



International Products Survey

1. Full product list - by Brand

Full key at foot of page

Worst by portion

Best by portion

Country	Retailer/ Brand	Product name	Portion size (g)	Sodium (g) per portion	Sodium (g) per 100g	Salt (g) per portion	Salt (g) per 100g	Date data obtained	Notes
	Burger King	Bacon double cheeseburger or equivalent							
Brazil	Burger King	Bacon double cheeseburger or equivalent	204	-1.288	-0.631	3.220	1.578	07/15/09	Cheeseburger Duplo con Bacon
Australia	Hungry Jacks	Bacon double cheeseburger or equivalent	Not provided	1.226	0.498	3.065	1.245	04/09/09	Known as Hungry Jack's, Bacon Delux
Canada	Burger King	Bacon double cheeseburger or equivalent	208	1.170	0.563	2.925	1.406	04/09/09	
Italy	Burger King	Bacon double cheeseburger or equivalent	190	1.1312	0.5954	2.8280	1.4884	04/09/09	
United States	Burger King	Bacon double cheeseburger or equivalent	191	1.110	0.581	2.775	1.453	06/17/09	BK Double Stacker
Austria	Burger King	Bacon double cheeseburger or equivalent	191	1.068	0.559	2.669	1.398	04/09/09	
United Kingdom	Burger King	Bacon double cheeseburger or equivalent	160	-0.837	-0.523	2.093	1.308	07/15/09	
	Burger King	Double Whopper							
Brazil	Burger King	Double Whopper	372	-1.300	-0.349	3.250	0.874	04/09/09	without mayonnaise
Australia	Hungry Jacks	Double Whopper	Not provided	1.153	0.321	2.883	0.803	04/09/09	Known as Hungry Jack's
United States	Burger King	Double Whopper	374	1.090	0.291	2.725	0.729	06/17/09	Double Whopper sandwich
New Zealand	Burger King	Double Whopper	367	1.088	0.296	2.720	0.741	04/09/09	
Germany	Burger King	Double Whopper	355	1.010	0.285	2.525	0.713	04/09/09	
Canada	Burger King	Double Whopper	373	0.980	0.263	2.450	0.657	04/09/09	
Austria	Burger King	Double Whopper	355	0.976	0.275	2.441	0.688	04/09/09	
Netherlands	Burger King	Double Whopper	355	0.975	0.275	2.438	0.688	04/09/09	
United Kingdom	Burger King	Double Whopper	355	0.875	0.246	2.188	0.615	07/15/09	
Italy	Burger King	Double Whopper	355	-0.8193	-0.2308	2.0483	-0.5770	04/09/09	
	Burger King	Onion rings							
Canada	Burger King	Onion rings	91	-0.620	-0.681	1.550	1.703	04/09/09	
Italy	Burger King	Onion rings	104	0.572	0.550	1.430	1.375	04/09/09	
Brazil	Burger King	Onion rings	91	0.570	0.626	1.425	1.566	04/09/09	
United States	Burger King	Onion rings	91	0.490	0.538	1.225	1.346	06/17/09	
New Zealand	Burger King	Onion rings	91	0.482	0.530	1.205	1.324	04/09/09	
Australia	Hungry Jacks	Onion rings	Not provided	0.475	0.505	1.188	1.263	04/09/09	Known as Hungry Jack's
Japan	Burger King	Onion rings	43	0.2172	0.6051	0.5430	1.2628	04/09/09	
United Kingdom	Burger King	Onion rings	126	-0.200	-0.159	0.500	-0.398	07/15/09	
	Kelloggs	All bran or All bran plus or equivalent							
Canada	Kelloggs	All bran	36	-0.310	-0.861	0.775	2.153	07/15/09	36g
Mexico	Kelloggs	All bran	40	0.340	0.850	0.850	2.125	07/01/09	40g plus 125ml milk
Middle East	Kelloggs	All bran	30	0.3	0.8	0.8	2.0	07/01/09	30 g plus 125ml milk
Spain	Kelloggs	All bran	Not provided	Not provided	0.700	Not provided	1.750	07/01/09	
Italy	Kelloggs	All bran	40	0.3	0.6	0.75	1.55	07/01/09	30g plus 125ml milk
Norway	Kelloggs	All bran	Not provided	Not provided	0.50	Not provided	1.30	07/01/09	
Sweden	Kelloggs	All bran	Not provided	Not provided	0.50	Not provided	1.30	07/01/09	
France	Kelloggs	All bran	30	0.2	0.5	0.55	1.30	07/01/09	30 g plus 125ml milk
Netherlands	Kelloggs	All bran	30	0.15	0.5	0.39	1.30	07/01/09	
United Kingdom	Kelloggs	All bran	Not provided	0.2	0.45	0.5	1.13	07/15/09	
Australia	Kelloggs	All bran	45	0.228	0.380	0.570	0.950	07/01/09	45g plus 125ml milk
New Zealand	Kelloggs	All bran	45	0.228	0.380	0.570	0.950	07/01/09	45g plus 125ml milk
Argentina	Kelloggs	All bran	40	0.120	0.300	0.300	0.750	07/01/09	
Brazil	Kelloggs	All bran	40	0.120	0.300	0.300	0.750	07/01/09	30g plus 125ml milk
Chile	Kelloggs	All bran	40	0.120	0.300	0.300	0.750	07/01/09	
United States	Kelloggs	All bran	31	-0.080	-0.258	0.200	0.645	07/15/09	31g
	Kelloggs	Cornflakes or equivalent							

Country	Retailer/ Brand	Product name	Portion size (g)	Sodium (g) per portion	Sodium (g) per 100g	Salt (g) per portion	Salt (g) per 100g	Date data obtained	Notes
Greece	Kelloggs	Cornflakes	Not provided	0.20	Not provided	0.5	Not provided	04/16/09	
Middle East	Kelloggs	Cornflakes	30	0.4	1.1	1.0	2.8	05/17/09	30 g plus 125ml milk
Argentina	Kelloggs	Cornflakes	30	0.330	1.100	0.825	2.750	04/16/09	
Brazil	Kelloggs	Cornflakes	30	0.330	1.100	0.825	2.750	04/16/09	
Chile	Kelloggs	Cornflakes	30	0.330	1.100	0.825	2.750	04/16/09	
South Africa	Kelloggs	Cornflakes	40	0.359	0.898	0.898	2.245	04/16/09	
Canada	Kelloggs	Cornflakes	30	0.220	0.733	0.550	1.833	04/16/09	
Netherlands	Kelloggs	Cornflakes	30	0.22	0.72	0.54	1.80	04/16/09	30 g plus 125ml milk
Denmark	Kelloggs	Cornflakes	Not provided	Not provided	0.7	Not provided	1.8	04/16/09	
Finland	Kelloggs	Cornflakes	Not provided	Not provided	0.7	Not provided	1.8	04/16/09	
Norway	Kelloggs	Cornflakes	Not provided	Not provided	0.7	Not provided	1.8	04/16/09	
Sweden	Kelloggs	Cornflakes	Not provided	Not provided	0.7	Not provided	1.8	04/16/09	
France	Kelloggs	Cornflakes	30	0.25	0.7	0.7	1.8	04/16/09	30 g plus 125ml milk
Italy	Kelloggs	Cornflakes	30	0.3	0.7	0.70	1.8	07/15/09	30 g plus 125ml milk
Belgium	Kelloggs	Cornflakes	30	0.21	0.7	0.54	1.8	04/16/09	
Luxemburg	Kelloggs	Cornflakes	30	0.21	0.7	0.54	1.8	04/16/09	
Australia	Kelloggs	Cornflakes	30	0.273	0.720	0.683	1.800	04/16/09	30 g plus 125ml milk
New Zealand	Kelloggs	Cornflakes	30	0.273	0.720	0.683	1.800	04/16/09	30 g plus 125ml milk
Germany	Kelloggs	Cornflakes	Not provided	Not provided	0.7	Not provided	1.8	04/16/09	
United Kingdom	Kelloggs	Cornflakes	Not provided	0.2	0.7	0.5	1.8	07/15/09	
United States	Kelloggs	Cornflakes	28	0.200	0.714	0.500	1.786	06/17/09	28g
Spain	Kelloggs	Cornflakes	Not provided	Not provided	0.700	Not provided	1.750	07/15/09	
	Kelloggs	Crunchy nut cornflakes							
Greece	Kelloggs	Crunchy nut cornflakes	Not provided	0.14	Not provided	0.35	Not provided	04/16/09	
Middle East	Kelloggs	Crunchy nut cornflakes	30	0.3	0.7	0.8	1.8	04/16/09	Honey Nut cornflakes, 30 g plus 125ml milk
South Africa	Kelloggs	Crunchy nut cornflakes	40	0.265	0.663	0.663	1.658	04/16/09	30g plus 125ml milk
Australia	Kelloggs	Crunchy nut cornflakes	30	0.198	0.470	0.495	1.175	04/16/09	30 g plus 125ml milk
New Zealand	Kelloggs	Crunchy nut cornflakes	30	0.198	0.470	0.495	1.175	04/16/09	30 g plus 125ml milk
United Kingdom	Kelloggs	Crunchy nut cornflakes	Not provided	0.1	0.45	0.3	1.13	07/15/09	
Germany	Kelloggs	Crunchy nut cornflakes	Not provided	Not provided	0.45	Not provided	1.13	04/16/09	
Italy	Kelloggs	Crunchy nut cornflakes	Not provided	Not provided	0.45	Not provided	1.13	04/16/09	
	Kelloggs	Special K or equivalent							
Greece	Kelloggs	Special K	Not provided	0.1	Not provided	0.3	Not provided	04/16/09	
Canada	Kelloggs	Special K	29	0.270	0.931	0.675	2.328	04/16/09	29g
Mexico	Kelloggs	Special K	30	0.260	0.867	0.650	2.167	04/16/09	30g plus 125ml milk
United States	Kelloggs	Special K	31	0.220	0.710	0.550	1.774	06/17/09	31g
Middle East	Kelloggs	Special K	30	0.3	0.7	0.8	1.8	04/16/09	30g plus 125ml milk
Chile	Kelloggs	Special K	30	0.200	0.660	0.500	1.650	04/16/09	30g plus 125ml milk
Argentina	Kelloggs	Special K	30	0.198	0.660	0.495	1.650	04/16/09	
South Africa	Kelloggs	Special K	40	0.260	0.650	0.650	1.625	04/16/09	
Australia	Kelloggs	Special K	30	0.218	0.536	0.545	1.340	04/16/09	30g plus 125ml milk
New Zealand	Kelloggs	Special K	30	0.218	0.536	0.545	1.340	04/16/09	30g plus 125ml milk
France	Kelloggs	Special K	30	0.2	0.45	0.5	1.15	04/16/09	30g plus 125ml milk
Italy	Kelloggs	Special K	30	0.20	0.45	0.50	1.15	04/16/09	30g plus 125ml milk
Belgium	Kelloggs	Special K	30	0.14	0.45	0.34	1.15	04/16/09	
Luxemburg	Kelloggs	Special K	30	0.14	0.45	0.34	1.15	04/16/09	
Norway	Kelloggs	Special K	30	0.14	0.45	0.34	1.15	05/06/09	
Netherlands	Kelloggs	Special K	30	0.14	0.45	0.34	1.13	04/16/09	30g plus 125ml milk
United Kingdom	Kelloggs	Special K	Not provided	0.1	0.45	0.3	1.13	07/15/09	
Germany	Kelloggs	Special K	Not provided	Not provided	0.45	Not provided	1.13	04/16/09	
Spain	Kelloggs	Special K	Not provided	Not provided	0.450	Not provided	1.125	04/16/09	
Turkey	Kelloggs	Special K	30	0.2	0.4	0.5	1	04/16/09	30g plus 125ml milk

Country	Retailer/ Brand	Product name	Portion size (g)	Sodium (g) per portion	Sodium (g) per 100g	Salt (g) per portion	Salt (g) per 100g	Date data obtained	Notes
	KFC	Fillet burger or equivalent							
New Zealand	KFC	Fillet burger or equivalent	196	1.4797	0.7549	3.6993	1.8874	04/15/09	Original Fillet burger
Canada	KFC	Fillet burger or equivalent	235	1.250	0.532	3.125	1.330	04/15/09	Grilled chicken sandwich
France	KFC	Fillet burger or equivalent	226	1.2	0.5	3.1	1.5	04/15/09	Colonel's Fillet
United States	KFC	Fillet burger or equivalent	215	1.230	0.572	3.075	1.430	06/17/09	Fillet Sandwich
United Kingdom	KFC	Fillet burger or equivalent	Not provided	1.2	Not provided	3.1	Not provided	07/15/09	
Bangladesh	KFC	Fillet burger or equivalent	182	0.970	0.533	2.425	1.333	04/15/09	
Australia	KFC	Fillet burger or equivalent	184	0.969	0.527	2.423	1.318	07/15/09	Original burger
Malaysia	KFC	Fillet burger or equivalent	115	0.38	0.33	0.95	0.83	04/15/09	O.R Fillet Burger
	KFC	Popcorn chicken or equivalent							
Canada	KFC	Popcorn chicken	142	1.290	0.908	3.225	2.271	04/15/09	
United States	KFC	Popcorn chicken	116	1.160	1.000	2.900	2.500	06/17/09	Individual
New Zealand	KFC	Popcorn chicken	150	1.1538	0.7692	2.8845	1.9230	04/15/09	regular
United Kingdom	KFC	Popcorn chicken	Not provided	0.8	Not provided	1.9	Not provided	07/15/09	Regular
Australia	KFC	Popcorn chicken	135	0.818	0.606	2.045	1.515	04/15/09	
Malaysia	KFC	Popcorn chicken	120	0.67	0.56	1.68	1.40	04/15/09	
	KFC	Twister or equivalent							
Canada	KFC	Twister or equivalent	229	1.440	0.629	3.600	1.572	04/15/09	
United States	KFC	Twister or equivalent	235	1.430	0.609	3.575	1.521	06/17/09	Crispy Twister with OR strip
United Kingdom	KFC	Twister or equivalent	Not provided	1.4	Not provided	3.4	Not provided	07/15/09	Toasted Twister
Australia	KFC	Twister or equivalent	230	1.200	0.522	3.000	1.305	04/15/09	
France	KFC	Twister or equivalent	273	1.2	0.6	2.9	1.4	04/15/09	
New Zealand	KFC	Twister or equivalent	240	0.9900	0.4125	2.4750	1.0313	04/15/09	With pepper mayo dressing
Malaysia	KFC	Twister or equivalent	120	0.81	0.68	2.03	1.69	04/15/09	Toasted Twister
	McDonald's	Big Mac or equivalent							
Guatemala	McDonald's	Big Mac	216	1.090	0.505	2.725	1.262	07/15/09	
Malaysia	McDonald's	Big Mac	214	1.1	0.5	2.7	1.3	04/09/09	
New Zealand	McDonald's	Big Mac	Not provided	1.080	0.536	2.700	1.340	04/09/09	
Mexico	McDonald's	Big Mac	219	1.050	0.479	2.625	1.199	04/09/09	
United States	McDonald's	Big Mac	214	1.040	Not provided	2.600	Not provided	06/17/09	
Canada	McDonald's	Big Mac	209	1.020	0.488	2.550	1.220	04/09/09	
Singapore	McDonald's	Big Mac	Not provided	0.970	Not provided	2.425	Not provided	04/09/09	
Australia	McDonald's	Big Mac	Not provided	0.960	0.478	2.400	1.195	04/09/09	
Austria	McDonald's	Big Mac	219	0.9	0.4	2.3	1.1	04/09/09	
Azerbaijan	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Belgium	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Denmark	McDonald's	Big Mac	221	0.9	0.4	2.3	1.0	04/09/09	
Finland	McDonald's	Big Mac	221	0.9	0.4	2.3	1.0	04/09/09	
France	McDonald's	Big Mac	Not provided	0.9	0.4	2.3	1.0	04/09/09	
Germany	McDonald's	Big Mac	Not provided	0.9	0.4	2.3	1.0	04/09/09	
Hungary	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Italy	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Netherlands	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Norway	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Poland	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Portugal	McDonald's	Big Mac	221	0.9	0.4	2.3	1.0	04/09/09	
Slovakia	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Slovenia	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Spain	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Sweden	McDonald's	Big Mac	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Ukraine	McDonald's	Big Mac	Not provided	0.9	0.4	2.3	1.1	04/09/09	
Ireland	McDonald's	Big Mac	Not provided	0.8	Not provided	2.1	Not provided	04/09/09	

Country	Retailer/ Brand	Product name	Portion size (g)	Sodium (g) per portion	Sodium (g) per 100g	Salt (g) per portion	Salt (g) per 100g	Date data obtained	Notes
Turkey	McDonald's	Big Mac	Not provided	0.840	Not provided	2.100	Not provided	04/09/09	
United Kingdom	McDonald's	Big Mac	Not provided	0.8	Not provided	2.1	1	07/15/09	
Cyprus	McDonald's	Big Mac	Not provided	0.8	Not provided	2.0	Not provided	07/15/09	
	McDonald's	Fillet Fish or equivalent							
France	McDonald's	Fillet Fish or equivalent	Not provided	0.8	0.4	2	1.1	04/09/09	Royal-o-fish
Canada	McDonald's	Fillet Fish or equivalent	140	0.730	0.521	1.825	1.304	04/09/09	
Belgium	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.8	Not provided	04/09/09	
Sweden	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.8	Not provided	04/09/09	
Austria	McDonald's	Fillet Fish or equivalent	143	0.7	0.5	1.7	1.2	04/09/09	
Azerbaijan	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Denmark	McDonald's	Fillet Fish or equivalent	150	0.7	0.5	1.7	1.1	04/09/09	
Finland	McDonald's	Fillet Fish or equivalent	147	0.7	0.5	1.7	1.2	04/09/09	
Germany	McDonald's	Fillet Fish or equivalent	Not provided	0.7	0.4	1.7	1.1	04/09/09	
Hungary	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Ireland	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Italy	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Netherlands	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Norway	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Poland	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Portugal	McDonald's	Fillet Fish or equivalent	150	0.7	0.5	1.7	1.1	04/09/09	
Slovakia	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Slovenia	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Spain	McDonald's	Fillet Fish or equivalent	Not provided	0.7	Not provided	1.7	Not provided	04/09/09	
Ukraine	McDonald's	Fillet Fish or equivalent	Not provided	0.7	0.5	1.7	1.3	04/09/09	
United Kingdom	McDonald's	Fillet Fish or equivalent	Not provided	0.7	0.4	1.7	1.1	07/15/09	
Singapore	McDonald's	Fillet Fish or equivalent	Not provided	0.670	Not provided	1.675	Not provided	04/09/09	
New Zealand	McDonald's	Fillet Fish or equivalent	Not provided	0.647	0.483	1.618	1.208	04/09/09	
Cyprus	McDonald's	Fillet Fish or equivalent	Not provided	0.6	Not provided	1.6	Not provided	04/09/09	
United States	McDonald's	Fillet Fish or equivalent	142	0.640	Not provided	1.600	Not provided	06/17/09	
Malaysia	McDonald's	Fillet Fish or equivalent	132	0.6	0.5	1.5	1.1	04/09/09	
Australia	McDonald's	Fillet Fish or equivalent	Not provided	0.572	0.446	1.430	1.115	04/09/09	
	McDonald's	McChicken Sandwich or equivalent							
Norway	McDonald's	McChicken Sandwich	Not provided	1.2	Not provided	3.1	Not provided	04/09/09	
Poland	McDonald's	McChicken Sandwich	Not provided	1.2	Not provided	3	Not provided	04/09/09	
Guatemala	McDonald's	McChicken Sandwich	234	1.180	0.504	2.950	1.261	04/09/09	
Turkey	McDonald's	McChicken Sandwich	Not provided	1.150	Not provided	2.875	Not provided	04/09/09	
Finland	McDonald's	McChicken Sandwich	193	1.1	0.6	2.8	1.5	04/09/09	
New Zealand	McDonald's	McChicken Sandwich	Not provided	1.080	0.623	2.700	1.558	04/09/09	
Hungary	McDonald's	McChicken Sandwich	Not provided	1.0	Not provided	2.6	Not provided	04/09/09	
Slovakia	McDonald's	McChicken Sandwich	Not provided	1.0	Not provided	2.6	Not provided	04/09/09	
Belgium	McDonald's	McChicken Sandwich	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Italy	McDonald's	McChicken Sandwich	Not provided	0.9	Not provided	2.3	Not provided	04/09/09	
Austria	McDonald's	McChicken Sandwich	187	0.9	0.5	2.2	1.2	04/09/09	
France	McDonald's	McChicken Sandwich	Not provided	0.9	0.5	2.2	1.2	04/09/09	
Germany	McDonald's	McChicken Sandwich	Not provided	0.9	0.5	2.2	1.2	04/09/09	
Slovenia	McDonald's	McChicken Sandwich	Not provided	0.9	Not provided	2.2	Not provided	04/09/09	
Azerbaijan	McDonald's	McChicken Sandwich	Not provided	0.8	Not provided	2.1	Not provided	04/09/09	
Denmark	McDonald's	McChicken Sandwich	195	0.8	0.4	2.1	1.1	04/09/09	
Ukraine	McDonald's	McChicken Sandwich	Not provided	0.8	Not provided	2.1	Not provided	04/09/09	
Mexico	McDonald's	McChicken Sandwich	147	0.830	0.565	2.075	1.412	04/09/09	
United States	McDonald's	McChicken Sandwich	143	0.830	Not provided	2.075	Not provided	06/17/09	
Cyprus	McDonald's	McChicken Sandwich	Not provided	0.8	Not provided	2.0	Not provided	04/09/09	

Country	Retailer/ Brand	Product name	Portion size (g)	Sodium (g) per portion	Sodium (g) per 100g	Salt (g) per portion	Salt (g) per 100g	Date data obtained	Notes
Netherlands	McDonald's	McChicken Sandwich	Not provided	0.8	Not provided	2	Not provided	04/09/09	
Portugal	McDonald's	McChicken Sandwich	181	0.8	0.44	2	1.10	04/09/09	
Spain	McDonald's	McChicken Sandwich	Not provided	0.8	Not provided	2	Not provided	04/09/09	
Canada	McDonald's	McChicken Sandwich	173	0.790	0.457	1.975	1.142	04/09/09	
Sweden	McDonald's	McChicken Sandwich	Not provided	0.8	Not provided	1.9	Not provided	04/09/09	
Australia	McDonald's	McChicken Sandwich	Not provided	0.706	0.379	1.765	0.948	04/09/09	
Ireland	McDonald's	McChicken Sandwich	Not provided	0.6	Not provided	1.6	Not provided	04/09/09	
Malaysia	McDonald's	McChicken Sandwich	155	0.6	0.4	1.6	1.0	04/09/09	
United Kingdom	McDonald's	McChicken Sandwich or equivalent	Not provided	0.6	0.4	1.6	0.9	07/15/09	
	McDonald's	Sausage McMuffin with egg or equivalent							
Singapore	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.990	Not provided	2.475	Not provided	04/09/09	
Canada	McDonald's	Sausage McMuffin with egg or equivalent	159	0.980	0.616	2.450	1.541	04/09/09	
Turkey	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.961	Not provided	2.403	Not provided	04/09/09	
Hungary	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	1.0	Not provided	2.4	Not provided	04/09/09	Bacon & Egg McMuffin
United States	McDonald's	Sausage McMuffin with egg or equivalent	162	0.920	Not provided	2.300	Not provided	06/17/09	
Guatemala	McDonald's	Sausage McMuffin with egg or equivalent	162	0.890	0.549	2.225	1.373	04/09/09	
Sweden	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.8	Not provided	2.1	Not provided	04/09/09	
Germany	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.8	0.4	1.9	1.0	04/09/09	
Ireland	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.8	Not provided	1.9	Not provided	04/09/09	
Slovakia	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.8	Not provided	1.9	Not provided	04/09/09	
Spain	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.8	Not provided	1.9	Not provided	04/09/09	
United Kingdom	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.8	0.44	1.9	1.1	07/15/09	
Malaysia	McDonald's	Sausage McMuffin with egg or equivalent	181	0.7	0.4	1.8	0.99	04/09/09	
Australia	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.692	0.476	1.730	1.190	04/09/09	Bacon McMuffin with egg
Netherlands	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.6	Not provided	1.5	Not provided	04/09/09	Bacon & egg
Austria	McDonald's	Sausage McMuffin with egg or equivalent	149	0.5	0.4	1.3	0.9	04/09/09	Bacon & egg
France	McDonald's	Sausage McMuffin with egg or equivalent	Not provided	0.5	0.4	1.3	0.9	04/09/09	Bacon & Egg McMuffin
	Nestle	Fitness & Fruits or equivalent							
Mexico	Nestle	Fitness & Fruits or equivalent	40	0.252	Not provided	0.630	Not provided	04/16/09	40g plus 125ml milk
Panama	Nestle	Fitness & Fruits or equivalent	40	0.252	Not provided	0.630	Not provided	04/16/09	40g plus 125ml milk
Chile	Nestle	Fitness & Fruits or equivalent	40	0.258	Not provided	0.645	Not provided	04/16/09	30g plus 125ml milk
Poland	Nestle	Fitness & Fruits or equivalent	40	0.2	Not provided	0.4	Not provided	04/16/09	30g
Germany	Nestle	Fitness & Fruits or equivalent	40	0.2	Not provided	0.4	Not provided	04/24/09	40g plus 125ml milk
Spain	Nestle	Fitness & Fruits or equivalent	40	0.2	Not provided	0.4	Not provided	04/25/09	40g
Russia	Nestle	Fitness & Fruits or equivalent	30	0.2	0.6	0.5	1.5	04/16/09	30g plus 125ml milk
Austria	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/16/09	40g plus 125ml milk
Belgium	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/17/09	40g plus 125ml milk
Finland	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/18/09	40g plus 125ml milk
France	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/19/09	40g plus 125ml milk
Greece	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/20/09	40g plus 125ml milk
Italy	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/21/09	40g plus 125ml milk
Portugal	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/22/09	40g plus 125ml milk
Romania	Nestle	Fitness & Fruits or equivalent	40	0.2	0.4	0.5	1.0	04/23/09	40g plus 125ml milk
	Nestle	Fitness or equivalent							
Mexico	Nestle	Fitness or equivalent	30	0.258	Not provided	0.645	Not provided	07/15/09	30g plus 125ml milk
Panama	Nestle	Fitness or equivalent	30	0.258	Not provided	0.645	Not provided	07/15/09	30g plus 125ml milk
Chile	Nestle	Fitness or equivalent	30	0.258	Not provided	0.645	Not provided	04/16/09	30g plus 125ml milk
Brazil	Nestle	Fitness or equivalent	30	0.235	Not provided	0.588	Not provided	04/16/09	30g plus 125ml milk
Spain	Nestle	Fitness or equivalent	30	0.2	Not provided	0.4	Not provided	04/18/09	
Colombia	Nestle	Fitness or equivalent	30	0.250	0.834	0.626	2.085	04/16/09	
Russia	Nestle	Fitness or equivalent	30	0.3	0.8	0.8	2.0	07/15/09	30g plus 125ml milk
Germany	Nestle	Fitness or equivalent	30	0.2	0.5	0.4	1.3	04/16/09	30g

Country	Retailer/ Brand	Product name	Portion size (g)	Sodium (g) per portion	Sodium (g) per 100g	Salt (g) per portion	Salt (g) per 100g	Date data obtained	Notes
Poland	Nestle	Fitness or equivalent	30	0.2	0.5	0.4	1.3	04/17/09	30g
Switzerland	Nestle	Fitness or equivalent	30	0.2	0.5	0.4	1.3	04/19/09	30g
Austria	Nestle	Fitness or equivalent	30	0.2	0.5	0.5	1.3	04/21/09	30g plus 125ml milk
Belgium	Nestle	Fitness or equivalent	30	0.2	0.5	0.5	1.3	04/22/09	
Portugal	Nestle	Fitness or equivalent	30	0.2	0.5	0.5	1.3	04/26/09	30g plus 125ml milk
Romania	Nestle	Fitness or equivalent	30	0.2	0.5	0.5	1.3	04/27/09	30g plus 125ml milk
France	Nestle	Fitness or equivalent	30	0.2	0.5	0.5	1.3	04/23/09	30g plus 125ml milk
Finland	Nestle	Fitness or equivalent	30	0.2	0.5	0.5	1.3	04/24/09	30g plus 125ml milk
Italy	Nestle	Fitness or equivalent	30	0.2	0.5	0.5	1.3	04/25/09	30g plus 125ml milk
	Subway	Ham 6-inch sandwich or equivalent							
United States	Subway	Ham 6-inch sandwich	224	1.260	0.563	3.150	1.406	06/17/09	
New Zealand	Subway	Ham 6-inch sandwich	221	1.240	0.561	3.100	1.403	04/15/09	
United Kingdom	Subway	Ham 6-inch sandwich	226	1.2	0.5	3.1	1.3	07/15/09	
Singapore	Subway	Ham 6-inch sandwich	216	1.104	0.511	2.760	1.278	04/15/09	
Canada	Subway	Ham 6-inch sandwich	224	1.060	0.473	2.650	1.183	04/15/09	
Australia	Subway	Ham 6-inch sandwich	211	0.979	0.464	2.448	1.160	04/15/09	
Finland	Subway	Ham 6-inch sandwich	224	0.7	0.3	1.8	0.8	04/15/09	
	Subway	Subway Club 6-inch sandwich or equivalent							
United Kingdom	Subway	Subway Club 6-inch sandwich	259	1.5	0.6	3.7	1.4	07/15/09	
United States	Subway	Subway Club 6-inch sandwich	257	1.290	0.502	3.225	1.255	06/17/09	
Singapore	Subway	Subway Club 6-inch sandwich	230	1.111	0.483	2.778	1.208	04/15/09	
Canada	Subway	Subway Club 6-inch sandwich	238	1.110	0.466	2.775	1.166	04/15/09	
New Zealand	Subway	Subway Club 6-inch sandwich	220	1.070	0.486	2.675	1.216	04/15/09	
Australia	Subway	Subway Club 6-inch sandwich	218	0.924	0.424	2.310	1.060	04/15/09	
Finland	Subway	Subway Club 6-inch sandwich or equivalent	238	0.8	0.3	2.0	0.8	07/15/09	

KEY (Hidden - column 'L')

- 1 Salt calculated from sodium multiplied by 2.5
- 2 Sodium calculated from salt divided by 2.5
- 3 values per 100g calculated from values per portion divided by portion size multiplied by 100

Worst by portion

Best by portion

Caveats

All data collected from Manufacturers' own websites (date data collected is hidden in column 'J')
Where portion sizes vary for cereals (Kelloggs), we have used 100g salt for comparison
Some cereal values include additional milk
Included are the products and equivalent products within countries for which we could locate information via websites
Products are those stated or their equivalents, as stated in the 'notes' section.
Products translated from native language to UK

Criteria for selection

- must operate within at least 3 regions incl. UK (for ease of analysis/accessibility of information)
- must have at least one widely consumed product
- must have at least one product/product equivalent that is comparable across countries
- must have nutritional information available on website/customer helpline
- local variations are avoided where possible for international relevance

1. World Health Organisation Technical Report Series 916: Diet, Nutrition and the Prevention of Chronic Diseases (2003)