

## Tomato Based

Brand/ Retailer	Product Name	Range	Pack Size (g)	Portion size (g)	Sodium (g) per 100g	Sodium (g) per portion	Salt (g) per 100g	Salt (g) per portion
Napolina	Tomato & Basil	Standard/ Ambient	335	not provided	not provided	not provided	not provided	not provided
Napolina	Tomato & Chilli Sauce	Standard/ Ambient	335	not provided	not provided	not provided	not provided	not provided
Napolina	Tomato & Red Pepper Sauce	Standard/ Ambient	335	not provided	not provided	not provided	not provided	not provided
Jamie Oliver	Spicy Olive, Garlic and Tomato	Premium/ Ambient	350	175	1.2	2.12	3.0	5.3
Sainsbury's	Puttanesca	Standard/ Ambient	340	Not provided	0.8	not provided	2.0	not provided
Sainsbury's	Siciliana	Standard/ Ambient	340	Not provided	0.7	not provided	1.8	not provided
Jamie Oliver	Fiery Tomato and Chilli	Premium/ Ambient	350	175	0.7	1.2	1.7	3.0
Jamie Oliver	Red Onion & Rosemary	Premium/ Ambient	350	175	0.7	1.12	1.6	2.8
ASDA Extra Special	Sundried Tomato & Garlic	Premium/ Ambient	350	117	0.60	0.70	1.5	1.8
Jamie Oliver	Tomato & Basil Sauce	Premium/ Ambient	350	175	0.6	1.04	1.5	2.6
Loyd Grossman	Bolognese	Premium/ Ambient	425	not provided	0.6	not provided	1.5	not provided
Loyd Grossman	Tomato & Wild Mushroom	Premium/ Ambient	350	not provided	0.6	not provided	1.5	not provided
Loyd Grossman	Tomato and Chilli	Premium/ Ambient	350	not provided	0.6	not provided	1.5	not provided
Sainsbury's	Italian Sun dried Tomato & Balsamic Vinegar	Standard/ Ambient	150	75	0.6	not provided	1.5	not provided
Loyd Grossman	Tomato & Basil	Premium/ Ambient	350	not provided	0.5	not provided	1.3	not provided
Morrisons Bettabuy	Pasta Sauce	Economy/ Ambient	440	110	0.5	0.6	1.3	1.4

Tesco Finest	Tomato & Mushroom	Premium/ Ambient	340	85	0.5	0.44	1.3	1.1
Dolmio	Original Bolognese Light	Healthy/ Ambient	500	125	0.5	0.64	1.3	1.6
Dolmio	Extra Spicy Bolognese	Standard/ Ambient	500	125	0.5	0.56	1.3	1.4
Dolmio	Original Bolognese	Standard/ Ambient	500	125	0.5	0.56	1.3	1.4
Ragu	Bolognese Basil & Oregano	Standard/A mbient	500	125	0.49	0.62	1.23	1.54
Ragu	Onion & Roasted Garlic Pasta Sauce	Standard/ Ambient	500	125	0.49	0.62	1.23	1.54
Sacla Tricolore	Chilli & Garlic Pasta Sauce	Premium/ Ambient	300	not provided	0.5	not provided	1.2	not provided
Bertolli	Red Wine	Standard/ Ambient	400	133	0.46	0.61	1.15	1.53
Bertolli	Basil Sauce	Standard/ Ambient	400	133	0.44	0.6	1.10	1.5
Bertolli	Grilled Vegetables	Standard/ Ambient	400	133	0.42	0.56	1.05	1.40
Dolmio Organic	Bolognese	Organic/ Ambient	500	125	0.41	0.52	1.03	1.3
ASDA Extra Special	Bolognese	Premium/ Ambient	350	117	0.40	0.47	1.0	1.2
Co-operative Truly Irresistible	Sundried Tomato & Basil Pasta Sauce	Premium/ Ambient	340	113	0.4	0.4	1.0	1.1
Dolmio	Bolognese extra Mushroom	Standard/ Ambient	500	125	0.4	0.6	1.0	1.5
Dolmio	Chunky Mediterranean Vegetable Bolognese	Standard/ Ambient	500	125	0.4	0.56	1.0	1.4
Dolmio	Extra Chunky Sweet Pepper	Standard/ Ambient	500	125	0.4	0.56	1.0	1.4
Dolmio	Extra Winter Vegetables	Standard/ Ambient	500	125	0.4	0.52	1.0	1.3
Dolmio	Extra Onion and Garlic Bolognese	Standard/ Ambient	500	125	0.4	0.48	1.0	1.2
Dolmio Express	Spicy Italian Chilli Microwaveable Sauce	Standard/ Ambient	170	170	0.4	0.72	1.0	1.8

Gordon Ramsey Seriously Good	Bolognese & Red Wine	Standard/Ambient	350	not provided	0.4	not provided	1.0	not provided
Gordon Ramsey Seriously Good	Tomato Black Olive & Mixed Herb	Standard/Ambient	350	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Bolognese with Roasted Garlic	Premium/Ambient	660	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Primavera	Premium/Ambient	350	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Puttanesca	Premium/Ambient	350	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Sundried Tomato and Almond	Premium/Ambient	350	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Tomato & Chilli with Pine Nuts and Raisins	Premium/Ambient	350	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Tomato & Sweet Red Pepper	Premium/Ambient	350	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Tomato and Roasted Garlic	Premium/Ambient	350	not provided	0.4	not provided	1.0	not provided
Loyd Grossman	Bolognese with Mushroom	Premium/Ambient	660	not provided	0.4	not provided	1.0	not provided
Morrisons	Mushroom Pasta Sauce	Standard/Ambient	515	not provided	0.4	not provided	1.0	not provided
Morrisons	Vegetable Pasta Sauce	Standard/Ambient	510	not provided	0.4	not provided	1.0	not provided
Morrisons Organic	Tomato & Herb Pasta Sauce	Organic/Ambient	450	112.5	0.4	0.4	1	1
Morrisons The Best	Tomato & Basil Pasta Sauce	Premium/Ambient	350	100	0.4	0.4	1	1
Morrisons The Best	Tomato & Chilli Pasta Sauce	Premium/Ambient	350	100	0.4	0.4	1	1
Morrisons The Best	Tomato and Mixed Mushrooms with Porcini	Premium/Ambient	350	100	0.4	0.4	1	1
Sainsbury's	Tomato & Basil Pasta Sauce (Tetrapak)	Standard/Ambient	390	130	0.4	0.5	1.0	1.3
Sainsbury's	Italian Tomato & Garlic (Tetrapak)	Standard/Ambient	390	130	0.4	0.5	1	1.3
Sainsbury's Taste the Difference	Classic & Red Wine Pasta Sauce	Premium/Fresh	350	175	0.4	0.7	1	1.75

Seeds of Change	Bolognese	Organic/ Ambient	500	125	0.40	0.4	1.00	1.1
Bertolli	Mushroom Sauce	Standard/ Ambient	400	133	0.39	0.52	0.98	1.30
Sainsbury's Taste the Difference	Sundried Tomato & Balsamic Vinegar Pasta Dressing	Premium/ Fresh	250	83.3	0.39	0.32	0.98	0.81
Waitrose Essential	Tomato and Basil Sauce	Economy/ Ambient	340	Not provided	0.39	not provided	0.975	not provided
Waitrose Essential	Tomato & Chilli Pasta Sauce	Economy/ Ambient	340	Not provided	0.38	not provided	0.95	not provided
Waitrose Organic	Tomato & Roasted Garlic Sauce	Organic/ Fresh	350	175	0.38	0.67	0.95	1.66
Waitrose	Tomato and Chilli Sauce	Standard/ Fresh	350	175	0.37	0.65	0.93	1.62
Tesco	Arrabiata	Standard/ Fresh	350	175	0.3	0.6	0.9	1.5
Bertolli	Sun Dried Tomato	Standard/ Ambient	400	133	0.35	0.48	0.88	1.20
Waitrose	Mediterranean Vegetable Sauce	Standard/ Fresh	350	175	0.35	0.61	0.88	1.53
Marks & Spencer	Bolognese	Premium/ Ambient	340	170	0.34	not provided	0.85	not provided
Ragu	Red Wine & Herb Pasta Sauce	Standard/ Ambient	500	125	0.34	0.42	0.85	1.05
Seeds of Change	Mediterranean Vegetable	Organic/ Ambient	350	175	0.34	0.6	0.85	1.5
Seeds of Change	Roasted Pepper & Tomato	Organic/ Ambient	350	175	0.34	0.6	0.85	1.5
Seeds of Change	Tomato & Basil	Organic/ Ambient	500	125	0.34	0.4	0.85	1.1
Waitrose Essential	Tomato & Basil Sauce	Economy/ Fresh	350	175	0.34	0.60	0.85	1.49
Seeds of Change	Slow Roasted Garlic & Chilli	Organic/ Ambient	350	175	0.33	0.6	0.83	1.5
ASDA	Spicy Tomato Sauce	Standard/ Ambient	570	not provided	0.30	not provided	0.8	not provided
Dolmio Taste of Italy	Tuscany: Tomato & Chianti	Premium/ Ambient	350	175	0.32	0.56	0.8	1.4

Morrisons	Hot & Spicy Pasta Sauce	Standard/ Ambient	515	not provided	0.3	not provided	0.8	not provided
Morrisons	Onion & Garlic Pasta Sauce	Standard/ Ambient	515	not provided	0.3	not provided	0.8	not provided
Morrisons	Original Pasta Sauce	Standard/ Ambient	280	not provided	0.3	not provided	0.8	not provided
Morrisons	Original Pasta Sauce	Standard/ Ambient	515	not provided	0.3	not provided	0.8	not provided
Morrisons Eat Smart	Pasta Sauce	Healthy/ Ambient	500	125	0.3	0.4	0.8	1
Tesco Finest	Sundried Tomato, Garlic & Basil	Premium/ Ambient	340	185	0.3	not provided	0.8	not provided
Tesco Value	Pasta Sauce	Economy/ Ambient	440	110	0.3	0.3	0.8	0.8
Waitrose	Arrabiata	Standard/ Ambient	345	Not provided	0.31	not provided	0.775	not provided
Dolmio Express	Sun Ripened Tomato & Basil Microwaveable Sauce	Standard/ Ambient	170	170	0.3	0.56	0.8	1.4
Dolmio Taste of Italy	Sicily: Tomato & Garlic	Premium/ Ambient	350	175	0.3	0.6	0.8	1.5
Gordon Ramsey Seriously Good	Cherry Tomato & Balsamic	Standard/ Ambient	350	not provided	0.3	not provided	0.75	not provided
Seeds of Change	Tomato & Vegetable	Organic/ Ambient	500	125	0.3	0.32	0.75	0.8
Seeds of Change	Tomato & Sweet Pepper	Organic/ Ambient	500	125	0.3	0.32	0.75	0.8
Waitrose	Suga Alla Bolgnese	Standard/ Ambient	345	Not provided	0.30	not provided	0.75	not provided
Marks & Spencer	Arrabiata	Premium/ Ambient	340	170	0.29	not provided	0.73	not provided
ASDA	Bolognese	Standard/ Ambient	315	not provided	0.29	not provided	0.7	not provided
ASDA	Tomato & Garlic	Standard/ Ambient	315	not provided	0.27	not provided	0.7	not provided
ASDA	Tomato & Mushroom	Standard/ Ambient	315	not provided	0.27	not provided	0.7	not provided
ASDA Extra Special	Sundried Tomato & Basil Pasta Sauce	Premium/ Fresh	350	117	0.26	not provided	0.7	not provided

ASDA Smartprice	Bolognese	Economy/ Ambient	440	not provided	0.28	not provided	0.7	not provided
Bertolli	Chilli Sauce	Standard/ Ambient	400	133	0.28	0.37	0.70	0.93
Co-operative Truly Irresistible	Tomato & Olive Pasta Sauce	Premium/ Ambient	340	113	0.3	0.3	0.7	0.8
Marks & Spencer	Tomato & Garlic	Premium/ Ambient	340	170	0.28	not provided	0.70	not provided
Morrisons	Red Lasagne sauce	Standard/ Ambient	440	110	0.3	0.3	0.7	0.8
Morrisons	Tomato and Basil Sauce	Standard/ Ambient	220	55	0.3	0.1	0.7	0.3
Sainsbury's Basic	Tomato	Economy/ Ambient	440	110	0.3	0.3	0.7	0.7
Ragu	Traditional Bolognese	Standard/ Ambient	500	125	0.53	0.66	0.66	1.65
Ragu	Original Pasta Sauce	Standard/ Ambient	500	125	0.51	0.64	0.64	1.60
Marks & Spencer	Tomato & Basil Pasta Sauce	Premium/ Ambient	341	170	0.24	not provided	0.60	not provided
Morrisons Value	Tomato & Herb Pasta Sauce	Economy /Fresh	350	175	0.2	0.4	0.6	1
Tesco	Onion & Garlic Pasta Sauce	Standard/ Ambient	500	125	0.2	0.3	0.6	0.8
Tesco	Original Pasta Sauce	Standard/ Ambient	500	125	0.3	0.3	0.6	0.8
Tesco	Spicy Pepper Pasta Sauce	Standard/ Ambient	500	125	0.2	0.28	0.6	0.7
Tesco Finest	Cherry Tomato Sauce	Premium/ Fresh	350	175	0.2	0.4	0.6	1.1
Tesco Finest	Cherry Tomato and Chilli	Premium/ Ambient	340	85	0.2	0.2	0.6	0.5
Tesco Italian	Grilled Mediterranean Vegetable Sauce	Standard/ Fresh	350	175	0.2	0.4	0.6	1
Tesco Italian	Tomato Sauce	Standard/ Fresh	600	150	0.2	0.3	0.6	0.9
Trattonia Verdi	Tomato & Herb	Standard/ Ambient	500	125	0.3	0.3	0.6	0.8

Trattonia Verdi	Arrabiata	Standard/ Ambient	500	125	0.2	0.3	0.6	0.7
ASDA	Tomato & Chunky Vegetable	Standard/ Ambient	310	not provided	0.18	not provided	0.5	not provided
ASDA Smartprice	Tomato & Herb Pasta Sauce	Economy/ Fresh	350	not provided	0.19	not provided	0.5	not provided
Marks & Spencer	Puttanesca	Premium/ Ambient	340	170	0.20	not provided	0.50	not provided
Morrisons	Napoletana Pasta Sauce	Standard/ Fresh	350	175	0.2	0.4	0.5	1
Morrisons	Arrabiata Pasta Sauce	Standard/ Fresh	350	175	0.2	0.3	0.5	0.8
Morrisons	Bolognese Pasta Sauce	Standard/ Fresh	350	175	0.2	0.3	0.5	0.8
Morrisons Organic	Tomato & Basil Pasta Sauce	Organic/ Fresh	350	175	0.2	0.4	0.5	1
Sainsbury's	Tomato & Basil Sauce	Standard/ Fresh	350	175	0.2	0.35	0.5	0.88
Sainsbury's Organic	Pomodoro Sauce	Organic/ Fresh	350	175	0.2	0.35	0.5	0.9
Somerfield Healthy Choice	Pasta Sauce - Onion & Garlic	Healthy/ Ambient	505	126.3	0.21	0.27	0.50	0.7
Tesco	Mushroom Pasta Sauce	Standard/ Ambient	500	125	0.2	0.3	0.5	0.7
Tesco Finest	Puttanesca	Premium/ Ambient	340	85	0.2	0.2	0.5	0.5
Tesco Finest	Tomato & Chargrilled Vegetable	Premium/ Ambient	340	85	0.2	0.16	0.5	0.4
Tesco Organic	Arrabiata	Organic/ Ambient	440	110	0.2	0.24	0.5	0.6
Trattonia Verdi	Mushroom	Standard/ Ambient	500	125	0.2	0.3	0.5	0.7
Waitrose	Napoletana	Standard/ Ambient	555	Not provided	0.20	not provided	0.5	not provided
Morrisons Eat Smart	Roasted Veg pasta Sauce	Healthy/ Fresh	350	175	0.1	0.2	0.4	0.5
Tesco	Chunky Vegetable Pasta Sauce	Standard/ Ambient	500	125	0.2	0.2	0.4	0.5

Tesco Light Choices	Pasta Sauce	Healthy/ Ambient	500	125	0.2	0.2	0.4	0.5
Tesco Organic	Tomato & Basil Sauce	Organic/ Ambient	440	110	0.2	0.2	0.4	0.5
ASDA	Tomato & Basil	Standard/ Fresh	350	175	0.13	not provided	0.3	not provided
ASDA	Tomato & Chilli Sauce	Standard/ Fresh	350	175	0.12	not provided	0.3	not provided
ASDA	Spicy Tomato & Pepper Sauce	Standard/ Fresh	500	125	0.12	0.15	0.3	0.4
ASDA Good For You	Bolognese Pasta Sauce	Healthy/ Ambient	570	not provided	0.13	not provided	0.3	not provided
Co-operative Truly Irresistible	Tomato & Chilli Pasta Sauce	Premium/ Ambient	340	113	0.1	0.1	0.3	0.3
Sainsbury's	Mediterranean Vegetable Sauce	Standard/ Fresh	350	175	0.12	0.21	0.30	0.53
Somerfield	Tomato with Onion & Garlic Pasta Sauce	Standard/ Ambient	520	130	0.13	0.17	0.30	0.4
Sainsbury's	Spicy Tomato Sauce	Standard/ Fresh	350	175	0.11	0.19	0.28	0.48
Co-operative	Arrabiata Pasta Sauce	Standard/ Fresh	300	150	0.1	0.3	0.25	0.4
Weight Watchers	Napoletana	Healthy/ Fresh	300	150	0.06	not provided	0.15	not provided
Weight Watchers	Roasted Garlic Pasta Sauce	Healthy/ Ambient	350	175	0.05	0.08	0.1	0.2

# Carbonara

Brand/ Retailer	Product Name	Range	Pack Size (g)	Portion size (g)	Sodium (g) per 100g	Sodium (g) per portion	Salt (g) per 100g	Salt (g) per portion
Napolina	Carbonara	Standard/ Ambient	335	not provided	not provided	not provided	not provided	not provided
Dolmio Express	Creamy Carbonara Microwaveable Sauce	Standard/ Ambient	150	150	0.6	0.84	1.5	2.1
Waitrose	Fresh Carbonara	Standard/ Fresh	350	175	0.43	0.8	1.08	1.88
Marks & Spencer	Carbonara	Premium/ Ambient	340	170	0.41	not provided	1.03	not provided
Loyd Grossman	Carbonara with Pancetta	Premium/ Ambient	340	not provided	0.4	not provided	1.0	not provided
Somerfield	Carbonara	Standard/ Ambient	265	132.5	0.4	0.52	1.0	1.3
Tesco	Carbonara Sauce	Standard/ Ambient	310	155	0.3	0.5	0.9	1.3
ASDA Extra Special	Carbonara	Premium/ Fresh	350	175	0.30	not provided	0.8	not provided
Tesco	Carbonara Sauce	Standard/ Fresh	350	175	0.3	0.6	0.8	1.5
ASDA	Reduced Fat Carbonara	Standard/ Fresh	350	175	0.26	not provided	0.7	not provided
ASDA	Carbonara	Standard/ Ambient	310	not provided	0.28	not provided	0.7	not provided
Co-operative	Carbonara Pasta Sauce	Standard/ Ambient	335	167.5	0.3	0.5	0.7	1.2
ASDA	Carbonara	Standard/ Fresh	350	175	0.25	not provided	0.6	not provided
Morrisons	Creamy Carbonara Pasta Sauce	Standard/ Fresh	350	175	0.2	0.4	0.6	1
Sainsburys Italian	Carbonara	Standard/ Fresh	350	175	0.24	0.42	0.60	1.05
Sainsbury's Taste The Difference	Carbonara	Premium/ Fresh	350	175	0.23	0.40	0.57	1.01
Morrisons Eat Smart	Carbonara Pasta Sauce	Healthy/ Fresh	350	175	0.1	0.2	0.3	0.5

# Pesto

Brand/ Retailer	Product Name	Range	Pack Size (g)	Portion size (g)	Sodium (g) per 100g	Sodium (g) per portion	Salt (g) per 100g	Salt (g) per portion
Sainsbury's Taste the Difference	Pesto Alla Genovese	Premium/ Ambient	190	30	1.3	0.4	3.2	1.0
Jamie Oliver	Green Pesto	Premium/ Ambient	190	47.5	1.2	0.56	3.0	1.4
Sainsbury's	Green Pesto	Standard/ Ambient	190	47.5	1.2	not provided	3.0	not provided
Sacla	Classic Basil Pesto	Standard/ Ambient	190	not provided	1.1	not provided	2.8	not provided
Sacla Organic	Green Basil Pesto	Organic/ Ambient	190	not provided	1.0	not provided	2.5	not provided
Waitrose	Green Basil Pesto	Standard/ Ambient	190	Not provided	0.97	not provided	2.4	not provided
Sainsbury Good To Yourself	Green Pesto	Healthy/ Ambient	190	30	0.95	0.28	2.38	0.71
Waitrose	Pesto Alla Genovese	Standard/ Ambient	190	Not provided	0.78	not provided	2.0	not provided
Co-operative	Green Pesto	Standard/ Fresh	150	50	0.7	0.3	1.7	0.8
Tesco	Green Pesto	Standard/ Fresh	150	50	0.7	0.4	1.7	0.9
Waitrose	Green Basil Pesto	Standard/ Fresh	145	72.5	0.65	0.40	1.63	1.18
Marks & Spencer	Green Pesto	Premium/ Ambient	190	not provided	0.60	not provided	1.50	not provided
ASDA	Green Pesto	Standard/ Ambient	190	not provided	0.57	not provided	1.4	not provided
Morrisons	Green Pesto	Standard/ Ambient	190	47.5	0.5	0.2	1.3	0.5
ASDA	Reduced Fat Green Pesto	Standard/ Ambient	190	not provided	0.43	not provided	1.1	not provided
Marks & Spencer	Pesto Alla Genovese	Premium/ Ambient	190	not provided	0.41	not provided	1.0	not provided

## Stir Through Sauces

Brand/ Retailer	Product Name	Range	Pack Size (g)	Portion size (g)	Sodium (g) per 100g	Sodium (g) per portion	Salt (g) per 100g	Salt (g) per portion
Sacla	Spicy Tomato & Pepper Stir Through Sauce	Standard/ Ambient	190	95	0.8	not provided	2.0	not provided
Sacla	Sundried Tomato & Garlic Stir Through Sauce	Standard/ Ambient	190	95	0.7	not provided	1.8	not provided
Sacla	Tomato & Olive Stir Through	Standard/ Ambient	190	95	0.7	not provided	1.8	not provided
Dolmio Stir In	Sundried Tomato	Standard/ Ambient	150	75	0.61	0.48	1.55	1.2
Dolmio Stir In	Sundried Tomato (light)	Healthy/ Ambient	150	75	0.61	0.48	1.55	1.2
Seeds of Change	Roasted Red Pepper Stir Through	Organic/ Ambient	200	100	0.6	not provided	1.50	not provided
Dolmio Stir In	Slow Roasted Garlic & Tomato	Standard/ Ambient	150	75	0.56	0.4	1.42	1.0
Dolmio Stir In	Roasted Vegetable	Standard/ Ambient	150	75	0.55	0.40	1.40	1.0
Dolmio Stir In	Creamy Carbonara	Standard/ Ambient	150	75	0.52	0.4	1.32	1.0
Dolmio Stir In	Cherry Tomato & Pesto	Standard/ Ambient	150	75	0.5	0.36	1.3	0.9
Dolmio Stir In	Spicy Tomato & Sweet Onion	Standard/ Ambient	150	75	0.5	0.36	1.3	0.9
Seeds of Change	Sundried Tomato & Basil Stir In	Organic/ Ambient	200	not provided	0.5	not provided	1.25	not provided
Dolmio Stir In	Sweet Pepper	Standard/ Ambient	150	75	0.49	0.36	1.24	0.9
Sacla	Oven Roasted Tomato & Rocket Stir Through	Standard/ Ambient	190	95	0.4	not provided	1.0	not provided

Data was collected in store and online in October 2009. Data in the press release was rechecked 5-6<sup>th</sup> November 2009.