

Heart Foundation Food Reformulation Targets

29 July 2020

Forty-eight targets for sodium, saturated fat and/or total sugar reduction have been set for 38 food categories/sub-categories.

Category	Sub-category (if any)	Nutrient Target (maximum)	Timeframe
Bread	Leavened bread Unleavened bread	Sodium 380mg/100g 450mg/100g	Targets reset August 2018; target review December 2022
Breakfast Cereals	Puffed rice & corn flakes Oat based muesli, porridge Biscuits Other Ready-to Eat cereals All breakfast cereals	Sodium 500mg/100g 200mg/100g 300mg/100g 400mg/100g Total Sugar 22.5g/100g OR 20% reduction for products significantly over 25g/100g	Targets reset August 2016; target review August 2021
Processed Meats	Sausages Bacon Ham	Sodium 650mg/100g 1090mg/100g 1090mg/100g	Targets reset December 2015; target review December 2020
Savoury Pies	Mince/Steak Mince & cheese/steak & cheese	Sodium 400mg/100g Saturated fat 5g/100g Sodium 400mg/100g Saturated fat 7g/100g	Targets set 2012 Review tbc
Soups	All soups	Sodium 280mg/100g OR 20% reduction for products significantly over 280mg/100g.	Target reset August 2017; target review August 2022.
Cheese	Cheddar and cheddar-style Mozzarella cheese Processed cheese	Sodium 710mg/100g 550mg/100g 1270mg/100g OR 10-15% reduction in products significantly above 1270mg/100g	Targets set 2014; review tbc

Savoury Snacks	<p>Potato & other vegetable crisps</p> <p>Extruded/pelleted snacks</p> <p>Sheeted/reformed snacks</p> <p>Popcorn</p> <p>Salt and vinegar snacks</p> <p>Popcorn</p>	<p>Sodium 520mg/100g OR 15% reduction for products significantly above target</p> <p>770mg/100g OR 15% reduction for products significantly above target</p> <p>520mg/100g OR 15% reduction for products significantly above target</p> <p>390mg/100g OR 15% reduction for products significantly above target</p> <p>740mg/100g OR 15% reduction for products significantly above target</p> <p>Sugar 25g/100g OR 15% reduction for products significantly above target</p>	Targets reset 2019; target review May 2024.
Gravies & Sauces	<p>Cooking sauces Pasta, Indian-style and other sauces which are a major characterising component of a meal</p> <p>Asian sauces</p>	<p>Sodium 380mg/100g OR 15% reduction for products significantly above 380mg/100g</p> <p>Total Sugar 5g/100g OR 15% reduction for products significantly above 5g/100g</p> <p>Sodium 680 mg/100g OR 15% reduction for products significantly above 680mg/100g.</p> <p>Total Sugar 20g/100g OR 15% reduction for products significantly above 20g/100g</p>	Targets reset June 2018; target review June 2023
	Gravies & finishing sauces	<p>Sodium A reduction in sodium across defined products to 450mg/100g OR 15% reduction for products that are significantly above 450mg/100ml.</p>	Target set June 2020; target review June 2024
Powdered Meal Bases	Powdered Meal Bases	<p>Sodium 5000mg/100g OR 15% reduction for products significantly above 5000mg/100g</p>	Targets set December 2017; Target review December 2022
Edible Oil Spreads	Margarine/oil based spreads	<p>Sodium 400mg/100g</p>	Target set 2014; review tbc
Savoury Crackers	<p>Plain crackers</p> <p>Flavoured crackers</p> <p>Rice crackers and corn crackers</p>	<p>Sodium 610mg/100g 800mg/100g 610mg/100g OR 20% reduction for products significantly above targets</p>	Targets reset 2017; target review June 2022
Table Sauce	Tomato Sauce	<p>Sodium 680mg/100g OR 15% reduction for those significantly above target</p> <p>Total Sugar 23g/100g OR 15% reduction for products significantly above target</p>	Targets set May 2016; target review May 2021

