

Heart Foundation Food Categories and Reformulation Targets - Summary

August 2025

This document provides a quick reference guide for the relevant nutrient targets (sodium, total sugar, and saturated fat) for each food category/sub-category. Please note that the review date may change, please feel free to contact the Food Industry Manager if you have any questions.

Category	Sub-category (if any)	Nutrient Target (maximum)			OR Percentage reduction	Targets set	Review date
		Sodium mg/100g	Total Sugar g/100g	Saturated fat g/100g			
Beans in Sauce	Baked beans	350mg/100g	5g/100g		15% reduction for products significantly above target	July 2021	June 2026
	Other beans in sauce	235mg/100g	5g/100g				
Bread	Leavened bread	370mg/100g			10% reduction for products significantly above target	April 2023	April 2028
	Flat bread	400mg/100g					
Breakfast Cereals	Breakfast cereals with fruit		22.5g/100g		10% reduction for products significantly above target	July 2021	June 2026
	Breakfast cereals without fruit		20g/100g				
	Plain cereal biscuits	300mg/100g					
	Plain puffed or flaked or extruded breakfast cereals	450mg/100g					
	All other ready-to-eat cereals	270mg/100g					
Canned Spaghetti	Canned spaghetti	300mg/100g	4.5g/100g		15% reduction for products significantly above target	July 2021	June 2026
Cereal & Nut/Seed Bars	Cereal and Nut/Seed Bars		25g/100g		15% reduction for products significantly above target		Nov 2027
Cheese	Cheddar and cheddar-style	710mg/100g			10-15% reduction for products significantly above target	2014	TBC
	Mozzarella cheese	550mg/100g					
	Processed cheese	1270mg/100g					
Cooking Sauces	Asian-style cooking sauces				10% reduction for products significantly above target		March 2029
	Asian-style cooking sauces excluding Teriyaki, Honey Soy and other sauces that have soy sauce or other high-sodium sauce as a characterising ingredient.	Target 460mg/serve Max 900mg/serve					
	Teriyaki, Honey Soy and other sauces that have soy sauce or other high-sodium sauce as a characterising ingredient.	Target 660mg/serve Max 900mg/serve					

Category	Sub-category (if any)	Sodium mg/100g	Total Sugar g/100g	Saturated fat g/100g	OR Percentage reduction	Targets set	Review date
Cooking Sauces	Asian-style cooking sauces				10% reduction for products significantly above target		March 2029
	Asian-style sauce excluding Honey Soy, Sweet & Sour and other savoury cooking sauces that have honey or other sweet ingredient as a characterising ingredient		Target 14g/serve Max 20g/serve				
	Honey Soy, Sweet & Sour and other savoury Asian-style cooking sauces that have honey or other sweet ingredient as a characterising ingredient		Target 20g/serve Max 26g/serve				
	Pasta, Indian-style and other cooking sauces						
	All Pasta, Indian-style and other cooking sauces	Target 360mg/ 100g Max 455mg/ 100g					
	Pasta, Indian-style and other cooking sauces						
	Tomato-based pasta sauces		Target 6g/ 100g Max 7g/ 100g				
	Non-tomato-based sauces		Target 3g/100g Max 4g/100g				
	Crumbed & Battered Proteins	Meat and Poultry – crumbed/battered	450mg/100g				
Fish - crumbed		270mg/100g					
Fish - battered		330mg/100g					
Seafood – crumbed/battered		470mg/100g					
Edible Oil Spreads	Margarine/oil-based spreads	400mg/100g				2014	2025
Flavoured Milk	Flavoured Dairy Milk		7.0g/100ml		10% reduction for products significantly above target	Feb 2024	Feb 2029
	Flavoured Plant-Based Beverages		5g/100ml				
Gravies & Finishing Sauces	Gravies & Finishing sauces	450mg/100g			15% reduction for products significantly above target	June 2020	TBC
Non-alcoholic Beverages	Carbonated soft drinks and Energy Drinks		10g/100g		10% reduction for products significantly above target	Dec 2024	June 2025
	Flavoured water, flavoured mineral water, soda water and iced tea		5g/100mL				
	Fruit drinks		9.5g/100ml				
Pizzas	Pizzas		450mg/100g	4g/100g	15% reduction for products significantly above target	June 2020	2026
Powdered Meal Bases	Powdered meal bases	5000mg/100g			15% reduction for products significantly above target	Dec 2017	TBC
Processed Meats	Ham	1005mg/100g			15% reduction for products significantly above target	Jan 2021	2027
	Bacon	1005mg/100g					
	Frankfurters, saveloys and precooked sausages	750mg/100g					
Ready Meals	Ready Meals	250mg/100g			15% reduction for products significantly above target	July 2020	2025

Category	Sub-category (if any)	Sodium mg/100g	Total Sugar g/100g	Saturated fat	OR Percentage reduction	Targets set	Review date
Sausages	Sausages (fresh)	650mg/100g			15% reduction for products significantly above target	Jan 2021	2027
Savoury Biscuits	Plain crackers	600mg/100g			10% reduction for products significantly above target	Nov 2022	2028
	Flavoured crackers, grain cakes	720mg/100g					
	Plain rice, corn and other 'grain-cake' biscuits	270mg/100g					
Savoury Snacks	Potato & other vegetable crisps	500mg/100g			10% reduction for products significantly above target	2025	2030
	Extruded/pelleted snacks	770mg/100g					
	Sheeted/reformed snacks	500mg/100g					
	Salt and vinegar snacks	740mg/100g					
	Popcorn	390mg/100g	25g/100g				
Savoury Pies	Mince/Steak	400mg/100g		5g/100g		2012	2025
	Mince & cheese/steak & cheese	400mg/100g		7g/100g			
Soups	All soups	280mg/100g			10% reduction for products significantly above target	Oct 2022	2027
Table Sauce (Tomato Sauce / Ketchup)	Tomato Sauce/Ketchup - Canned/glass packaging	565mg/100g*	20g/100g*		10% reduction for products significantly above target	July 2021	2028
	Tomato Sauce/Ketchup - Plastic packaging	680mg/100g*	23g/100g*				
	* If the sauce nutrition information is expressed as per 100mL, apply the product's specific gravity value to convert the nutrition information from millilitres to grams, to enable comparison to the per 100g nutrient target						
Yoghurt & Dairy Foods	Sweetened Dairy-Based Yoghurt & Dairy Food		8.5g/100g		10% reduction for products significantly above target	Feb 2024	Feb 2029
	Sweetened Plant-Based Yoghurt		5g/100g				

For further information on the targets, inclusion/exclusion criteria for the food categories, or the process please contact:
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