

Heart Foundation Food Categories and Reformulation Targets - Summary

29 July 2021

This document provides a quick reference guide for the sodium, total sugar, and saturated fat reduction targets for each food category/sub-category.

Category	Sub-category (if any)	Nutrient Target (maximum)	Timeframe
Bread	Leavened bread	Sodium 380mg/100g	Targets reset August 2018; target review December 2022
	Unleavened bread	450mg/100g	
Breakfast Cereals	Breakfast cereals with fruit	Total Sugar 22.5g/100g OR at least a 10% reduction for products significantly above the target	Targets reset July 2021; target review June 2026
	Breakfast cereals without fruit	Total Sugar 20g/100g OR at least a 10% reduction for products significantly above the target	
	Plain puffed or flaked or extruded breakfast cereals	Sodium 450mg/100g OR at least 10% reduction for products significantly above the target	
	All other ready-to-eat cereals	Sodium 270mg/100g OR at least 10% reduction for products significantly above the target	
	Plain cereal biscuits	Sodium 300mg/100g OR at least 10% reduction for products significantly above the target	
Processed Meats	Ham	Sodium 1005mg/100g OR 15% reduction for products significantly above the target.	Targets reset January 2021; target review June 2024
	Bacon	1005mg/100g OR 15% reduction for products significantly above the target.	
	Frankfurters, saveloys and precooked sausages	750mg/100g OR 15% reduction for products significantly above targets.	
Sausages	Sausages (fresh)	Sodium 650mg/100g OR 15% reduction for products significantly above the target.	Targets reset January 2021; target review June 2024

Savoury Pies	Mince/Steak	Sodium 400mg/100g Saturated fat 5g/100g	Targets set 2012; Review tbc
	Mince & cheese/steak & cheese	Sodium 400mg/100g Saturated fat 7g/100g	
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	Potato & other vegetable crisps	Sodium 520mg/100g OR 15% reduction for products significantly above target	Targets reset 2019; target review May 2024.
	Extruded/pelleted snacks	770mg/100g OR 15% reduction for products significantly above target	
	Sheeted/reformed snacks	520mg/100g OR 15% reduction for products significantly above target	
	Popcorn	390mg/100g OR 15% reduction for products significantly above target	
	Salt and vinegar snacks	740mg/100g OR 15% reduction for products significantly above target	
	Popcorn	Total Sugar 25g/100g OR 15% reduction for products significantly above target	
Gravies & Sauces	Cooking sauces Pasta, Indian-style and other sauces which are a major characterising component of a meal	Sodium 380mg/100g OR 15% reduction for products significantly above 380mg/100g Total Sugar 5g/100g OR 15% reduction for products significantly above 5g/100g	Targets reset June 2018; target review June 2023
	Asian sauces	Sodium 680 mg/100g OR 15% reduction for products significantly above 680mg/100g. Total Sugar 20g/100g OR 15% reduction for products significantly above 20g/100g	
	Gravies & finishing sauces	Sodium A reduction in sodium across defined products to 450mg/100g OR 15% reduction for products that are significantly above 450mg/100ml.	Target set June 2020; target review June 2024

Powdered Meal Bases	Powdered Meal Bases	Sodium 5000mg/100g OR 15% reduction for products significantly above 5000mg/100g	Targets set December 2017; Target review December 2022
Edible Oil Spreads	Margarine/oil based spreads	Sodium 400mg/100g	Target set 2014; review tbc
Savoury Crackers	Plain crackers Flavoured crackers Rice crackers and corn crackers	Sodium 610mg/100g 800mg/100g 610mg/100g OR 20% reduction for products significantly above targets	Targets reset 2017; target review June 2022
Table Sauce	Tomato Sauce/Ketchup Canned/glass packaging	Sodium 565mg/100g* OR 10% reduction for products significantly above target Total Sugar 20g/100g* OR 10% reduction for products significantly above target	Targets set July 2021; target review June 2026
	Tomato Sauce/Ketchup Plastic packaging	Sodium 680mg/100g* OR 10% reduction for products significantly above target Total Sugar 23g/100g* OR 10% reduction for products significantly above target	
Beans in Sauce	Baked beans	Sodium 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	Targets set July 2021; target review June 2026
	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	
Canned Spaghetti	Canned Spaghetti	Sodium 300mg/100g OR 15% reduction for products significantly above the target Total Sugar 4.5g/100g OR 15% reduction for products significantly above the target	Targets set July 2021; target review June 2026

Cereal & Nut/Seed Bars	Cereal and Nut/Seed Bars	Total Sugar 25g/100g OR 15% reduction for products significantly above target	Target set May 2017; target review May 2022
Dairy Yoghurt & Dairy Foods	Dairy Yoghurt & Dairy Foods	Total Sugar 8.5g/100g OR 15% reduction for products significantly above 8.5g/100g	Target set February 2018; target review February 2023
Flavoured Dairy Milk	Flavoured Dairy Milk	Total Sugar 7.0g/100ml OR 10% reduction for products that are significantly above 7.0g/100ml	Target set April 2018; target review April 2023
Crumbed & Battered Proteins	Meat and Poultry Seafood	Sodium A reduction in sodium across defined products to 450mg/100g OR 15% reduction for products significantly over 450mg/100g A reduction in sodium across defined products to 270mg/100g OR 15% reduction for products significantly over 270mg/100g.	Target set December 2019; target review December 2023
Ready Meals	Ready Meals	Sodium 250mg/100g OR 15% reduction for products significantly over 250mg/100g.	Target set July 2020; Target review July 2024
Pizzas	Pizzas	Sodium A reduction in sodium across defined products to 450mg/100g OR 15% reduction for products that are significantly above 450mg/100g. Saturated fat A reduction in saturated fat across defined products to 4g/100g OR 15% reduction for products that are significantly above 4g/100g	Target set June 2020; target review June 2024

* **Tomato sauce/ketchup** - 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.

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