

<b>Salt contents (g/100g) declared on nutritional labels of Italian food products</b>					
<b>Survey on about 3000 nutritional labels carried out in 2013-4 by the SINU Working Group "Less Salt More Health"*</b>					
<b>Food</b>	<b>N° of products considered</b>	<b>M±SD</b>	<b>Median</b>	<b>Min</b>	<b>Max</b>
<b>CEREALS AND CEREAL PRODUCTS</b>					
Cookies	281	0.68±0.35	0.62	0.03	3.50
Sweet snacks	156	0.62±0.26	0.57	0.18	1.58
Breakfast cereals	110	0.86±0.52	0.76	0.03	2.50
Cereal bars	29	0.66± 0.29	0.62	0.08	1.25
Crispy bread slice	44	1.23± 0.70	1.25	0.05	3.65
Bread	39	1.24± 0.31	1.25	0.53	2.00
Crackers	109	1.55± 0.96	1.75	0.01	3.43
Breadsticks	18	1.86± 0.59	1.84	0.03	3.00
Crispy loaves	14	1.79± 0.54	1.90	1.00	2.50
Taralli	5	2.37± 0.43	2.25	2.00	3.13
Fresh pasta	16	1.36± 0.38	1.29	0.95	2.25
Dried pasta	6	0.04± 0.04	0.02	0.01	0.10
<b>PRESERVED VEGETABLE</b>					
Legumes	62	0.73±0.31	0.61	0.28	1.75
Canned vegetable	96	1.74±1.44	1.47	0.25	10.00
Dried Leg. /cer.	59	0.07±0.15	0.02	0.01	0.80
Jam	39	0.08±0.03	0.07	0.01	0.15
Juice	51	0.07±0.19	0.02	0.01	1.08
<b>SAUCES AND SPREADS</b>					
Seasoning	56	1.79±0.77	1.62	0.28	4.00
Sweet Spreads	10	0.13±0.06	0.13	0.01	0.25
Sauce	41	1.71±0.88	1.40	0.70	3.75
<b>MILK AND MILK PRODUCTS</b>					
Butter	11	0.38±0.12	0.35	0.18	0.60

Cheese slices	15	2.58±0.80	2.55	0.75	4.00
Cheese	23	1.61±0.85	1.60	0.50	5.00
Fresh cheese	27	0.55±0.56	0.47	0.03	2.90
Cream	16	0.22±0.23	0.12	0.05	0.78
Cheese spread/cottage cheese	44	1.13±0.60	0.82	0.48	2.80
<b>CURED MEAT AND CANNED MEAT AND FISH</b>					
Cured meat	38	3.14±1.30	3.00	1.50	6.50
Slices	5	2.69±1.08	2.30	1.88	4.60
Hot dog	10	2.23±0.27	2.20	1.95	2.75
Canned meat	3	2.01±0.30	1.87	1.80	2.35
Canned fish	51	1.27±0.59	1.25	0.30	3.00
<b>MIXED FOOD</b>					
Ready-to-eat meal	102	2.45±2.32	2.00	0.01	13.49
Breaded foods	13	14.60±6.85	16.00	3.85	24.25
Soup & broths	24	2.13±2.22	0.81	0.50	6.50
Very salty food	4	24.37±9.09	20.87	18.00	37.75
Frozen pizza	31	1.65±2.41	1.30	0.04	14.50

Note:

- Prof Luca Scalfi coordinated the survey with the collaboration of Prof Strazzullo, Dr Muoio and Dr Sabino
- Data were collected from packed food sold in four supermarket chains, representing a significant sample of products globally on the market
- Nutritional labels were found in different percentage on products in relation to the category
- Because the nutritional labels are present in a minority of products belonging to cured meat and cheese categories, data on table do not globally represent the market
- In order to evaluate salt consumption, in addition to the salt content per 100g of product, it is appropriate to refer to the average portion of food consumed
- In addition to the high salt content of most food categories, the survey highlights the wide variability within each category and so the opportunity for consumers to put great attention to labels