

## Heart Foundation Food Categories and Reformulation Targets - Summary

## July 2025

This document provides a quick reference guide for the sodium, total sugar, and saturated fat reduction targets for each food category/sub-category. Please note that the target review years may change, contact the Food Industry Manager if you have any questions.

Category	Sub-category (if any)	Nutrient Target (maximum)	Targets set	Review Year
Beans in Sauce	Baked beans	Sodium	July 2021	2026
		350mg sodium/100g		
		OR 15% reduction for products significantly above the target		
		Total Sugar		
		5g sugar/100g		
		OR 15% reduction for products significantly above the target		
	Other beans in sauce	Sodium		
		235mg sodium/100g OR 15% reduction for products significantly above the target		
		Total Sugar		
		5g sugar/100g		
		OR 15% reduction for products significantly above the target		
Bread	Leavened bread	Sodium	April 2023	2028
		370mg/100g		
		OR 10% reduction for products significantly above the target		
	Flat Bread	Sodium		
		400mg/100g		
		OR 10% reduction for products significantly above the target		
Due alufa at	Brookfoot oproplo with fruit		July 2021	2026
Breakfast Cereals	Breakfast cereals with fruit	Total Sugar 22.5g/100g	July 2021	2026
		OR 10% reduction for products significantly above the target		
	Breakfast cereals without fruit	Total Sugar		
		20g/100g		
		OR 10% reduction for products significantly above the target		
	Plain cereal biscuits	Sodium		
		300mg/100g		
		OR 10% reduction for products significantly above the target		
	Plain puffed or flaked or extruded	Sodium		
	breakfast cereals	450mg/100g		
		OR 10% reduction for products significantly above the target		
	All other ready-to-eat cereals	Sodium		
		270mg/100g OR 10% reduction for products significantly above the target		
Canned	Canned Spaghetti	Sodium	July 2021	2026
Spaghetti	Canned Spagnetti	300mg/100g	July 2021	2020
		OR 15% reduction for products significantly above the target		
		Total Sugar		
		4.5g/100g		
		OR 15% reduction for products significantly above the target		
Cereal &	Cereal and Nut/Seed Bars	Total Sugar		2027
Nut/Seed Bars		25g/100g		
01		OR 15% reduction for products significantly above target	0011	TDO
Cheese	Cheddar and cheddar-style	Sodium 710mg/100g	2014	TBC
	Mozzarella cheese	Sodium		
		550mg/100g		
	Processed cheese	Sodium		
		1270mg/100g		
		OR 10-15% reduction for products significantly above the target		
Cooking Sauces	Asian-style cooking sauces	Sodium	March 2024	2029
-	Asian-style cooking sauces	Sodium target 460mg/serve		
	excluding Teriyaki, Honey Soy and	Sodium maximum 900mg/serve		
	other sauces that have soy sauce or	OR 10% reduction for products significantly above the target		
	other high-sodium sauce as a			
	characterising ingredient	Sodium		
	Teriyaki, Honey Soy and other sauces	Sodium		
	that have soy sauce or other high-	Sodium target 660mg/ <b>serve</b>		L

	sodium sauce as a characterising	Sodium maximum 900mg/serve		
	ingredient.	OR 10% reduction for products significantly above the target	_	
	Asian-style cooking sauces	Total Sugar		
	Asian-style sauce excluding Honey	Sugar target 14g/serve		
	Soy, Sweet & Sour and other savoury	Sugar maximum 20g/serve		
	cooking sauces that have honey or	OR 10% reduction for products significantly above the target		
	other sweet ingredient as a			
	characterising ingredient		4	
	Honey Soy, Sweet & Sour and other	Total Sugar		
	savoury Asian-style cooking sauces	Sugar target 20g/serve		
	that have honey or other sweet	Sugar maximum 26g/serve		
	ingredient as a characterising	OR 10% reduction for products significantly above the target		
	ingredient		_	
	Pasta, Indian and other cooking	Sodium		
	sauces	Sodium target 360mg/100g		
		Sodium maximum 455mg/100g		
	Deste Indian style and other	OR 10% reduction for products significantly above the target	_	
	Pasta, Indian-style and other	Total Sugar		
	cooking sauces	Sugar target 6g/100g		
	Tomato-based pasta sauces	Sugar maximum 7g/100g OR 10% reduction for products significantly above the target		
	Non-tomato-based sauces		-	
	Non-tomato-based sauces	Total Sugar Sugar target 3g/100g		
		Sugar maximum 4g/100g		
		OR 10% reduction for products significantly above the target		
Crumbod 9	Meat and Poultry: crumbed/battered	Sodium	June 2024	2029
Crumbed & Battered Proteins	Fical and Foully. Clumbed/ballefed	450mg/100g	Julie 2024	2029
		OR 10% reduction for products significantly above the target		
	Fish: crumbed	Sodium	-	
		270mg/100g		
		OR 10% reduction for products significantly above the target		
	Fish: battered	Sodium	-	
		330mg/100g		
		OR 10% reduction for products significantly above the target		
	Seafood: crumbed/battered	Sodium	-	
		470mg/100g		
		OR 10% reduction for products significantly above the target		
Edible Oil	Margarine/oil-based spreads	Sodium	2014	2025
Spreads		400mg/100g		
•	Flavoured Dairy Milk		February 2024	2029
Flavoured Milk		Total Sugar 7.0g/100ml	February 2024	2029
		OR 10% reduction for products significantly above the target		
	Flavoured Plant-Based Beverages	Total Sugar	-	
		5g/100ml		
		OR 10% reduction for products significantly above the target		
Gravies &	Gravies & finishing sauces	Sodium	June 2020	TBC
		450mg/100g	2010 2020	.00
Finishing Sauces		OR 15% reduction for products significantly above the target		
Non-alcoholic	Carbonated Soft drinks and Energy	Sugar	December	2025
	Drinks	10g/100g	2024	_020
Beverages		OR 10% reduction for products significantly above the target	/	
	Flavoured water, flavoured mineral	Sugar	-	
	water, soda water and iced tea	5g/100mL		
	Fruit drinks	Sugar	-	
		9.5g/100ml		
			1	2026
Pizzas	Pizzas	Sodium	June 2020	_020
Pizzas	Pizzas	Sodium 450mg/100g	June 2020	
Pizzas	Pizzas	450mg/100g	June 2020	
Pizzas	Pizzas		June 2020	
Pizzas	Pizzas	450mg/100g OR 15% reduction for products significantly above the target Saturated fat	June 2020	
Pizzas	Pizzas	450mg/100g OR 15% reduction for products significantly above the target <b>Saturated fat</b> 4g/100g	June 2020	
	Pizzas Powdered Meal Bases	450mg/100g OR 15% reduction for products significantly above the target Saturated fat	June 2020 December	ТВС
Powdered Meal		450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target		ТВС
		450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium	December	ТВС
Powdered Meal Bases		450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g	December 2017	TBC 2027
Powdered Meal	Powdered Meal Bases	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target	December	
Powdered Meal Bases	Powdered Meal Bases	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g	December 2017	
Powdered Meal Bases	Powdered Meal Bases Ham	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target	December 2017	
Powdered Meal Bases	Powdered Meal Bases	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium	December 2017	
Powdered Meal Bases	Powdered Meal Bases Ham	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g	December 2017	
Powdered Meal Bases	Powdered Meal Bases Ham	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium	December 2017	
Powdered Meal Bases	Powdered Meal Bases Ham	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g	December 2017	
Powdered Meal Bases	Powdered Meal Bases Ham Bacon Frankfurters, saveloys and	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium	December 2017	
Powdered Meal Bases	Powdered Meal Bases Ham Bacon	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target	December 2017	
Powdered Meal Bases	Powdered Meal Bases Ham Bacon Frankfurters, saveloys and	450mg/100g OR 15% reduction for products significantly above the target Saturated fat 4g/100g OR 15% reduction for products significantly above the target Sodium 5000mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium 1005mg/100g OR 15% reduction for products significantly above the target Sodium	December 2017	

Ready Meals	Ready Meals	Sodium	July 2020	2025
Ready Meals	noudy nouto	250mg/100g	500 2020	2020
		OR 15% reduction for products significantly above the target		
Sausages	Sausages (fresh)	Sodium	January 2021	2027
		650mg/100g		
		OR 15% reduction for products significantly above the target		
Savoury Biscuits	Plain crackers	Sodium	November	2028
		600mg/100g	2022	
		OR 10% reduction for products significantly above the target	_	
	Flavoured crackers, grain cakes	Sodium		
		720mg/100g		
		OR 10% reduction for products significantly above the target	_	
	Plain rice, corn and other 'grain-cake'	Sodium		
	biscuits	270mg/100g		
	Detete 9 etherus geteble eriene	OR 10% reduction for products significantly above the target	huby 2025	0000
Savoury Snacks	Potato & other vegetable crisps	Sodium 500mg/100g	July 2025	2030
	Extruded/pelleted snacks	OR 10% reduction for products significantly above target Sodium	-	
	Extruded/petieted shacks	770mg/100g		
		OR 10% reduction for products significantly above target		
	Sheeted/reformed snacks	Sodium	-	
	Sheeteu/reionneu shacks	500mg/100g		
		OR 10% reduction for products significantly above target		
	Salt and vinegar snacks	Sodium	_	
		740mg/100g		
		OR 10% reduction for products significantly above target		
	Popcorn	Sodium	-	
		390mg/100g		
		OR 10% reduction for products significantly above target		
		Total Sugar		
		25g/100g		
		OR 10% reduction for products significantly above target		
Savoury Pies	Mince/Steak	Sodium	2012	2025
		400mg/100g		
		Saturated fat		
		5g/100g		
	Mince & cheese/steak & cheese	Sodium		
		400mg/100g		
		Saturated fat		
		7g/100g		
Soups	All soups	Sodium	October 2022	2027
		280mg/100g		
		OR 10% reduction for products significantly over the target		
Table Sauce	Tomato Sauce/Ketchup -	Sodium	July 2021	2028
	Canned/glass packaging	565mg/100g*		
		OR 10% reduction for products significantly above target		
		Total Sugar		
		20g/100g*		
	Tomata Sauga /Katabura	OR 10% reduction for products significantly above target	-	
	Tomato Sauce/Ketchup - Plastic packaging	Sodium		
		680mg/100g*		
		OP 10% reduction for products significantly above target		
		OR 10% reduction for products significantly above target		
		Total Sugar		
		Total Sugar 23g/100g*		
		<b>Total Sugar</b> 23g/100g* OR 10% reduction for products significantly above target	Convert the putritio	n informatio
	* If the sauce nutrition information is ex	Total Sugar         23g/100g*         OR 10% reduction for products significantly above target         opressed as per 100mL, apply the product's specific gravity value to	convert the nutritio	n informatio
Voghurt & Dairy	* If the sauce nutrition information is ex from millilitres to grams, to enable con	Total Sugar 23g/100g* OR 10% reduction for products significantly above target cpressed as per 100mL, apply the product's specific gravity value to parison to the per 100g nutrient target		
Yoghurt & Dairy	* If the sauce nutrition information is ex from millilitres to grams, to enable con Sweetened Dairy-Based Yoghurt &	Total Sugar         23g/100g*         OR 10% reduction for products significantly above target         opressed as per 100mL, apply the product's specific gravity value to parison to the per 100g nutrient target         Total Sugar	convert the nutritio	n information 2029
Yoghurt & Dairy Foods	* If the sauce nutrition information is ex from millilitres to grams, to enable con	Total Sugar         23g/100g*         OR 10% reduction for products significantly above target         opressed as per 100mL, apply the product's specific gravity value to parison to the per 100g nutrient target         Total Sugar         8.5g/100g		
	* If the sauce nutrition information is ex from millilitres to grams, to enable con Sweetened Dairy-Based Yoghurt & Dairy Food	Total Sugar         23g/100g*         OR 10% reduction for products significantly above target         opressed as per 100mL, apply the product's specific gravity value to parison to the per 100g nutrient target         Total Sugar         8.5g/100g         OR 10% reduction for products significantly above the target		
	* If the sauce nutrition information is ex from millilitres to grams, to enable con Sweetened Dairy-Based Yoghurt &	Total Sugar         23g/100g*         OR 10% reduction for products significantly above target         opressed as per 100mL, apply the product's specific gravity value to parison to the per 100g nutrient target         Total Sugar         8.5g/100g		

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

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