Not provided	1.00	0.88	0.72	Not provided	0.48	0.36	2.50	2.20	1.80	Not provided	1.20	0.90
Australia	McDonald's	McChicken Sandwich or equivalent	Not provided	0.70	0.71	0.70	Not provided	0.38	0.38	1.75	1.77	1.75	Not provided	0.95	0.94
Cyprus	McDonald's	McChicken Sandwich or equivalent	Not provided	Not provided	0.80	0.68	Not provided	Not provided	Not provided	Not provided	2.00	1.70	Not provided	Not provided	Not provided
Ireland	McDonald's	McChicken Sandwich or equivalent	Not provided	0.41	0.64	0.64	Not provided	Not provided	0.36	1.01	1.60	1.60	Not provided	Not provided	0.90
United Kingdom	McDonald's	McChicken Sandwich or equivalent	Not provided	0.80	0.64	0.64	Not provided	0.36	Not provided	2.00	1.60	1.60	Not provided	0.90	Not provided
Malaysia	McDonald's	McChicken Sandwich or equivalent	Not provided	0.53	0.64	0.60	Not provided	0.41	Not provided	1.31	1.60	1.50	Not provided	1.03	Not provided
	Burger King	Onion rings										z			
Japan	Burger King	Onion rings	Not provided	Not provided	0.22	Not provided	Not provided	0.51	Not provided	Not provided	0.54	Not provided	Not provided	1.26	Not provided
Italy	Burger King	Onion rings	Not provided	Not provided	0.57	Not provided	Not provided	0.55	Not provided	Not provided	1.43	Not found	Not provided	1.38	Not found
Argentina	Burger King	Onion rings	Not provided	Not provided	Not provided	1.08	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.70	Not provided	Not recorded	Not provided
Barbados	Burger King	Onion rings	Not provided	Not provided	Not recorded	1.08	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.70	Not provided	Not recorded	Not provided
Dominican Republic	Burger King	Onion rings	Not provided	Not provided	Not recorded	1.08	Not provided	Not provided	Not provided	Not provided	Not provided	2.70	Not provided	Not provided	Not provided
Mexico	Burger King	Onion rings	Not provided	Not provided	Not recorded	1.08	Not provided	Not recorded	Not provided	Not provided	Not recorded	2.70	Not provided	Not recorded	Not provided
United States	Burger King	Onion rings	117	0.46	0.49	1.08	0.51	0.54	Not provided	1.15	1.23	2.70	1.26	1.35	Not provided
Canada	Burger King	Onion rings	91	0.43	0.62	0.62	0.47	0.68	Not provided	1.08	1.55	1.55	1.18	1.70	Not provided
Australia	Hungry Jacks	Onion rings	94	0.48	Not recorded	0.61	0.51	Not recorded	Not provided	1.19	Not recorded	1.52	1.26	Not recorded	Not provided
Brazil	Burger King	Onion rings	Not provided	Not provided	0.57	0.57	Not provided	0.63	Not provided	Not provided	1.43	1.43	Not provided	1.57	Not provided
New Zealand	Burger King	Onion rings	91	0.48	0.48	0.40	0.53	0.53	0.44	1.21	1.21	1.01	1.32	1.32	Not provided
Austria	Burger King	Onion rings	135	Not provided	Not recorded	0.29	Not provided	Not recorded	0.21	Not provided	Not recorded	0.71	Not provided	Not recorded	Not provided
United Kingdom	Burger King	Onion rings	regular 8 pieces	0.18	0.20	0.14	0.20	0.16	Not provided	0.45	0.50	0.36	0.50	0.40	Not found
	KFC	Popcorn chicken or equivalent										z			
Malaysia	KFC	Popcorn chicken or equivalent	Not provided	Not provided	0.67	Not provided	Not provided	0.56	Not provided	Not provided	1.68	Not provided	Not provided	1.40	Not provided
Middle East	KFC	Popcorn chicken or equivalent	119 (small)	Not provided	Not recorded	1.80	Not provided	Not provided	Not provided	Not provided	Not provided	4.70	Not provided	Not recorded	Not provided
Canada	KFC	Popcorn chicken or equivalent	254 (medium)	Not provided	1.29	1.78	Not provided	0.91	Not provided	Not provided	3.23	4.45	Not provided	2.27	Not provided
United States	KFC	Popcorn chicken or equivalent	209 (one size)	1.20	1.16	1.40	1.05	1.00	Not provided	3.00	2.90	3.50	2.63	2.50	Not provided
New Zealand	KFC	Popcorn chicken or equivalent	159	0.89	1.15	1.34	0.73	0.77	0.84	2.23	2.88	3.34	1.83	1.92	2.10
Australia	KFC	Popcorn chicken or equivalent	regular	0.89	0.82	0.98	0.73	0.61	Not provided	2.23	2.05	2.44	1.83	1.52	Not provided
United Kingdom	KFC	Popcorn chicken or equivalent	regular	1.00	0.80	0.65	Not provided	Not provided	Not provided	2.50	1.90	1.63	Not provided	Not provided	Not provided
India	KFC	Popcorn chicken or equivalent	64 (one size)	Not provided	Not recorded	0.63	Not provided	Not provided	Not provided	Not provided	Not provided	1.58	Not provided	Not recorded	Not provided
	McDonald's	Sausage McMuffin with egg or equivalent										z			
France	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.52	Not provided	Not provided	0.36	Not found	Not provided	1.30	Not provided	Not provided	0.90	Not provided
Germany	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.76	Not provided	Not provided	0.40	Not found	Not provided	1.90	Not provided	Not provided	1.00	Not provided
Guatemala	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.89	Not provided	Not provided	0.55	Not found	Not provided	2.23	Not provided	Not provided	1.37	Not provided
Netherlands	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.60	Not provided	Not provided	Not provided	Not found	Not provided	1.50	Not provided	Not provided	Not provided	Not provided
Mexico	McDonald's	Sausage McMuffin with egg or equivalent	221	0.00	Not provided	0.99	Not provided	Not recorded	Not provided		Not recorded	2.48	Not provided	Not recorded	Not provided

Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g
Malaysia	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.86	0.72	0.92	Not provided	0.40	Not provided	2.16	1.80	2.30	Not provided	0.99	Not provided
Canada	McDonald's	Sausage McMuffin with egg or equivalent	159	0.93	0.98	0.91	Not provided	0.62	Not provided	2.33	2.45	2.28	Not provided	1.54	Not provided
United States	McDonald's	Sausage McMuffin with egg or equivalent	161	0.95	0.92	0.86	Not provided	Not provided	Not provided	2.38	2.30	2.15	Not provided	Not provided	Not provided
South Africa	McDonald's	Sausage McMuffin with egg or equivalent	155	0.93	Not provided	0.82	Not provided	Not provided	Not provided	2.33	Not provided	2.04	Not provided	Not provided	Not provided
Sweden	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.88	0.84	0.80	Not provided	Not provided	0.44	2.20	2.10	2.00	Not provided	Not provided	1.10
Slovenia	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	Not provided	0.80	Not provided	Not recorded	0.44	Not provided	Not recorded	2.00	Not provided	Not recorded	1.10
Germany	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	Not provided	0.80	Not provided	Not recorded	0.44	Not provided	Not recorded	2.00	Not provided	Not recorded	1.10
Portugal	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	Not provided	0.76	Not provided	Not provided	Not provided	Not provided	Not recorded	1.90	Not provided	Not recorded	Not provided
Singapore	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	1.15	0.99	0.75	Not provided	Not provided	Not found	2.87	2.48	1.88	Not provided	Not provided	Not provided
Turkey	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.96	0.74	Not provided	Not provided	Not provided	2.21	2.40	1.85	Not provided	Not provided	Not provided
New Zealand	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.88	Not provided	0.74	Not provided	Not recorded	0.46	2.21	Not recorded	1.84	Not provided	Not recorded	1.16
Austria	McDonald's	Sausage McMuffin with egg or equivalent	124	Not provided	0.52	0.72	Not provided	0.36	0.60	Not provided	1.30	1.80	Not provided	0.90	1.50
Poland	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	Not provided	0.72	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.80	Not provided	Not recorded	Not provided
Spain	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.00	0.76	0.72	Not provided	Not provided	Not provided	1.90	1.80	1.80	Not provided	Not provided	Not provided
Ireland	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.69	0.76	0.68	Not provided	Not provided	0.40	1.72	1.90	1.70	Not provided	Not provided	1.00
Denmark	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	Not provided	0.68	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.70	Not provided	Not recorded	Not provided
Hungary	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.96	0.68	Not provided	Not provided	Not provided	Not provided	2.40	1.70	Not provided	Not provided	Not provided
United Kingdom	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.67	0.76	0.68	Not provided	0.44	Not provided	1.68	1.90	1.70	Not provided	1.10	Not provided
Norway	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	Not provided	0.68	Not provided	Not recorded	Not provided	Not provided	Not recorded	1.70	Not provided	Not recorded	Not provided
Cyprus	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	Not provided	0.68	Not provided	Not provided	Not provided	Not provided	Not provided	1.70	Not provided	Not provided	Not provided
Australia	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.67	0.69	0.65	Not provided	0.48	0.41	1.67	1.73	1.63	Not provided	1.19	1.03
Slovakia	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	Not provided	0.76	0.64	Not provided	Not provided	Not provided	Not provided	1.90	1.60	Not provided	Not provided	Not provided
	Kelloggs	Special K or equivalent										z			
Finland	Kelloggs	Special K or equivalent	Not provided	0.26	Not provided	Not provided	0.85	Not provided	Not provided	0.64	Not provided	Not provided	2.13	Not provided	Not provided
Greece	Kelloggs	Special K or equivalent	30 with milk	Not provided	0.12	Not provided	Not provided	Not provided	Not provided	Not provided	0.30	Not provided	Not provided	Not provided	Not provided
Turkey	Kelloggs	Special K or equivalent	Not provided	Not provided	0.20	Not provided	Not provided	0.40	Not provided	Not provided	0.50	Not provided	Not provided	1.00	Not provided
Chile	Kelloggs	Special K or equivalent	Not provided	Not provided	0.20	Not provided	Not provided	0.66	Not provided	Not provided	0.50	Not provided	Not provided	1.65	Not provided
Luxemburg	Kelloggs	Special K or equivalent	Not provided	Not provided	0.14	Not provided	Not provided	0.45	Not provided	Not provided	0.34	Not provided	Not provided	1.15	Not provided
Middle East	Kelloggs	Special K or equivalent	Not provided	Not provided	0.30	Not provided	Not provided	0.70	Not provided	Not provided	0.75	Not provided	Not provided	1.75	Not provided
Norway	Kelloggs	Special K or equivalent	Not provided	0.26	0.14	Not provided	0.85	0.45	Not provided	0.64	0.34	Not provided	2.13	1.15	Not provided
South Africa	Kelloggs	Special K or equivalent	40	0.21	0.26	0.27	0.70	0.65	0.67	0.53	0.65	0.67	1.75	1.63	1.68
Canada	Kelloggs	Special K or equivalent	32	0.28	0.27	0.23	0.93	0.93	Not provided	0.70	0.68	0.58	2.33	2.33	Not provided
United States	Kelloggs	Special K or equivalent	31	0.21	0.22	0.22	0.71	0.71	Not provided	0.53	0.55	0.55	1.77	1.77	1.77
Venezuela	Kelloggs	Special K or equivalent	30	Not provided	Not provided	0.18	Not provided	Not provided	Not provided	Not provided	Not recorded	0.45	Not provided	Not recorded	Not provided
Argentina	Kelloggs	Special K or equivalent	30	Not provided	0.20	0.18	Not provided	0.66	Not provided	Not provided	0.50	0.45	Not provided	1.65	Not provided
Colombia	Kelloggs	Special K or equivalent	30	0.25	Not provided	0.18	0.82	Not provided	Not provided	0.62	Not recorded	0.45	2.05	Not recorded	1.50
Guatemala	Kelloggs	Special K or equivalent	30	Not provided	Not provided	0.18	Not provided	Not provided	Not provided	Not provided	Not provided	0.45	Not provided	Not recorded	Not provided
Mexico	Kelloggs	Special K or equivalent	30	Not provided	0.26	0.18	Not provided	0.87	Not provided	Not provided	0.65	0.45	Not provided	2.17	1.60
United Kingdom	Kelloggs	Special K or equivalent	30 with milk	0.26	0.12	0.18	0.85	0.45	0.40	0.64	0.30	0.44	2.13	1.13	1.00
Australia	Kelloggs	Special K or equivalent	40	0.16	0.22	0.14	0.54	0.54	0.36	0.40	0.55	0.36	1.34	1.34	0.90
New Zealand	Kelloggs	Special K or equivalent	40	Not provided	0.22	0.14	Not provided	0.54	0.36	Not provided	0.55	0.36	Not provided	1.34	0.90
Belgium	Kelloggs	Special K or equivalent	30	0.26	0.14	0.12	0.85	0.45	Not provided	0.64	0.34	0.30	2.13	1.15	1.00
Italy	Kelloggs	Special K or equivalent	30	0.26	0.20	0.12	0.85	0.45	0.40	0.64	0.50	0.30	2.13	1.15	1.00
Austria	Kelloggs	Special K or equivalent	30	Not provided	Not provided	0.12	Not provided	Not provided	Not provided	Not provided	Not provided	0.30	Not provided	Not recorded	Not provided
Denmark	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	Not provided	Not provided	0.64	Not provided	0.30	2.13	Not recorded	1.00
Germany	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	0.45	Not provided	0.64	Not provided	0.30	2.13	1.13	Not provided
Ireland	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	Not provided	Not provided	0.64	Not provided	0.30	2.13	Not recorded	1.00
Netherlands	Kelloggs	Special K or equivalent	30	Not provided	0.14	0.12	Not provided	0.45	Not provided	Not provided	0.34	0.30	Not provided	1.13	1.00
Portugal	Kelloggs	Special K or equivalent	30	0.24	Not provided	0.12	0.80	Not provided	0.40	0.60		0.30	2.00		1.00
Spain	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	0.45	0.40	0.64	Not provided	0.30	2.13	1.13	1.00
Switzerland	Kelloggs	Special K or equivalent	30	0.26	Not provided	0.12	0.85	Not provided	Not provided	0.64	Not provided	0.30	2.13	Not provided	Not provided



Country	Retailer/ Brand	Product name	2014 Portion size (g)	2006 Sodium (g) per portion	2009 Sodium (g) per portion	2014 Sodium (g) per portion	2006 Sodium (g) per 100g	2009 Sodium (g) per 100g	2014 Sodium (g) per 100g	2006 Salt (g) per portion	2009 Salt (g) per portion	2014 Salt (g) per portion	2006 Salt (g) per 100g	2009 Salt (g) per 100g	2014 Salt (g) per 100g
France	Kelloggs	Special K or equivalent	30	Not provided	0.20	0.12	Not provided	0.45	0.40	Not provided	0.50	0.30	Not provided	1.15	1.00
	Subway	Subway Club 6-inch sandwich or equivalent										z			
Germany	Subway	Subway Club 6-inch sandwich or equivalent	Not provided	1.17	Not provided	Not provided	0.43	Not provided	Not provided	2.91	Not provided	Not provided	1.09	Not provided	Not provided
Brazil	Subway	Subway Club 6-inch sandwich or equivalent	275	Not provided	Not provided	1.13	Not provided	Not provided	Not provided	Not provided	Not provided	2.81	Not provided	Not provided	Not provided
Singapore	Subway	Subway Club 6-inch sandwich or equivalent	243	Not provided	1.11	1.06	Not provided	0.48	Not provided	Not provided	2.78	2.65	Not provided	1.21	Not provided
Canada	Subway	Subway Club 6-inch sandwich or equivalent	231	1.12	1.11	0.84	0.47	0.47	Not provided	2.80	2.78	2.10	1.19	1.17	Not provided
United States	Subway	Subway Club 6-inch sandwich or equivalent	238	1.31	1.29	0.80	0.51	0.50	Not provided	3.28	3.23	2.00	1.28	1.25	Not provided
Australia	Subway	Subway Club 6-inch sandwich or equivalent	Not provided	1.23	0.92	0.74	0.56	0.42	Not provided	3.08	2.31	1.85	1.39	1.06	Not provided
New Zealand	Subway	Subway Club 6-inch sandwich or equivalent	210	1.18	1.07	0.73	0.53	0.49	Not provided	2.95	2.68	1.84	1.32	1.22	Not provided
France	Subway	Subway Club 6-inch sandwich or equivalent	233	Not provided	Not provided	0.70	Not provided	Not provided	Not provided	Not provided	Not provided	1.75	Not provided	Not provided	Not provided
United Kingdom	Subway	Subway Club 6-inch sandwich or equivalent	252	1.20	1.50	0.68	0.45	0.58	Not provided	3.00	3.70	1.70	1.12	1.45	Not provided
Netherlands	Subway	Subway Club 6-inch sandwich or equivalent	233	Not provided	Not provided	0.68	Not provided	Not provided	Not provided	Not provided	Not provided	1.70	Not provided	Not provided	Not provided
Finland	Subway	Subway Club 6-inch sandwich or equivalent	233	Not provided	0.80	0.68	Not provided	0.34	Not provided	Not provided	2.00	1.70	Not provided	0.84	Not provided
Ireland	Subway	Subway Club 6-inch sandwich or equivalent	245	Not provided	Not provided	0.68	Not provided	Not provided	Not provided	Not provided	Not provided	1.70	Not provided	Not provided	Not provided
Sweden	Subway	Subway Club 6-inch sandwich or equivalent	371	Not provided	Not provided	0.40	Not provided	Not provided	Not provided	Not provided	Not provided	1.00	Not provided	Not provided	Not provided
	KFC	Twister or equivalent										z			
Malaysia	KFC	Twister or equivalent	Not provided	Not provided	0.81	Not provided	Not provided	0.68	Not provided	Not provided	2.03	Not provided	Not provided	1.69	Not provided
United States	KFC	Twister or equivalent	240	1.40	1.43	1.26	0.52	0.61	Not provided	3.50	3.58	3.15	1.30	1.52	Not provided
India	KFC	Twister or equivalent	204	Not provided	Not provided	1.26	Not provided	Not recorded	Not provided	Not provided	Not provided	3.15	Not provided	Not provided	Not provided
Australia	KFC	Twister or equivalent	Not provided	1.40	1.20	0.79	0.57	0.52	Not provided	3.51	3.00	2.48	1.42	1.31	Not provided
France	KFC	Twister or equivalent	Not provided	1.20	1.16	Not provided	0.56	0.56	Not provided	3.00	2.90	2.48	1.40	1.40	Not provided
New Zealand	KFC	Twister or equivalent	263	1.40	0.99	0.68	0.57	0.41	0.26	3.51	2.48	2.48	1.42	1.03	0.65
United Kingdom	KFC	Twister or equivalent	Not provided	1.60	1.40	0.99	Not provided	Not provided	Not provided	4.00	3.40	2.48	Not provided	Not provided	Not provided
Canada	KFC	Twister or equivalent	201	1.53	1.44	0.92	0.66	0.63	Not provided	3.83	3.60	2.30	1.66	1.57	Not provided
Middle East	KFC	Twister or equivalent	213	Not provided	Not provided	0.90	Not provided	Not provided	Not provided	Not provided	Not provided	2.20	Not provided	Not provided	Not provided