

Assessing the catering sector's commitment to salt reduction

2015 – Children's meals



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Executive Summary

We are all eating too much salt, increasing our risk of suffering from heart attacks and stroke¹. The maximum recommended salt target is 6g of salt per adult per day, and even less for children², but most people in the UK exceed this with average intakes currently around 8.1g per day for adults. Average salt intakes in children also exceeded the SACN recommendations for each age group except for young girls aged 7 to 10 years³. It is widely accepted that reducing one's salt intake can lower blood pressure, a major risk factor of cardiovascular disease. The Department of Health estimates that reducing salt intakes by just 1g - a pinch of salt - would avoid 4,147 premature deaths and save the NHS £288 million every year⁴.

Food consumed out of home makes a significant contribution to our daily diets, with an estimated 1 in 6 meals being eaten out. It is also often saltier than similar foods sold at retail⁵. Whilst you have complete control in how much salt you add to freshly prepared meals, it is harder to eat less salt when eating food prepared by other people. Therefore, chefs and the catering sector have a huge role to play in helping consumers to reduce their salt intake so as to meet the 6g a day population target. We aim to raise awareness among chefs and catering staff of the importance for health of reducing the salt in foods, and promote behaviour changes through kitchen practices and ingredient selection.

In 2013 we carried out a report looking at the commitment made by some popular celebrity chef, restaurant and fast food chains in the country⁶. Following on from the latest set of salt targets announced by the Department of Health in 2014, and to tie in with the focus for Salt Awareness Week 2015, this report will look at progress made by some members of the out of home sector, paying particular attention to the salt content found in children's meals.

Our Assessment

Action taken by the catering sector is the key to reducing salt in food eaten out of the home. In our research we looked at 23 well-known restaurant chain and quick service restaurants all children's meals, to assess the steps they have taken to reduce salt. Each business was measured against 3 key categories:

1. **Commitment to action**
2. **Helping consumers make healthy choices**
3. **Salt content of their children's meals**

Our report highlights that although some good examples exist, on the whole consumers are being let down by the inconsistent approach to reducing salt, with some companies making progress in one or two areas, but less in others. There are no 'gold standard' companies, with progress needed across the board. In comparison to previous reports, companies appear to be doing much better in their children's dishes, with nearly two thirds of those surveyed already meeting the Department of Health's maximum per serve target for children (1.8g/serving). Nevertheless children are eating far too much salt and therefore every effort should be made to reduce salt levels even further.

Among the restaurant chains, J D Wetherspoons stood out for demonstrating strong will, committing to the Food Standards Agency and signing up to the Department of Health's 2017 Salt Reduction Pledge and the second Salt Catering Pledge (Reformulation), however over a third of their meals were still considered high in salt and further commitment to the latest out of home maximum per serve targets was lacking. Other restaurants are indeed showing commitment to salt reduction, including Harvester, Jamie's Italian,

¹ <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

² https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/338782/SACN_Salt_and_Health_report.pdf

³ https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/310995/NDNS_Y1_to_4_UK_report.pdf

⁴ <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

⁵ <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

⁶ <http://www.actiononsalt.org.uk/news/surveys/2015/Children's%20Out%20of%20Home%20Survey/150107.html>

Beefeater and Pizza Express. In contrast, there are many restaurants that have yet to make any commitment to salt reduction, including Giraffe, Leon, TGI Friday, Wagamama & Zizzi.

Recommendations

Consensus Action on Salt and Health recommends the following list of actions for the out of home catering sector:

Priority actions for the restaurant sector

- Commit to the Responsibility Deal Salt Reduction and Salt Catering Pledges
- Provide nutritional labelling online and in-store
- Remove salt shakers from tables
- Provide low salt soy sauce at the table instead of standard soy sauce

More than half of people find restaurant meals too salty, and that two thirds think chefs should add less salt when they cook the meal. Our assessment looked at the children's meals, but it is very important that action is taken across the entire menu in all restaurants, including the many smaller restaurants and takeaway outlets. Overall, the pace of salt reduction needs to be increased dramatically, and further pressure exerted from the Department of Health; failing that, legislation must be enforced.

Introduction and background

The Department of Health estimates that reducing salt intakes by just 1g - a pinch of salt - would avoid 4,147 premature deaths and save the NHS £288 million every year⁷. Reducing salt intake can lower blood pressure in just 4 weeks, which in turn reduces the risk of hypertension and stroke. Unfortunately we are all eating too much salt, with average intakes estimated to be 8.1g per day, a third more than the maximum recommended salt target of 6g of salt per day for an adult.

In 2006, the Food Standards Agency (FSA) began a salt reduction programme to bring people in line with government guidelines for salt. At the time, average intakes were nearly two thirds greater than maximum recommendations (9.5g vs 6g/day). They embarked upon a multifaceted approach to reducing salt, setting salt targets for over 80 categories of food for food industry to voluntarily adhere to within an agreed period of time, a public awareness campaign around the 6g a day target and clearer labelling on food packaging. In 2008 responsibility for nutrition was then transferred to the Department of Health under the new coalition government, and the Public Health Responsibility Deal was created, fearing a loss of momentum. Salt reduction however remained a public health priority under the Responsibility deal, with new and updated salt reduction targets set in 2014 with a pledge to meet them by 2017⁸.

The UK is considered world leaders in salt reduction, with average intakes now 15% lower than in 2001 (9.5g/day vs. 8.1g/day as of 2011). Reformulation carried out by the food industry over the last decade has been key in salt reduction success, however unfortunately most of the efforts have been made solely in the supermarket and retail sectors, with very little input from the out of home division. For too long the out of home sector was left out of the salt reduction strategy, and as a result progress in this area has been lacking. Food consumed out of the home makes a significant contribution to our daily diets, with an estimated 1 in 6 meals being eaten out of the home. It is also often saltier than similar foods sold at retail⁹. While these foods remain high in salt our taste buds are unable to fully adjust to lower salt food; this sector is therefore acting as a hindrance to further reductions being made in foods sold in supermarkets. Previous CASH surveys on the salt content of food consumed out of the home have highlighted the large variations in salt levels and scope to make significant reductions.

To try and rectify this, the Department of Health issued a series of Salt Catering Pledges under the Responsibility Deal, which focus on training and kitchen practice, reformulation and procurement and work in conjunction with each other and in support of the 2017 salt reduction pledge.

The Department of Health has stated that, whilst great efforts to use less salt have been made by retailers and manufacturers who have signed up to the Department of Health's salt reduction pledge, chefs' preference for saltier foods and a culture which places a strong emphasis on salt as a flavour enhancer is preventing further progress.

In 2014, a new pledge for caterers was issued, with maximum per serving salt targets for 10 of the most popular meals, as well as a children's meal limit of 1.8g salt per dish¹⁰. Children have a large role to play in society, and mistakes made at a young age could have ramifications for the future. This can be seen in the rising levels of obesity seen across the world, where poor dietary habits and lifestyles have resulted in 1 in 3 children being overweight in the UK and 1 in 5 being obese¹¹. These children, without proper care and assistance will go on to develop many diseases associated with obesity, including cardiovascular disease and type 2 diabetes. With that said, we now live in a world where it is thought that parents will outlive their children - it is therefore vitally important that we

⁷ <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

⁸ <https://responsibilitydeal.dh.gov.uk/pledges/pledge/?pl=49>

⁹ <http://responsibilitydeal.dh.gov.uk/2012/07/27/f5-factsheet/>

¹⁰ <https://responsibilitydeal.dh.gov.uk/pledges/pledge/?pl=50>

¹¹ <http://adc.bmj.com/content/100/3/214>

give children the best start in life, with a healthy and nutritious diet low in salt. Children need less than 1g salt a day to stay healthy, and this can easily be obtained from a normal, healthy and varied diet.

Table 1. Maximum salt intakes recommended by the Scientific Advisory Committee on Nutrition (SACN):

Age	Maximum Salt Intake
0-6 months	<1g/day
6-12 months	1g/day
1-3 years	2g/day
4-6 years	3g/day
7-10 years	5g/day
11 years	6g/day

However, like many of us, they often exceed the recommended maximum daily limit. This is because a lot of their salt intake (75%) comes predominantly from processed foods and foods consumed out of the home. This has been highlighted on many occasions, with awareness for healthier products lower in salt increasing each year. In fact, a recent report by Nielson¹² found that salt and sugar were amongst the biggest health priorities impacting consumer purchases.

For our 16th National Salt Awareness Week (16-22nd March 2015), supported by twenty-one national health charities including the British Heart Foundation, British Dietetic Association, Stroke Association and Diabetes UK, CASH have conducted a survey of popular family friendly restaurant, pubs, café and fast food chains to assess their commitment to this important public health policy.

Our research

This report assesses how far family friendly restaurant chains and quick service restaurants have responded to public health calls to reduce salt. The evidence for our assessments comes from a variety of sources: information on company websites, including nutritional labelling; information provided directly by companies; information provided on the Food Standard Agency website; information provided on the Department of Health Public Health Responsibility Deal website; direct analysis of meals brought from restaurants, and direct visits to establishments to identify practices in relation to the salt labelling and the presence of salt shakers on tables.

Each business was measured against 3 key categories:

1. Commitment to action
2. Helping consumers make healthy choices
3. Salt content of their children's meals

1. Commitment to action

Our research has shown that 90% of people believe chefs should take an interest in the nation's health, and that 70% think chefs should be more responsible for helping consumers to eat less salt.

¹² <http://www.nielsen.com/content/dam/nielsen-global/kr/docs/global-report/2014/Nielsen%20Global%20Snacking%20Report%20September%202014.pdf>

Food Standards Agency's Healthy Catering Commitment

We assessed the involvement of these companies in the previous government's salt reduction initiative under the Food Standards Agency (FSA). The FSA website continues to display this information.

- Each company scored one point if they had committed to reduce salt in the food they serve.

Department of Health's Responsibility Deal

The current coalition government's Public Health Responsibility Deal has focused on salt reduction in six parts:

- Salt reduction 2012 – now closed
- Salt reduction 2017
- Three Salt Catering Pledges – Training and Kitchen practice, reformulation and procurement.
- Out of Home Maximum per Serve Salt Targets

We sought to find out if the companies have signed up to these pledges.

NB Those signing Salt Reduction 2017 are, by default, also signing the Catering Salt Sub-Pledge 3.

- Companies received one point for each pledge they have committed to.

2. Helping consumers make healthy choices

Our research has shown that 64% would like to see salt levels indicated on menus when eating out. When asked how restaurants and cafes can help consumers to eat less salt, almost a fifth said it would help if salt shakers were removed from the tables.

Nutritional labelling

We investigated whether the companies displayed nutritional labelling, particularly salt labelling in the restaurant or online.

- Companies received one point if salt content is displayed in the restaurant and one point if displayed online.

Salt shakers

We also wanted to identify the companies that did not provide salt shakers on the table for their customers.

- Companies that did not provide salt shakers, only upon request, received one point.

3. Salt content of meals

Our research has shown that that more than half of people find restaurant meals too salty, and that two thirds said chefs should add less salt when they cook the meal.

For those without nutrition labelling: Many of the restaurant chains (Giraffe, Brewer's Fayre, Loch Fyne, TGI Friday) did not provide the salt content of food they serve in their restaurants or online. We therefore selected seven popular family friendly restaurant chains (with children's menu options) to analyse. We ordered three different meals from the kid's menu and had the salt content analysed by a certified Public Analyst. We calculated an average for salt content in the meals analysed and identified the highest and lowest salt containing meal. Subsequently, we identified if the average salt content for each restaurant exceeded the Out of Home Maximum per serve target for salt in children's dishes (1.8g/day):

- If the highest meal, the lowest meal or the average salt content of all the meals surveyed fell below the children's salt target (1.8g/day), a point each respectively would be given.

NB: Due to limited resources, we were not able to assess every meal from every restaurant. We recognise that this is a small sample and there is huge variation in restaurant cooking practices of different chefs; however this is an accurate reflection of three meals that three random children would have consumed had they eaten at that restaurant on that day. A list is provided in the Appendix [A] of the restaurant chains that we could not assess in the report because they did not provide salt content of the food they serve in their



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restaurants or online.

For those with nutrition labelling: Many of the chain companies display salt content levels of the food they serve on their website. We calculated the average salt content in the main meals from the full menu for each restaurant, café and fast food chain. Subsequently, we identified if the average salt content for each restaurant exceeded the Out of Home Maximum per serve target for salt in children's dishes (1.8g/day):

- If the highest meal, the lowest meal of the average salt content of all the meals surveyed fell within the children's salt target (1.8g/day), a point each respectively would be given.



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Companies included in the survey

Restaurant chains

ASK Italian
Beefeater
Bella Italia
Brewer's Fayre
Giraffe
Harvester
Hungry Horse
J D Wetherspoons
Jamie's Italian
Loch Fyne Seafood & Grill
Nando's
Pizza Express
Pizza Hut
TGI Friday's
Wagamama
Zizzi

Quick Service Restaurants

Burger King
EAT.
KFC
Leon
McDonald's
Pret A Manger
Subway

Results

Restaurant chains

Overall Score

Restaurant chains	Overall Ranking/16
J D Wetherspoons	1
Harvester	2
Jamie's Italian	3
Beefeater	3
Pizza Express	3
Brewer's Fayre	6
Hungry Horse	6
Bella Italia	6
ASK Italian	9
Pizza Hut	9
Zizzi	9
Giraffe	12
Nando's	12
TGI Friday	12
Wagamama	12
Loch Fyne Seafood & Grill	16

J D Wetherspoons stood out among the restaurant chains for demonstrating strong will by committing to the FSA, signing up to the latest Salt Reduction 2017 Pledge and the second Salt Catering Pledge, however their meals were still comparatively high in salt for children, with over a third containing more than 1.8g per serving. In contrast, Loch Fyne Seafood & Grill scored the least amount of points because they have not shown any public commitment to reduce salt since the 2012 pledge, or to help their customers make informed healthy choices by providing labelling. They also produced some of the highest salt containing dishes within this category.

Commitment to action

Restaurant chains	FSA Healthy Catering Commitment	Salt Reduction Pledge 2012	Salt Reduction Pledge 2017	Out of Home Maximum per Serve Targets	Salt Catering Pledge		
					F5a	F5b	F5c
ASK Italian	0	0	0	0	0	0	0
Beefeater	1	1	0	0	0	0	0
Bella Italia	1	1	1	0	0	0	1
Brewer's Fayre	1	1	0	0	0	0	0
Giraffe	0	0	0	0	0	0	0
Harvester	1	0	0	0	1	1	0
Hungry Horse	0	1	0	0	0	0	0
J D Wetherspoons	1	1	1	0	0	1	1
Jamie's Italian	0	0	0	1	0	0	1
Loch Fyne Seafood & Grill	0	1	0	0	0	0	0
Nando's	1	0	0	0	0	0	0
Pizza Express	1	1	0	0	0	0	0
Pizza Hut	1	0	0	0	0	0	0
TGI Friday	0	0	0	0	0	0	0
Wagamama	0	0	0	0	0	0	0
Zizzi	0	0	0	0	0	0	0

Initial interest from the catering industry was promising under the Food Standards Agency (FSA), with nearly 50% of the restaurants surveyed in this report having shown commitment to salt reduction through their Healthy Catering Commitment scheme. This is

however in stark contrast to the number of catering establishments signed up to current targets under the Responsibility Deal - only Bella Italia, J D Wetherspoons and Jamie Oliver have signed up to either Salt Reduction 2017 or the Out of Home Maximum per Serve targets. Nando's and Pizza Hut had also worked with the FSA but have since failed to show any sign of commitment. Since the introduction of the three Salt Catering Pledges in June 2012, only J D Wetherspoons and Harvester have committed to reformulate products. In contrast, ASK Italian, Giraffe, TGI Friday, Wagamama and Zizzi have yet to show any commitment whatsoever.

Helping consumers make healthy choices

Restaurant chains	Salt labelling		Salt shakers
	In store	Online	
ASK Italian	0	1	0
Beefeater	0	1	0
Bella Italia	0	0	0
Brewer's Fayre	0	0	0
Giraffe	0	0	0
Harvester	0	1	0
Hungry Horse	0	1	0
J D Wetherspoons	1	1	0
Jamie's Italian	0	0	0
Loch Fyne Seafood & Grill	0	0	0
Nando's	0	1	0
Pizza Express	0	1	1
Pizza Hut	0	1	0
TGI Friday	0	0	0
Wagamama	0	1	0
Zizzi	0	1	0

Many more restaurants are now beginning to display full nutritional information online, including salt, which is encouraging to see. We found that nearly two thirds of restaurants assessed in this report included salt labelling online. But only J D Wetherspoons provides salt labelling brochures in the restaurants. ASK Italian, Jamie's Italian and Zizzi's did not have nutritional information online or in store, however information was made available to us upon request. We found that the majority of restaurants offered salt shakers on the table with some stating that in doing so they are giving customers a choice of whether or not to add salt to their food. Wagamama provided both regular and reduced-salt soy sauce on their tables.

Salt content of their food

Restaurant chains	Salt content		
	Average	Highest	Lowest
ASK Italian	1	0	1
Beefeater	1	0	1
Bella Italia	0	0	0
Brewer's Fayre	1	0	1
Giraffe	1	1	1
Harvester	1	0	1
Hungry Horse	1	0	1
J D Wetherspoons	1	0	1
Jamie's Italian	1	1	1
Leon	1	1	1
Loch Fyne Seafood & Grill	0	0	0

Nando's	0	0	1
Pizza Express	0	0	1
Pizza Hut	0	0	1
TGI Friday	1	0	1
Wagamama	1	0	1
Zizzi	1	0	1

Bella Italia, Brewer's Fayre, Giraffe, Loch Fyne Seafood & Grill and TGI Friday did not have salt labelling on their website and did not provide them upon request. Therefore, we ordered three main meals at random from their kid's menu and analysed the salt content of these dishes. All the meals analysed at Bella Italia and Loch Fyne Seafood & Grill were high in salt, though lower salt options may be available. Also, all the restaurant chains assessed had at least one meal that is high in salt, except for Giraffe & Jamie's Italian. On average, Jamie's Italian served the lowest salt dishes, followed by Wagamama & Zizzi.

Examples of main meals in restaurant chains with the highest salt content

- Hungry Horse Pic 'n' Mix Large Ham (2 slices) with Mashed Potato & Baked Beans – **4.24g**
- Loch Fyne Seafood & Grill Bangers & Mash with Gravy – **4.04g**
- Beefeater Mr Noisy's Bangers and Mash with Peas & Gravy– **3.9g**
- Bella Italia Piccolo menu - Pizza Dog - no sauce with Cheesy Garlic Bread– **3.71g**
- Hungry Horse Pic 'n' Mix Large Chicken Nuggets (8) with Mashed Potato & Baked Beans– **3.28g**
- Hungry Horse Show Stoppers - Chicken Wrap Roast Chicken Breast – **3.28g**

Examples of main meals in restaurant chains with the lowest salt content

- Harvester Bigger Appetites - Crunchy Battered Fish with Rice & Green Beans – **0.19g**
- J D Wetherspoons Spaghetti Bolognese, Beef sauce, Vegetables & Herbs– **0.20g**
- Harvester Bigger Appetites - Grilled Salmon with Rice and Green Beans– **0.24g**
- Hungry Horse Pic 'n' Mix Small Roast Chicken Breast (half) with Baby Potatoes & Peas– **0.35g**
- Jamie's Italian Chicken Lollipops - with Lemony Yogurt, Crunchy Mixed Seeds & Baked Crinkle Cut Wedges – **0.38g**
- Giraffe Sunny Schnitzel & Salad with Baby Jacket Potato Wedges – **0.39g**

Quick Service Restaurants

Overall Score

Fast food restaurants	Overall Ranking/7
Subway	1
KFC	2
Pret A Manger	2
EAT.	4
McDonalds	4
Leon	6
Burger King	7

Subway stood out among the quick service restaurants for demonstrating strong will by showing initial commitment through the FSA and continuing to do so through the latest Salt Reduction 2017 Pledge. They are also part of the Responsibility Deal Salt Catering Pledge and provide nutritional labelling online and in store. In contrast, Burger King scored the least points for failing to commit to any salt reduction strategy since the FSA's Healthy Catering Commitments, despite calls from CASH in 2013.

Commitment to action

Fast food restaurants	FSA Healthy Catering Commitment	Salt Reduction Pledge 2012	Salt Reduction Pledge 2017	Out of Home Maximum per Serve Targets	Salt Catering Pledge		
					F5a	F5b	F5c
Burger King	1	0	0	0	0	0	
EAT.	1	1	1	0	0	0	
KFC	1	0	0	0	1	1	
Leon	0	0	0	0	0	0	
McDonalds	1	0	0	0	0	1	
Pret A Manger	1	1	1	0	0	1	
Subway	1	1	1	1	0	1	

Whilst all quick service restaurants showed initial interest in salt reduction through the FSA's Healthy Catering Commitment (apart from Leon, who are a relatively new chain) once responsibility for nutrition moved to the Department of Health, all momentum appeared to be lost, with little sign of public commitment. The only exceptions being Subway, EAT. and Pret A Manger, who have continued to pledge to reduce salt in their food through the 2017 targets, as well as the maximum per serve targets. Only three companies have signed up to parts of the Salt Catering Pledge;

- KFC has signed up to the Salt Catering Pledge on training and kitchen practice, and reformulation (F5a and F5b)
- McDonald's has committed to the procurement pledge (F5c)
- Pret A Manger has signed up to Reformulation (F5b).

Helping consumers make healthy choices

Fast food restaurants	Salt labelling		Salt shakers
	In store	Online	
Burger King	0	1	1
EAT.	0	1	1
KFC	0	1	1
Leon	0	1	1
McDonalds	1	1	1
Pret A Manger	0	1	1
Subway	1	1	1

All of the fast food restaurants provide nutritional labelling, including salt labelling online; only McDonald's and Subway provide this information in store. Thankfully, none of the fast food restaurants assessed provided salt shakers on the table. Disappointingly, Burger King only declares the sodium of content in their dishes and not salt, which causes confusion amongst the general public.

Salt content of their food

Fast food restaurants	Salt content		
	Average	Highest	Lowest
Burger King	0	0	0
EAT.	1	1	1
KFC	1	1	1
Leon	1	1	1
McDonalds	1	0	1
Pret A Manger	1	0	1
Subway	1	1	1

On average, a higher proportion of children's meals served at Subway and Leon were lower in salt and a higher proportion of meals served at Burger King were found to be high in salt. All the restaurants, except Burger King, had at least one meal that is lower in salt i.e. below 1.8g/portion. In fact, whilst carrying out our survey, more up to date figures were issued on their website, which found some dishes to now to be higher in salt than previously. Reasons for this are unknown but should be reviewed and reduced.

Examples of main meals in fast food restaurant chains with the highest salt content

- Burger King Kid's Veggie Bean Burger with small fries – **4.64g**
- Burger King Kid's Chicken Burger with small fries – **3.02g**
- Burger King Kid's Cheeseburger with small fries – **2.73g**
- Burger King Chicken Nuggets (4 pieces) includes dip with small fries – **2.63g**
- Burger King Kid's Hamburger with small fries – **2.20g**

Examples of main meals in fast food restaurant chains with the lowest salt content

- McDonald's Happy Meal - Chicken Nuggets (4) with Carrot Sticks – **0.42g**
- Subway Kids' Pak - Veggie Delight 4" Sub (9 grain wheatbread with lettuce, tomatoes, green pepper, onion, cucumber) – **0.5g**
- McDonald's Happy Meal – Fish Fingers with Carrot Sticks – **0.77g**
- KFC Kids' Popcorn Chicken Meal (Popcorn Chicken, corn cobette) – **0.78g**
- McDonald's Happy Meal – Chicken Nuggets (4) with Small French Fries – **0.78g**
- Leon Chicken Rice Box with Tomato Sauce – **0.8g**

Summary

Our report unfortunately highlights a continued lack of progress taking place within the out of home sector, with little change in public commitment. Despite calls for change in our 2013 report, it is evident that very little has been done in the catering sector. All restaurants lag behind on commitment to the Responsibility Deal Pledges, highlighting a need for stronger implementation by the Department of Health. Salt values surveyed in these children's meals appear to be lower than one would find in an adult menu, which highlights one of two things; if a child's dish can be made with less salt, then why can't an adults, and that the values are still unacceptably high for a child, raising their blood pressure and putting them at increased risk of suffering from heart failure and stroke. Dietary habits in childhood can influence eating patterns later in life; salt should therefore not be given to children as this could lead to a 'salt addiction' - a preference for salt throughout their lifetime.

As seen in our previous report, quick service restaurants are making more progress than restaurant chains; all provide nutritional labelling online allowing those more organised customers to find out what is in their food. Some provide nutritional information in store and none of them provided salt shakers on the tables. Fortunately, access to salt information has significantly improved in restaurant chains, with many now displaying this information online, but there are still some that do not have this information. We ask that all companies display this information, so that customers can make a more informed choice. Nevertheless, there was no gold standard, with many still providing at least one meal unacceptably high in salt.

What was most disappointing is that despite it being a year since the launch of the Department of Health's Maximum per Serve Salt Targets, very few companies have signed up. Reasons for this are uncertain, but what is clear is that further pressures need to be made immediately before all momentum is lost. The Government must now stand up against the industry and take the health of our nation more seriously. More effective sanctions must be made for companies that are not responding to the targets, with companies named and shamed if they are not doing enough. Where the Responsibility Deal fails, then legislation should be used.

We all need to stand up to the catering sector and ask for:





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Recommendations

Priority actions for restaurants:

- **Commit to the Responsibility Deal Salt Reduction, Out of Home Maximum per Serving and Salt Catering Pledges:** Popular family-friendly restaurant chains need to set an example to the rest of the catering sector by committing to support government initiatives in salt reduction and publicly commit to salt reduction. Those signed up to the 2017 salt reduction targets need to ensure that they maintain the momentum behind salt reduction by supporting further reduction targets across product categories. These companies should demonstrate their commitment to reducing salt through training their staff, changing kitchen practices, reformulating and procurement.
- **Provide nutritional labelling, or healthier options:** Restaurant chains which provide standardised meals throughout all their restaurants should provide nutritional labelling, including salt content, both in-store and online.
- **Remove salt shakers from tables:** Readily accessible salt shakers encourage consumers to add more salt at the table. Salt shakers should only be available upon request.

Salt Awareness Week is supported by the following national health charities:





Appendix [A]

Restaurant chains and cafés with children's menus that we could not assess in the report because they did not provide salt content of the food they serve in the restaurant or online.

All Bar One
Belgo
Bill's
Byron
Café Rouge
Carluccio's
Chiquito
Frankie & Benny's
Garfunkels
Gourmet Burger Kitchen
Harry Ramsden's
IKEA Restaurants
La Tasca
Las Iguanas
Prezzo
Real Greek
Slug & Lettuce
Strada
Wahaca

Appendix [B] - OOH Children's Meals Survey 2015 - Full Data

Data Correct as of 12th March 2015

Data table sorted by highest salt per serving

Product information was collected online, direct from manufacturers or analysed via a certified public analyst.

See CASH website for further information:

www.actiononsalt.org.uk

*Meals analysed at Kent Scientific Services by Public Analyst

Jon Griffin, 8 Abbey Wood Road, Kings Hill. Kent. ME 194YT

N.B. Where menus provide an option of sides, the highest and lowest salt combinations were included in the data.

These are depicted under title name as (HIGH) and (LOW)

Restaurant	Meal	Portion Weight (g)	Salt / serving (g)	Salt/ 100g	Meets Max OOH salt target? 1.8g	% Max Upper Limit for 1-3yo (2g/day)	% Max Upper Limit for 4-6yo (3g/day)
Burger King	Kid's Veggie Bean Burger with small fries (HIGH)	184	4.64	2.52	No	232%	155%
Hungry Horse	Pic 'n' Mix Large Ham (2 slices) with mashed potato & baked beans (HIGH)	np	4.24	np	No	212%	141%
Loch Fyne Seafood & Grill*	Bangers & Mash with Gravy	293	4.04	1.38	No	202%	135%
Beefeater	Mr Noisy's Bangers and Mash with peas & gravy	np	3.90	np	No	195%	130%
Bella Italia*	Piccolo menu - Pizza Dog - no sauce with Cheesy garlic bread	307	3.71	0.70	No	186%	124%
Burger King	Kid's Veggie Bean Burger with apple fries (LOW)	184	3.50	1.90	No	175%	117%
Hungry Horse	Pic 'n' Mix Large Chicken Nuggets (8) with mashed potato & baked beans (HIGH)	np	3.28	np	No	164%	109%
Hungry Horse	Show Stoppers - Chicken Wrap - roast chicken breast	np	3.28	np	No	164%	109%
J D Wetherspoons	Chicken breast nuggets with chips & baked beans	np	3.20	np	No	160%	107%
Nando's	Nandinos - Veggie Strips with chips & garlic bread (HIGH)	np	3.10	np	No	155%	103%
Hungry Horse	Show Stoppers - Chicken Wrap - crispy chicken strips	np	3.04	np	No	152%	101%
Hungry Horse	Pic 'n' Mix Large Ham (2 slices) with baby potatoes & peas (LOW)	np	3.03	np	No	152%	101%
Hungry Horse	Show Stoppers - Salad with sliced ham (salad topping)	np	3.02	np	No	151%	101%
Burger King	Kid's Chicken Burger with small fries (HIGH)	118	3.02	2.56	No	151%	101%
Harvester	Bigger Appetites - Veggie Sausages with Yorkie & Veggie Gravy with garlic bread and baked beans (HIGH)	np	2.87	np	No	144%	96%
Hungry Horse	Pic 'n' Mix Small Ham (1 slice) with mashed potato & baked beans (HIGH)	np	2.74	np	No	137%	91%
Burger King	Kid's Cheeseburger with small fries (HIGH)	105	2.73	2.60	No	136%	91%
Loch Fyne Seafood & Grill*	Crunchy Haddock Goujons with French fries n mushy peas	305	2.68	0.88	No	134%	89%
Harvester	Bigger Appetites - Build your own chicken wrap with garlic bread and baked beans (HIGH)	np	2.65	np	No	133%	88%
Burger King	Chicken Nuggets (4 pieces) includes dip with small fries (HIGH)	95	2.63	2.76	No	131%	88%
J D Wetherspoons	Wiltshire Cured Ham, fried free range egg & chips	np	2.60	np	No	130%	87%

Wagamama	Mini Chicken Ramen noodles with seasonal greens, carrot & sweetcorn	494	2.60	0.50	No	130%	87%
Wagamama	Mini Yasai Ramen Noodles with deep fried tofu, seasonal greens, carrot & sweetcorn	444	2.60	0.60	No	130%	87%
Hungry Horse	Pic 'n' Mix Large Chicken Mayo Burger (whole breast) with mashed potato & baked beans (HIGH)	np	2.59	np	No	130%	86%
J D Wetherspoons	Pork Hot Dog with chips	np	2.50	np	No	125%	83%
Pizza Express	Piccolo - La Reine Pizza	np	2.50	1.20	No	125%	83%
Pizza Express	Piccolo - La Reine Pizza Light Mozzarella	np	2.50	1.20	No	125%	83%
Pizza Express	Piccolo - Margherita Pizza Romana	np	2.50	1.10	No	125%	83%
Hungry Horse	Show Stoppers - BBQ Ribs corn on the cob with chips (HIGH)	np	2.43	np	No	122%	81%
Ask Italian	Pollo Pomodoro	np	2.40	np	No	120%	80%
Loch Fyne Seafood & Grill*	Pasta with Cheesy Tomato Sauce & Garlic Bread	273	2.40	0.85	No	120%	80%
Nando's	Nandinos - Chicken Burger with chips & garlic bread (HIGH)	np	2.40	np	No	120%	80%
Pizza Express	Piccolo - Margherita Pizza Romana Light Mozzarella	np	2.40	1.00	No	120%	80%
Hungry Horse	Pic 'n' Mix Small Chicken Mayo Burger (1/2 breast) with mashed potato & baked beans (HIGH)	np	2.32	np	No	116%	77%
Pizza Express	Piccolo - American Pizza	np	2.30	1.30	No	115%	77%
Pizza Express	Piccolo - American Pizza Light Mozzarella	np	2.30	1.20	No	115%	77%
Harvester	Bigger Appetites - BBQ Chicken Wings with garlic bread and baked beans (HIGH)	np	2.27	np	No	114%	76%
Hungry Horse	Pic 'n' Mix Large Pork Sausages (2) with mashed potato & baked beans (HIGH)	np	2.27	np	No	114%	76%
Hungry Horse	Show Stoppers - BBQ Ribs corn on the cob with jacket potato (LOW)	np	2.27	np	No	114%	76%
Harvester	Bigger Appetites - Harvester Burger with garlic bread and baked beans (HIGH)	np	2.26	np	No	113%	75%
Harvester	Bigger Appetites - Sausage & Yorkie with garlic bread and baked beans (HIGH)	np	2.26	np	No	113%	75%
Hungry Horse	Pic 'n' Mix Small chicken nuggets (4) with mashed potato & baked beans (HIGH)	np	2.26	np	No	113%	75%
Pizza Hut	Smiley Face Ham Thick Pan Pizza	236	2.22	np	No	111%	74%
Hungry Horse	Pic 'n' Mix Large Beef Burger (2 2oz) with mashed potato & baked beans (HIGH)	np	2.21	np	No	111%	74%
Harvester	Bigger Appetites - Veggie Sausages with Yorkie & Veggie Gravy with rice and green beans (LOW)	np	2.20	np	No	110%	73%
Burger King	Kid's Hamburger with small fries (HIGH)	94	2.20	2.35	No	110%	73%
Pizza Hut	Smiley Face Pepperoni Thick Pan Pizza	239	2.19	np	No	110%	73%
TGI Friday's*	Little League - Chicken Tenders with potato waffles	163	2.17	1.33	No	109%	72%
Brewers Fayre*	Macaroni cheese with garlic bread & salad	310	2.14	0.69	No	107%	71%
Beefeater	Macaroni Cheese with garlic bread & veggie sticks	np	2.10	np	No	105%	70%
Nando's	Nandinos - 3 chicken wings with chips & garlic bread (HIGH)	np	2.10	np	No	105%	70%
Nando's	Nandinos - Veggie Strips with corn on the cob & little tomatoes (LOW)	np	2.10	np	No	105%	70%
Pizza Express	Piccolo - Pollo Pizza	np	2.10	1.10	No	105%	70%

Pizza Express	Piccolo - Pollo Pizza Light Mozzarella	np	2.10	1.00	No	105%	70%
Pret A Manger	Kids Ham Sandwich	131	2.10	1.60	No	105%	70%
Hungry Horse	Pic 'n' Mix Large Chicken Nuggets (8) with baby potatoes & peas (LOW)	np	2.07	np	No	104%	69%
Harvester	Bigger Appetites - Chicken Burger with garlic bread and baked beans (HIGH)	np	2.06	np	No	103%	69%
McDonald's	Happy Meal - Cheeseburger with small French fries (HIGH)	np	2.04	np	No	102%	68%
J D Wetherspoons	Fish and Chips, served with peas.	np	2.00	np	No	100%	67%
J D Wetherspoons	Sausages and Mash with Peas.	np	2.00	np	No	100%	67%
Pizza Express	Piccolo - Margherita Pizza	np	2.00	1.10	No	100%	67%
Zizzi	Mini Non Gluten Margherita	np	2.00	np	No	100%	67%
Hungry Horse	Pic 'n' Mix Small Beef Burger (2oz) with mashed potato & baked beans (HIGH)	np	1.99	np	No	100%	66%
Harvester	Bigger Appetites - Build your own chicken wrap with rice and green beans (LOW)	np	1.98	np	No	99%	66%
Hungry Horse	Show Stoppers - Mixed Grill with jacket potato & baked beans (HIGH)	np	1.98	np	No	99%	66%
Pizza Hut	Smiley Face Margherita Thick Pan Pizza	236	1.93	np	No	97%	64%
Bella Italia*	Piccolo menu - Fish n Chips - no sauce with cheesy garlic bread	220	1.91	0.16	No	96%	64%
Nando's	Nandinos - Chicken Breast Fillet Strips with chips & garlic bread (HIGH)	np	1.90	np	No	95%	63%
Pizza Express	Piccolo - Margherita Pizza Light Mozzarella	np	1.90	1.10	No	95%	63%
Pizza Express	Piccolo -Mushroom Pizza	np	1.90	1.00	No	95%	63%
Pizza Express	Piccolo -Mushroom Pizza Light Mozzarella	np	1.90	1.00	No	95%	63%
Hungry Horse	Pic 'n' Mix Large Grilled Veggies in Tomato Sauce with mashed potato & baked beans (HIGH)	np	1.88	np	No	94%	63%
Hungry Horse	Pic 'n' Mix Large Roast chicken breast (whole) with mashed potato & baked beans (HIGH)	np	1.88	np	No	94%	63%
Burger King	Kid's Chicken Burger with apple fries (LOW)	118	1.87	1.59	No	94%	62%
Hungry Horse	Pic 'n' Mix Small Grilled Veggies in Tomato Sauce with mashed potato & baked beans (HIGH)	np	1.87	np	No	94%	62%
Bella Italia*	Piccolo menu - Squiggly Spaghetti Cake - no sauce with cheesy garlic bread	231	1.81	0.11	No	91%	60%
EAT	Kids Simple Ham Sandwich	np	1.80	1.50	Yes	90%	60%
Pizza Hut	Gluten Free Pepperoni Pizza	145	1.80	np	Yes	90%	60%
Zizzi	Mini Pizza Margherita (toppings not included)	np	1.80	np	Yes	90%	60%
Zizzi	Decorate Your Margherita (toppings not included)	np	1.80	np	Yes	90%	60%
Giraffe*	Twist & jive pasta	238	1.79	0.75	Yes	90%	60%
Pizza Hut	Smiley Face Ham Thin Pizza	197	1.79	np	Yes	90%	60%
Hungry Horse	Pic 'n' Mix Small Pork Sausage (1) with mashed potato & baked beans (HIGH)	np	1.76	np	Yes	88%	59%
Pizza Hut	Gluten Free Margherita Pizza	152	1.76	np	Yes	88%	59%
Pizza Hut	Ham Thin Pizza	180	1.76	np	Yes	88%	59%
Pizza Hut	Smiley Face Pepperoni Thin Pizza	193	1.75	np	Yes	88%	58%
Pizza Hut	Pepperoni Thin Pizza	176	1.72	np	Yes	86%	57%

Hungry Horse	Show Stoppers - Mixed Grill with chips & peas (LOW)	np	1.71	np	Yes	86%	57%
Ask Italian	Cavetelli e Pesto	np	1.70	np	Yes	85%	57%
Ask Italian	Pizza Pepperoni	np	1.70	np	Yes	85%	57%
J D Wetherspoons	Chicken breast nuggets with mashed potatoes and peas	np	1.70	np	Yes	85%	57%
Harvester	Bigger Appetites - Southern Fried Chicken with garlic bread and baked beans (HIGH)	np	1.68	np	Yes	84%	56%
McDonald's	Happy Meal - Cheeseburger with carrot sticks (LOW)	np	1.68	np	Yes	84%	56%
Hungry Horse	Pic 'n' Mix Large Cod Fish Fingers (4) with mashed potato & baked beans (HIGH)	np	1.67	np	Yes	84%	56%
Pizza Hut	Ham Thick Pan Pizza	158	1.66	np	Yes	83%	55%
McDonald's	Happy Meal - Hamburger with small French fries (HIGH)	np	1.64	np	Yes	82%	55%
Pizza Hut	Pepperoni Thick Pan Pizza	155	1.64	np	Yes	82%	55%
KFC	Kids' Burger Meal (kid's burger, corn cobette)	np	1.63	np	Yes	82%	54%
Pizza Hut	Margherita Thick Pan Pizza	162	1.62	np	Yes	81%	54%
Ask Italian	Pizza Pollo e Prosciutto	np	1.60	np	Yes	80%	53%
Beefeater	Create Your Own Pizza - Choice of 2: mushrooms, bacon, pineapple or sweetcorn	np	1.60	np	Yes	80%	53%
Beefeater	Little Miss Trouble's Tomato Penne Pasta with garlic bread & mini corn cob	np	1.60	np	Yes	80%	53%
Harvester	Bigger Appetites - BBQ Chicken Wings with rice and green beans (LOW)	np	1.60	np	Yes	80%	53%
Harvester	Bigger Appetites - Harvester Burger with rice and green beans (LOW)	np	1.59	np	Yes	80%	53%
Harvester	Bigger Appetites - Sausage & Yorkie with rice and green beans (LOW)	np	1.59	np	Yes	80%	53%
Burger King	Kid's Cheeseburger with apple fries (LOW)	106	1.58	1.50	Yes	79%	53%
Hungry Horse	Pic 'n' Mix Small Cod Fish Fingers (3) with mashed potato & baked beans (HIGH)	np	1.56	np	Yes	78%	52%
Hungry Horse	Pic 'n' Mix Small Roast chicken breast (half) with mashed potato & baked beans (HIGH)	np	1.56	np	Yes	78%	52%
Pizza Hut	Chicken Strips & Wedges	267	1.54	np	Yes	77%	51%
Harvester	Bigger Appetites - Simply Pasta with garlic bread and baked beans (HIGH)	np	1.53	np	Yes	77%	51%
Hungry Horse	Pic 'n' Mix Small Ham (1 slice) with baby potatoes & peas (LOW)	np	1.53	np	Yes	77%	51%
Brewers Fayre*	Beef burger with baked beans and chips	306	1.50	0.49	Yes	75%	50%
KFC	Kids' Mini Fillet and Tomato Dip Meal (mini fillet, tomato sauce, corn cobette)	np	1.50	np	Yes	75%	50%
Pret A Manger	Kids Cheese Sandwich	131	1.50	1.15	Yes	75%	50%
Pizza Hut	Gluten Free Ham Pizza	148	1.49	np	Yes	75%	50%
Pizza Hut	Smiley Face Margherita Thin Pizza	190	1.49	np	Yes	75%	50%
Burger King	Chicken Nuggets (4 pieces) includes dip with apple fries (LOW)	95	1.48	1.56	Yes	74%	49%
Giraffe*	Kid's beef burger (114g) with sweet potato fries	269	1.48	0.55	Yes	74%	49%
Pizza Hut	Margherita Thin Pizza	168	1.46	np	Yes	73%	49%

Harvester	Bigger Appetites - Original Spit-Roast Chicken with garlic bread and baked beans (HIGH)	np	1.41	np	Yes	71%	47%
Beefeater	Mr Messy's Spaghetti Bolognese with garlic bread & veggie sticks	np	1.40	np	Yes	70%	47%
J D Wetherspoons	Jacket Potato with Tuna	np	1.40	np	Yes	70%	47%
Nando's	Nandinos - Chicken Burger with corn on the cob & little tomatoes (LOW)	np	1.40	np	Yes	70%	47%
Pret A Manger	Kids Soft Cheese & Cucumber Sandwich	143	1.40	0.98	Yes	70%	47%
Harvester	Bigger Appetites - Chicken Burger with rice and green beans (LOW)	np	1.39	np	Yes	70%	46%
Hungry Horse	Pic 'n' Mix Large Chicken Mayo Burger (whole breast) with baby potatoes & peas (LOW)	np	1.38	np	Yes	69%	46%
Pizza Hut	Ham & Cheesy Pasta	218	1.35	np	Yes	68%	45%
Beefeater	Mr Perfect's Popin' Chicken with chips & beans	np	1.30	np	Yes	65%	43%
J D Wetherspoons	Jacket Potato with cheese	np	1.30	np	Yes	65%	43%
Pizza Express	Piccolo - Pasta Napoletana	np	1.30	0.60	Yes	65%	43%
Wagamama	Cod cubes with rice, vegetables & curry sauce	344	1.30	0.40	Yes	65%	43%
McDonald's	Happy Meal - Hamburger with carrot sticks (LOW)	np	1.28	np	Yes	64%	43%
Harvester	Smaller Bites - Sausage & Mash	np	1.26	np	Yes	63%	42%
Brewers Fayre*	Popin chicken, chips & baked beans	192	1.25	0.65	Yes	63%	42%
Leon	Meatballs Rice Box with tomato sauce	256	1.20	np	Yes	60%	40%
Wagamama	Mini Grilled Chicken Noodle with carrot, sweetcorn and cucumber & amai sauce	273	1.20	0.40	Yes	60%	40%
Wagamama	Mini Grilled Fish Noodle with carrot, sweetcorn and cucumber & amai sauce	248	1.20	0.50	Yes	60%	40%
TGI Friday's*	Little League - Fish Fingers with fries	156	1.14	0.73	Yes	57%	38%
McDonald's	Happy Meal - Fish Fingers with small French fries (HIGH)	np	1.13	np	Yes	57%	38%
Hungry Horse	Show Stoppers - Salad with grated cheese	np	1.12	np	Yes	56%	37%
Hungry Horse	Pic 'n' Mix Small Chicken Mayo Burger (1/2 breast) with baby potatoes & peas (LOW)	np	1.11	np	Yes	56%	37%
Hungry Horse	Show Stoppers - Penne Pasta with garlic ciabatta and a salad garnish	np	1.11	np	Yes	56%	37%
Jamie's Italian	Spaghetti Bolognese - made with beef and pork	231	1.11	0.48	Yes	56%	37%
TGI Friday's*	Little League - Hamburger in a bun with fries	192	1.11	0.58	Yes	56%	37%
Beefeater	Chargrilled Chicken with chips & peas	np	1.10	np	Yes	55%	37%
J D Wetherspoons	Pasta Pomodoro with cherry tomato sauce	np	1.10	np	Yes	55%	37%
Nando's	Nandinos' - 3 chicken wings with corn on the cob & little tomatoes (LOW)	np	1.10	np	Yes	55%	37%
Pizza Express	Piccolo - Pasta Bolognese	np	1.10	0.40	Yes	55%	37%
Pizza Express	Piccolo - Pasta Bianca	np	1.10	0.50	Yes	55%	37%
Wagamama	Mini Chicken Yaki Soba - Soba noodles with egg,	225	1.10	0.50	Yes	55%	37%

	sweetcorn, mange tout, peppers and amai sauce						
Jamie's Italian	Puppy Dog	222	1.09	0.49	Yes	55%	36%
Hungry Horse	Pic 'n' Mix Large Pork Sausages (2) with baby potatoes & peas (LOW)	np	1.06	np	Yes	53%	35%
Burger King	Kid's Hamburger with apple fries (LOW)	94	1.06	1.13	Yes	53%	35%
Hungry Horse	Pic 'n' Mix Small chicken nuggets (4) with baby potatoes & peas (LOW)	np	1.05	np	Yes	53%	35%
Harvester	Bigger Appetites - Southern Fried Chicken with rice and green beans (LOW)	np	1.01	np	Yes	51%	34%
Beefeater	3oz Steak Burger with ketchup, chips & mini corn on the cob	np	1.00	np	Yes	50%	33%
Hungry Horse	Pic 'n' Mix Large Beef Burger (2 2oz) with baby potatoes & peas (LOW)	np	1.00	np	Yes	50%	33%
J D Wetherspoons	Jacket Potato with beans	np	1.00	np	Yes	50%	33%
Leon	Fish Finger Rice Box with tomato sauce	272	1.00	np	Yes	50%	33%
Leon	The Leon Gobi Box (Indian vegetable curry with cauliflower, carrot & sweet potato)	290	1.00	np	Yes	50%	33%
Subway	Kids' Pak - Ham 4" Sub (9 grain wheatbread with lettuce, tomatoes, green pepper, onion, cucumber)	147	1.00	0.68	Yes	50%	33%
Subway	Kids' Pak - Turkey Breast 4" Sub (9 grain wheatbread with lettuce, tomatoes, green pepper, onion, cucumber)	156	1.00	0.64	Yes	50%	33%
Pizza Hut	New Kids Spaghetti Bolognese	250	0.95	np	Yes	48%	32%
Harvester	Bigger Appetites - Grilled Salmon with garlic bread and baked beans (HIGH)	np	0.91	np	Yes	46%	30%
Jamie's Italian	Mini Sliders	379	0.91	0.24	Yes	46%	30%
Ask Italian	Pizza Pomodorini	np	0.90	np	Yes	45%	30%
Nando's	Nandinos' - Chicken Breast Fillet Strips with corn on the cob & little tomatoes (LOW)	np	0.90	np	Yes	45%	30%
Pizza Hut	Cheesy Macaroni	200	0.90	np	Yes	45%	30%
Wagamama	Mini Yasai Yaki Soba - Soba noodles with tofu, egg, sweetcorn, mange tout, peppers and amai sauce	225	0.90	0.40	Yes	45%	30%
Harvester	Bigger Appetites - Crunchy Battered Fish with garlic bread and baked beans (HIGH)	np	0.86	np	Yes	43%	29%
Harvester	Bigger Appetites - Simply Pasta with rice and green beans (LOW)	np	0.86	np	Yes	43%	29%
Harvester	Smaller Bites - Simply Pasta	np	0.85	np	Yes	43%	28%
Beefeater	Cottage Pie with peas & mini corn cob	np	0.80	np	Yes	40%	27%
Leon	Chicken Rice Box with tomato sauce	255	0.80	np	Yes	40%	27%
Subway	Kids' Pak - Beef 4" Sub (9 grain wheatbread with lettuce, tomatoes, green pepper, onion, cucumber)	156	0.80	0.51	Yes	40%	27%
Zizzi	Mini Pasta Pomodoro	np	0.8	np	Yes	40%	27%
Zizzi	Mini Non Gluten Pasta Bolognese	np	0.8	np	Yes	40%	27%
Hungry Horse	Pic 'n' Mix Small Beef Burger (2oz) with baby potatoes & peas (LOW)	np	0.78	np	Yes	39%	26%
KFC	Kids' Popcorn Chicken Meal (Popcorn Chicken, corn cobette)	np	0.78	np	Yes	39%	26%

McDonald's	Happy Meal - Chicken McNuggets (4) with small French fries (HIGH)	np	0.78	np	Yes	39%	26%
McDonald's	Happy Meal - Fish Fingers with carrot sticks (LOW)	np	0.77	np	Yes	39%	26%
Harvester	Bigger Appetites - Original Spit-Roast Chicken with rice and green beans (LOW)	np	0.74	np	Yes	37%	25%
J D Wetherspoons	Cheesy Pasta with broccoli & peas	np	0.70	np	Yes	35%	23%
Zizzi	Mini Pasta Bolognese	np	0.7	np	Yes	35%	23%
Hungry Horse	Pic 'n' Mix Large Grilled Veggies in Tomato Sauce with baby potatoes & peas (LOW)	np	0.67	np	Yes	34%	22%
Hungry Horse	Pic 'n' Mix Large Roast chicken breast (whole) with baby potatoes & peas (LOW)	np	0.67	np	Yes	34%	22%
Hungry Horse	Pic 'n' Mix Small Grilled Veggies in Tomato Sauce with baby potatoes & peas (LOW)	np	0.66	np	Yes	33%	22%
Hungry Horse	Show Stoppers - salad with roast chicken breast	np	0.66	np	Yes	33%	22%
Wagamama	Mini Grilled Chicken Katsu with sticky white rice, carrot, cucumber, sweetcorn & curry sauce	315	0.63	0.20	Yes	0%	0%
Jamie's Italian	Curly Wurly Pasta Bake	240	0.60	0.25	Yes	30%	20%
Zizzi	Mini Pasta Formaggi	np	0.6	np	Yes	30%	20%
Zizzi	Mini Pasta Burro	np	0.6	np	Yes	30%	20%
Wagamama	Mini Yasai Katsu Curry - Sweet potato & butternut squash deep fried in panko breadcrumbs with sticky white rice, carrot, cucumber, sweetcorn & curry sauce	297	0.59	0.20	Yes	0%	0%
Hungry Horse	Pic 'n' Mix Small Pork Sausage (1) with baby potatoes & peas (LOW)	np	0.55	np	Yes	28%	18%
Harvester	Smaller Bites - Fish with fries and garden peas	np	0.54	np	Yes	27%	18%
Harvester	Smaller Bites - Chicken Strips & Chips & garden peas	np	0.53	np	Yes	27%	18%
Jamie's Italian	Happy Fish Fingers -served with lemony yoghurt and baked crinkle-cut wedges	340	0.51	0.15	Yes	26%	17%
Ask Italian	Penne Alla Bolognese	np	0.50	np	Yes	25%	17%
Subway	Kids' Pak - Veggie Delight 4" Sub (9 grain wheatbread with lettuce, tomatoes, green pepper, onion, cucumber)	118	0.50	0.42	Yes	25%	17%
Wagamama	Mini Chicken Cha Han with stir fried rice, vegetables & amai sauce	245	0.49	0.20	Yes	0%	0%
Wagamama	Mini Yasai Cha Han Stir Fried Rice with tofu, egg, sweetcorn, carrot, mange tout & amai sauce	245	0.49	0.20	Yes	0%	0%
Hungry Horse	Pic 'n' Mix Large Cod Fish Fingers (4) with baby potatoes & peas (LOW)	np	0.46	np	Yes	23%	15%
McDonald's	Happy Meal - Chicken McNuggets (4) with carrot sticks (LOW)	np	0.42	np	Yes	21%	14%
Ask Italian	Spaghetti Al Pomodoro	np	0.40	np	Yes	20%	13%
Ask Italian	Spaghetti Carbonara	np	0.40	np	Yes	20%	13%
Beefeater	Mr Small's Little Cod Bites with chips & peas	np	0.40	np	Yes	20%	13%
Beefeater	Mr Strong's 4oz Flat Iron Steak with chips & peas	np	0.40	np	Yes	20%	13%

Pizza Express	Piccolo - Pasta Burro	np	0.40	0.40	Yes	20%	13%
Zizzi	Mini Non Gluten Pasta Pomodoro	np	0.4	np	Yes	20%	13%
Zizzi	Mini Non Gluten Pasta Formaggi	np	0.4	np	Yes	20%	13%
Giraffe*	Sunny Schnitzel & salad with baby jacket potato wedges	205	0.39	0.19	Yes	20%	13%
Jamie's Italian	Chicken Lollipops - with lemony yogurt, crunchy mixed seeds and baked crinkle cut wedges	271	0.38	0.14	Yes	19%	13%
Hungry Horse	Pic 'n' Mix Small Cod Fish Fingers (3) with baby potatoes & peas (LOW)	np	0.35	np	Yes	18%	12%
Hungry Horse	Pic 'n' Mix Small Roast chicken breast (half) with baby potatoes & peas (LOW)	np	0.35	np	Yes	18%	12%
Harvester	Bigger Appetites - Grilled Salmon with rice and green beans (LOW)	np	0.24	np	Yes	12%	8%
J D Wetherspoons	Spaghetti Bolognese, beef sauce, vegetables & herbs	np	0.20	np	Yes	10%	7%
Harvester	Bigger Appetites - Crunchy Battered Fish with rice and green beans (LOW)	np	0.19	np	Yes	10%	6%
Wagamama	Mini Chicken Katsu with curry sauce, sticky white rice & carrot, cucumber & sweetcorn	295.4	Trace	Trace	Yes	0%	0%