

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

	sodium sauce as a characterising ingredient.	<b>Sodium maximum 900mg/serve</b> OR 10% reduction for products significantly above the target		
	<b>Asian-style cooking sauces</b> Asian-style sauce excluding Honey Soy, Sweet & Sour and other savoury cooking sauces that have honey or other sweet ingredient as a characterising ingredient	<b>Total Sugar</b> Sugar target 14g/serve Sugar maximum 20g/serve OR 10% reduction for products significantly above the target		
	Honey Soy, Sweet & Sour and other savoury Asian-style cooking sauces that have honey or other sweet ingredient as a characterising ingredient	<b>Total Sugar</b> Sugar target 20g/serve Sugar maximum 26g/serve OR 10% reduction for products significantly above the target		
	<b>Pasta, Indian and other cooking sauces</b>	<b>Sodium</b> Sodium target 360mg/100g Sodium maximum 455mg/100g OR 10% reduction for products significantly above the target		
	<b>Pasta, Indian-style and other cooking sauces</b> Tomato-based pasta sauces	<b>Total Sugar</b> Sugar target 6g/100g Sugar maximum 7g/100g OR 10% reduction for products significantly above the target		
	Non-tomato-based sauces	<b>Total Sugar</b> Sugar target 3g/100g Sugar maximum 4g/100g OR 10% reduction for products significantly above the target		
<b>Crumbed &amp; Battered Proteins</b>	Meat and Poultry: crumbed/battered	<b>Sodium</b> 450mg/100g OR 10% reduction for products significantly above the target	June 2024	2029
	Fish: crumbed	<b>Sodium</b> 270mg/100g OR 10% reduction for products significantly above the target		
	Fish: battered	<b>Sodium</b> 330mg/100g OR 10% reduction for products significantly above the target		
	Seafood: crumbed/battered	<b>Sodium</b> 470mg/100g OR 10% reduction for products significantly above the target		
<b>Edible Oil Spreads</b>	Margarine/oil-based spreads	<b>Sodium</b> 400mg/100g	2014	2025
<b>Flavoured Milk</b>	Flavoured Dairy Milk	<b>Total Sugar</b> 7.0g/100ml OR 10% reduction for products significantly above the target	February 2024	2029
	Flavoured Plant-Based Beverages	<b>Total Sugar</b> 5g/100ml OR 10% reduction for products significantly above the target		
<b>Gravies &amp; Finishing Sauces</b>	Gravies & finishing sauces	<b>Sodium</b> 450mg/100g OR 15% reduction for products significantly above the target	June 2020	TBC
<b>Non-alcoholic Beverages</b>	Carbonated Soft drinks and Energy Drinks	<b>Sugar</b> 10g/100g OR 10% reduction for products significantly above the target	December 2024	2025
	Flavoured water, flavoured mineral water, soda water and iced tea	<b>Sugar</b> 5g/100mL		
	Fruit drinks	<b>Sugar</b> 9.5g/100ml		
<b>Pizzas</b>	Pizzas	<b>Sodium</b> 450mg/100g OR 15% reduction for products significantly above the target <b>Saturated fat</b> 4g/100g OR 15% reduction for products significantly above the target	June 2020	2026
<b>Powdered Meal Bases</b>	Powdered Meal Bases	<b>Sodium</b> 5000mg/100g OR 15% reduction for products significantly above the target	December 2017	TBC
<b>Processed Meats</b>	Ham	<b>Sodium</b> 1005mg/100g OR 15% reduction for products significantly above the target	January 2021	2027
	Bacon	<b>Sodium</b> 1005mg/100g OR 15% reduction for products significantly above the target		
	Frankfurters, saveloys and precooked sausages	<b>Sodium</b> 750mg/100g OR 15% reduction for products significantly above the target		

Ready Meals	Ready Meals	<b>Sodium</b> 250mg/100g OR 15% reduction for products significantly above the target	July 2020	2025
Sausages	Sausages (fresh)	<b>Sodium</b> 650mg/100g OR 15% reduction for products significantly above the target	January 2021	2027
Savoury Biscuits	Plain crackers	<b>Sodium</b> 600mg/100g OR 10% reduction for products significantly above the target	November 2022	2028
	Flavoured crackers, grain cakes	<b>Sodium</b> 720mg/100g OR 10% reduction for products significantly above the target		
	Plain rice, corn and other 'grain-cake' biscuits	<b>Sodium</b> 270mg/100g OR 10% reduction for products significantly above the target		
Savoury Snacks	Potato & other vegetable crisps	<b>Sodium</b> 500mg/100g OR 10% reduction for products significantly above target	July 2025	2030
	Extruded/pelleted snacks	<b>Sodium</b> 770mg/100g OR 10% reduction for products significantly above target		
	Sheeted/reformed snacks	<b>Sodium</b> 500mg/100g OR 10% reduction for products significantly above target		
	Salt and vinegar snacks	<b>Sodium</b> 740mg/100g OR 10% reduction for products significantly above target		
	Popcorn	<b>Sodium</b> 390mg/100g OR 10% reduction for products significantly above target <b>Total Sugar</b> 25g/100g OR 10% reduction for products significantly above target		
Savoury Pies	Mince/Steak	<b>Sodium</b> 400mg/100g <b>Saturated fat</b> 5g/100g	2012	2025
	Mince & cheese/steak & cheese	<b>Sodium</b> 400mg/100g <b>Saturated fat</b> 7g/100g		
Soups	All soups	<b>Sodium</b> 280mg/100g OR 10% reduction for products significantly over the target	October 2022	2027
Table Sauce	Tomato Sauce/Ketchup - Canned/glass packaging	<b>Sodium</b> 565mg/100g* OR 10% reduction for products significantly above target <b>Total Sugar</b> 20g/100g* OR 10% reduction for products significantly above target	July 2021	2028
	Tomato Sauce/Ketchup - Plastic packaging	<b>Sodium</b> 680mg/100g* OR 10% reduction for products significantly above target <b>Total Sugar</b> 23g/100g* OR 10% reduction for products significantly above target		
	* 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	<b>Total Sugar</b> 8.5g/100g OR 10% reduction for products significantly above the target	February 2024	2029
	Sweetened Plant-Based Yoghurt	<b>Total Sugar</b> 5g/100g OR 10% reduction for products significantly above the target		

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