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# Guidance for the Food Industry on Reducing Sodium in Processed Foods

June 2012

Bureau of Nutritional Sciences  
Food Directorate  
Health Products and Food Branch



Canada 

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### **Purpose and Scope**

The purpose of this document is to provide guidance to the food industry for lowering the sodium levels in processed foods.

Canadians are eating too much sodium – almost double the amount they require. Our bodies need a small amount of sodium, but too much can lead to high blood pressure which is a major risk factor for stroke, heart disease and kidney disease. Federal, Provincial and Territorial (FPT) governments recognize that the Canadian food industry has already initiated sodium reduction in processed and packaged food products available for sale in Canada. This guidance document will provide further direction to the food industry to continue sodium reduction efforts and help Canadians achieve the average sodium intake goal of 2300 mg per day by 2016.

### **Roles and Responsibilities**

Sodium reduction is a shared responsibility amongst food industry, FPT governments and consumers. FPT governments and stakeholders are working together to reduce the amount of sodium in Canadians' diets. This work includes public awareness and education activities to assist individuals so they can make informed food choices, guidance to the food industry about ways to reduce sodium in processed foods, and research to learn more about sodium reduction in the areas of food science and health.

### **Roles of Food Industry**

- To comply with all applicable legislative and regulatory provisions for the production, marketing and sale of foods in Canada.
- To aim for sodium reduction in foods - whether these foods are destined for consumers, other food manufacturers or the restaurant and foodservice sectors – to the lowest level possible while maintaining food safety and consumer acceptance.

### **Roles of Government**

- To help create conditions that promote the healthier choice as the easier choice for consumers. Sodium reduction is an important part of healthy living and FPT governments have and will continue to work together towards supporting Canadians in their sodium reduction efforts.

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- To support the reduction of Canadians' average sodium intake to 2300 mg per day by 2016, through an awareness and education campaign to inform Canadians on sodium as part of healthy eating.
- To provide guidance to the food industry to safely lower the amount of sodium in processed foods.
- To support research related to sodium reduction in the areas of food science and food technology, health and human physiology, and evaluation and monitoring.

### Roles of Canadian Consumers

- To become more aware of nutrition issues and food composition with the aim of making more informed choices at the grocery store, while cooking at home, or when eating out.
- To educate themselves and their families on healthy living practices, including healthy eating and adequate physical activity.

## Background: Basis for Guidance on Reducing the Sodium Intake in Canada

### Sodium and Health

Sodium is an essential nutrient that is required in small amounts for the normal functioning of the body. However, excessive amounts of sodium have been shown to cause high blood pressure (hypertension). The World Health Organization (WHO) estimates that high blood pressure is the leading preventable risk factor for death in the world.<sup>1</sup> Hypertension is a major cause of cardiovascular disease and stroke, which are the second and third leading causes of death in Canada.<sup>2</sup> In Canada, 19% of Canadian adults aged 20 to 79 years are considered hypertensive and another 20% are classified as prehypertensive.<sup>3</sup>

In 2004, the Institute of Medicine of the U.S. National Academies (IOM) set Dietary Reference Intakes (DRI's) for sodium.<sup>4</sup> The Adequate Intake (AI) was set at 1500 mg per day for those aged 9 to 50 years, with lower values for younger and older individuals. The AI is a recommended intake level, thought to meet or exceed the requirements of almost all individuals. The Tolerable Upper Intake Level (UL) for sodium was set at 2300 mg per day for people aged 14 years and over, with lower values for those less than 14 years of age. The UL has been defined as the highest average daily level of intake likely to pose no risk of adverse health effects, and reflects an intake level that should not be exceeded. Individuals with hypertension, diabetes and chronic kidney disease, as well as older-aged persons and those of African origin,

who are more sensitive to the blood pressure raising effects of sodium, should limit their intake to even lower levels.

High sodium intake is a global health issue. In 2003, as a result of the high sodium intakes around the world, the WHO recommended a worldwide intake target of less than 5 grams salt (or 2000 mg sodium) per day per person.<sup>5</sup>

### The Canadian Situation

The current average intake of sodium by Canadians is about 3400 mg per day. This is more than double the amount that Canadians require. Data from the 2004 [Canadian Community Health Survey](#) (CCHS) 2.2<sup>6</sup> indicate that among people aged 9 to 70, over 85% of men and between 63% and 83% of women had sodium intakes exceeding the UL. Similarly, in young children, 77% of those aged 1 to 3 and 93% of those aged 4 to 8 years had intakes exceeding the UL. Among males in their teen years, the data indicated that 97% exceed the UL, and 82% exceed the UL for females in the same age group.

The primary source of sodium in the Canadian diet is salt (sodium chloride). Other sources that contribute to Canadians' sodium intake include the flavour enhancer monosodium glutamate and food additives such as sodium benzoate, sodium bicarbonate, sodium citrate, sodium nitrite and sodium acid pyrophosphate. The majority of sodium found in the typical diet comes from processed food products, accounting for about 77% of Canadians' total sodium intake. In addition, naturally occurring sodium accounts for 12% of intake, while discretionary sources account for only 11% (with 6% added at the table and 5% added during cooking).<sup>7</sup> Thus, 88% of all the sodium in the diet is added during food manufacturing or preparation and is not present naturally.

In October 2007, the federal Minister of Health, Tony Clement, announced the creation of the expert Sodium Working Group (SWG). The SWG's mandate was to develop a population-health strategy to reduce sodium in the diets of Canadians. This mandate was achieved with the SWG's release of its report, the [Sodium Reduction Strategy](#) on July 29, 2010.<sup>8</sup> In September 2010, the Canadian Health Ministers met and agreed to work towards lowering the average sodium intake of Canadians to 2300 mg per day by 2016. Health Canada will continue to consult its [Food Expert Advisory Committee](#) (FEAC) on its initiatives to support Canadians in their efforts to reduce sodium intakes.

### Health Benefits of Sodium Reduction

Dietary sodium reduction is a cost-effective and efficient health intervention to reduce blood pressure and the risk of cardiovascular disease. In Canada, it has been estimated that if the average sodium intake is decreased by 1840 mg a day, high blood pressure prevalence would

decrease by 30%. This would result in approximately one million fewer Canadians with high blood pressure and direct annual cost savings of \$430 million due to fewer physician visits, laboratory tests and prescriptions for associated medications.<sup>9</sup> This reduction would also prevent an estimated 23 500 cardiovascular disease events per year in Canada - a decrease of 13% over current numbers, with an additional \$949 million annually in direct savings. Overall, reducing sodium intake by 1800 mg per person per day would result in direct health care savings of \$1.38 billion per year, and if indirect costs were included the savings would reach \$2.99 billion per year.<sup>10,11</sup> It should be noted that these calculations are based on 1993 costs and would likely be much greater in current dollars.

### International Sodium Reduction Efforts

A number of jurisdictions have also launched initiatives to reduce the sodium intake of their populations, most notably Finland, the United Kingdom, the European Union and, most recently, New York City.

Finland launched a successful salt reduction campaign as part of a comprehensive strategy to lower the high incidence of cardiovascular disease in 1979. It is estimated that industry has reformulated a variety of product groups which resulted in a reduced salt content of approximately 20% to 25%.<sup>12</sup> This comprehensive approach has resulted in a one-third reduction in average sodium intake, from over 5000 mg per day in 1980 to about 3300 mg in 2002. This reduction contributed to a decrease of more than 10 mm Hg in the population average systolic and diastolic blood pressure, along with a 75% decrease in both stroke and coronary heart disease mortality.<sup>13,14</sup>

In the United Kingdom, the Scientific Advisory Committee on Nutrition (SACN) recommended in 2003 that salt intake be reduced from a population average of 3800 mg sodium to 2400 mg sodium by 2010. The average daily intake of sodium decreased from 3800 mg in 2001 to 3440 mg in 2008.<sup>15</sup> To help guide the food industry regarding the types of foods where reductions are required, and the level of reductions that are needed to help reduce consumer intake, the Food Standards Agency proposed targets for salt levels in a wide range of food categories, finalized in 2006. In 2008, progress towards achieving these targets was assessed and revised targets were published for 2012.<sup>16</sup>

The European Union has undertaken initiatives to limit salt consumption by people in its member states. In 2008, the European Commission established the E.U. Framework for National Salt Initiatives with the overall goal of contributing towards meeting the WHO or national recommendations on salt intake. A minimum benchmark of 16% salt reduction over four years for all food products was established, also encompassing salt consumed in restaurants and catering. Twelve categories of foods were identified as a priority; each member state must choose at least five.<sup>17</sup>



## Guidance for Food Industry on Reducing Sodium in Processed Foods

In 2008, the New York City Health Department initiated a nationwide effort to reduce the salt levels in processed and restaurant foods. Under the Health Department's leadership, a coalition of stakeholders worked with food industry leaders on a voluntary framework to decrease the sodium content of foods by 25% to obtain a 20% reduction in sodium intake in five years. In 2010, New York City published sodium targets for packaged and processed foods, as well as restaurant foods to be reached by 2014.<sup>18,19</sup>

### Educational Tools and Key Messages for Canadians

Most Canadians are aware that high sodium intake is a health concern but do not consider it “their own problem”. Very few Canadians understand the sodium level that is considered healthy and most continue to have high sodium intakes. Although many have decided not to put salt on the table or add it during cooking, they continue to consume high sodium processed foods. Awareness and education continues therefore to be a priority.<sup>20</sup>

Messages developed to educate consumers should emphasize that Canadians are eating too much sodium, its impact on health, and identify the main food sources that contribute to sodium intake. It is hoped that increasing the awareness and education of Canadians about sodium and its impact on health will help to reduce the average sodium intake in Canada and contribute to decreasing Canadians' risk of high blood pressure, stroke, and heart and kidney disease. It is anticipated that increasing awareness will also support sodium reduction across the food supply by creating a greater demand for lower sodium products.

British Columbia's Ministry of Health, Dietitians of Canada, EatRight Ontario and Health Canada worked collaboratively to develop and test sodium reduction messages and tips with the public and Registered Dietitians across Canada. These national sodium reduction messages and tips can be used collectively or separately when developing healthy eating resources aimed at helping Canadians reduce their sodium intake. For more information visit [Educational Tools and Key Messages](#) on Health Canada's sodium Website and the [sodium page on the Healthy Canadians Website](#).

### Reducing Sodium Levels in the Food Supply: A Voluntary Approach

Over 75% of the sodium consumed by Canadians is found in processed food. To help meet the goal of reducing the average daily sodium intake to 2300 mg by 2016, FPT governments have encouraged all stakeholders to voluntarily include sodium reduction in their guidelines, policies and procedures. The Canadian food industry has already initiated sodium reduction in processed and packaged food products and Health Canada continues to encourage them in these efforts.

## Guidance for Food Industry on Reducing Sodium in Processed Foods

This guidance is based on a gradual and phased reduction approach which will help contribute to bringing average sodium intakes closer to the goal of 2300 mg per day by 2016. The guidance includes proposed sodium reduction levels for processed foods as guiding benchmarks.

### Guiding Benchmark Sodium Reduction Levels for Processed Foods

Health Canada's Guiding Benchmark Sodium Reduction Levels for Processed Foods were developed after significant engagement and feedback from stakeholders. Health Canada's guidance provides specific sodium levels for processed food categories and is intended to serve as a guide for the food industry to reduce sodium in their products as a means of helping Canadians reach the 2016 average sodium intake goal. Some manufacturers have expressed the desire to reduce sodium levels all at once in their products while others prefer a gradual approach. In order to help guide manufacturers wishing to reduce sodium gradually phased levels have been suggested. Regardless of the approach taken manufacturers are encouraged to meet the phase 3 benchmark levels by the end of 2016 and, if possible, go beyond them over time to the lowest level possible while taking into consideration factors such as microbial safety, quality and consumer acceptance. Manufacturers are also encouraged to focus on reducing sodium in foods targeted to children.

Because sodium is found in many foods that we eat daily, guiding benchmark sodium reduction levels have been set for almost all processed food categories that contain added sodium. Manufacturers are asked to apply this guidance to all processed food products regardless of whether the foods are destined for consumers, other food manufacturers, or for the foodservice and restaurant sectors.

While companies are encouraged to voluntarily work towards meeting the sodium reduction levels, this does not supersede any existing obligations to comply with all applicable legislative and regulatory provisions for the production, marketing and sale of foods in Canada.

### Setting Guiding Benchmark Sodium Reduction Levels for Processed Foods

Guiding benchmark sodium levels were established with the goal of achieving the 2016 average sodium intake goal set by FPT Health Ministers (2300 mg per day). Health Canada used Canadian ACNielsen market volume data (2008-2010) to design a plan for sampling individual products and grouping them into categories. Sodium data was obtained from approximately 10000 food labels collected between 2009 and 2010, either directly from manufacturers, from stores across Canada, or from company websites.

The amount of sodium in each food category was determined using information from the products' Nutrition Facts table. The Sales Weighted Average (SWA) sodium content in milligrams per 100 grams was calculated using the sodium levels of the products within a



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category weighted by their Canadian volume market share in kilograms (kg). For feasibility purposes, the majority of the guiding benchmark sodium reduction levels have been set at levels currently observed in the marketplace for each specific food category.

In most cases, the 2016 proposed SWA sodium levels were established by reducing the baseline SWA sodium content by approximately 25% to 30%. If the 25% to 30% reduction led to a level below the 10th percentile of the current sodium range for the product category, the 10th percentile was used as the proposed SWA level for the category. The phased levels typically represent, respectively, 1/3 and 2/3 of the reduction required to meet the 2016 guiding benchmark SWA levels and are meant to help guide the industry towards meeting the 2016 SWA sodium levels. The majority of the 2016 Maximum levels correspond to the 75th percentile of the sodium levels observed in each food category. Some exceptions were applied when specific food safety or technological issues were documented.

Statisticians modelled the sodium reduction levels to estimate how much sodium would be consumed by Canadians if the sodium levels in processed foods were reduced to the 2016 benchmark levels. Modelling was based on food intake records from the [Canadian Community Health Survey](#) (CCHS) along with sodium levels obtained from food product labels collected between 2009 and 2010. Sodium reduction in processed foods alone is not expected to achieve the average intake goal of 2300 mg/day, so an awareness and education campaign is essential to help Canadians achieve that sodium intake level.

By the end of 2016, companies are encouraged to lower the sodium amount of both:

1. their product portfolio to meet, or be below, the 2016 SWA levels for each food category,
2. their individual products to meet or be below the Maximum level for the food category

The guidance proposed to industry is iterative. Health Canada will monitor the progress of sodium reduction in the population through the CCHS-nutrition survey which allows Health Canada to measure the impacts of overall changes in the food environment and through changes in dietary patterns and consumer food choices. While manufacturers may decide to reduce sodium levels all at once, sodium reduction benchmark levels are presented in a phased manner to help guide gradual sodium reduction. This phased approach aligns with other international sodium reduction efforts. Gradual reductions can help consumers' taste palates gradually adapt to the change in taste and therefore increase consumer acceptance of lower sodium foods. It is believed that it will take time for consumers to adjust taste preference towards less salty foods, although evidence indicates that individuals may adapt in a matter of weeks.<sup>21</sup>

## Guiding Benchmark Sodium Reduction Levels for Processed Foods: Summary Table

The proposed sales-weighted average levels apply to the sales-weighted average sodium for a company's products within the category. The maximum level applies to individual products within the category.

Note: Available on Health Canada's website is an [interactive version of this summary table](#).

Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales-Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
<b>1. Bakery products</b> (Levels also apply to gluten free products)						
1a. English muffins and raisin bread	White or whole grain English muffins, crumpets, and raisin bread. <i>1.0122 and 1.0126</i>	373	340	300	260	400
1b. Pantry bread and rolls, bagels, croissants, and flatbreads	Prepackaged white or whole grain sliced breads, bagels, croissants (includes frozen doughs as consumed), flatbreads (pita, Greek flatbread), pizza crusts, diet or low calorie breads, and pantry rolls and buns. Also includes par-baked bread and rolls. <i>1.0123, 1.0124, 1.0125, 1.0127, 1.0129, 1.0130, and 1.0142</i>	469	430	380	330	520

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			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
1c. Hearth bread	Bread baked directly on the hearth or in a pan without sides for crispier crusts e.g. baguettes, crusted bread, artisan breads, rye bread, pumpernickel bread, and garlic bread. Includes breads with and without additions e.g. olives, onion and cheese. Also includes bread mixes and frozen dough as consumed. <i>1.0121 and 1.0141</i>	531	520	490	470	600
1d. Tortillas, wraps, and naan	Refrigerated and shelf stable plain or flavoured tortillas, wraps or naan. Excludes pita (see 1b). <i>1.5301 and 1.5302</i>	698	650	600	550	760
1e. Pie dough and shells	Refrigerated or frozen pie or tart shells, and dry mixes as consumed. Excludes graham cracker crusts. <i>1.5701</i>	369	350	300	250	530
1f. Refrigerated dough	Refrigerated fruit filled pastry, garlic bread, croissant, and dinner roll dough. Excludes refrigerated cookie dough (see 1j). <i>1.5714</i>	733	660	590	510	790
1g. Dry bread	Melba toast, rusks, breadsticks, pita or baguette chips, and other crisp breads. Excludes breadcrumbs and croutons (see 1h). <i>1.6201</i>	733	650	570	480	860
1h. Breadcrumbs, croutons, and salad toppers	Plain and seasoned breadcrumbs, croutons, and salad toppers e.g. fried chow mein noodles and wonton strips. <i>1.6301 and 1.6302</i>	916	840	760	670	1150

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1i. Crackers	Plain or flavoured crackers, sandwich crackers, puffed cakes, and graham crackers e.g. cheese crackers, soda crackers, and rice cakes. Excludes dry breads (see 1g). <i>1.6001</i>	859	770	690	600	930
1j. Cookies	Filled and unfilled sweet cookies, biscuits, refrigerated dough, and dry mixes as consumed. Excludes infant and toddler cookies and biscuits (see 15b) and graham crackers (see 1i). <i>1.5101, 1.5102, 1.5103, 1.5104, 1.5105, 1.5106, 1.5107, and 1.5108</i>	363	320	280	240	390
1k. Baked desserts	Cakes, cheesecakes, snack cakes, pies, fruit crisps, doughnuts (yeast and cake types), pastries, sweet buns, brownies and squares, muffins and quick breads, and dry mix products as consumed. Excludes non-yeast leavened cinnamon rolls (see 1p). <i>1.6501, 1.6502, 1.6503, 1.6504, 1.6505, 1.6506, 1.6507, 1.6509, 1.6510, 1.6511, and 1.6513</i>	349	310	270	230	400
1l. Toaster pastries	Toaster pastries with fruit or other fillings. <i>1.5201</i>	360	350	330	320	400
1m. Granola and cereal type bars	Granola bars (plain and coated), fruit filled bars, and muffin-type bars. Excludes sweet and salty bars (see 1n), and infant and toddler snack bars (see 15b). <i>1.5601</i>	276	240	210	180	340
1n. Sweet and salty bars	Sweet and salty granola bars. <i>1.5603</i>	398	370	340	300	400

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1o. Pancakes, waffles, and French toast	Shelf stable, frozen, refrigerated, and dry mix products as consumed. <i>1.6604</i>	614	530	490	440	650
1p. Tea biscuits and scones	Ready-made and dry mix tea biscuits, scones, and non-yeast leavened cinnamon rolls as consumed. <i>1.6603</i>	789	730	630	530	790
<b>2. Breakfast cereals</b>						
2a. Ready-to-eat cereals	Granola, muesli, shredded, flaked, puffed, extruded, and high-fibre compact cereals. <i>2.0301, 2.0302, 2.0303, 2.0304, 2.0305, 2.0306, and 2.0307</i>	558	490	430	360	630
2b. Hot instant cereals	Plain and flavoured hot instant cereals (dry mix, as sold) e.g. oatmeal. <i>2.5101 and 2.5102</i>	539	460	400	340	600
<b>3. Dairy products and substitutes</b>						
3a. Cottage cheese	Plain and flavoured cottage cheese. Excludes ricotta. <i>3.0434</i>	375	350	330	280	410
3b. Cream cheese, cream cheese products, and soft unripened goat cheese	Plain and flavoured (sweet or savoury) products. Includes cream cheese spread, cream cheese-style products, and soft unripened goat cheese. Excludes cream cheese based dips (see 11e). <i>3.0420, 3.0431, and 3.0437</i>	472	440	410	350	600

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3c. Brie, Camembert, Cheddar, Swiss, Monterey Jack, Brick, Colby, Gouda, and Mozzarella	Brie; Camembert; mild, medium and old Cheddar; Swiss; Monterey Jack; Brick; Colby; Gouda; Mozzarella (including pasta filata); string cheese; and shredded mixed cheese. Excludes fresh Mozzarella and cheese curds. <i>3.0401, 3.0412, 3.0435, and 3.0438</i>	720	710	700	670	770
3d. Hard cheese, grated and ungrated	Shelf stable and refrigerated hard cheese e.g. Parmesan and Romano. <i>3.0436</i>	2293	2150	2010	1720	2530
3e. Feta and feta-style cheese	Cheese sold in brine and cheese salted through a brine e.g. feta cheese. <i>3.0441</i>	1323	1270	1210	1100	1530
3f. Processed cheese and other cheese products	Processed cheese products made from an emulsified blend of natural cheese. Includes spreads, blocks, and slices with or without added ingredients. Excludes string cheese (see 3c). <i>3.0503, 3.0511, and 3.0512</i>	1610	1520	1420	1240	1670
3g. Dairy-free cheese and spreads	Soy, rice, and other dairy-free cheese slices, blocks, and spreads. <i>3.6101</i>	616	560	510	460	1140
<b>4. Fats and oils</b>						
4a. Salted butter and butter blends	Plain and flavoured butter and butter blends. Excludes unsalted butter. <i>4.6101</i>	678	620	550	480	800
4b. Salted margarine	Plain and flavoured margarine. Excludes unsalted margarine. <i>4.0611</i>	692	620	550	480	800



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4c. Mayonnaise and mayonnaise type spreads and dressing	Plain and flavoured mayonnaise and mayonnaise type spreads and dressings. Includes low fat and fat-free versions, and oil based sandwich spreads. Includes standardized salad dressing (see B.07.040 and B.07.042 of the <i>Food and Drug Regulations</i> ). <i>4.0717 and 4.0718</i>	760	680	610	530	840
4d. Salad dressing and vinaigrette	Refrigerated and shelf stable oil and vinegar based dressings, creamy dressings, and salad dressing mixes as consumed. Includes low fat and fat-free versions. Excludes standardized salad dressing (B.07.040 and B.07.042 of the <i>Food and Drug Regulations</i> ) (see 4c). <i>4.0715 and 4.0716</i>	987	890	790	690	1130
<b>5. Fish products</b>						
5a. Canned tuna	Shelf stable water and oil packed tuna. Excludes sauce packed tuna (see 5b). <i>5.0811 and 5.0827</i>	339	310	280	250	400
5b. Canned salmon and other canned fish and shellfish	Canned salmon, water and oil packed fish, sauce packed fish, fish salad and shellfish e.g. sardines, mackerel, sauce packed tuna, shrimp, crab, clams, and smoked oysters. Includes retort packed products. Excludes water and oil packed tuna (see 5a) and anchovies. <i>5.5211 and 5.5212</i>	384	360	340	320	530
5c. Imitation and simulated seafood	Surimi, crab flavoured pollock, imitation or simulated crab and lobster meat. <i>5.5101</i>	630	600	580	550	710
5d. Kippered fish	Kippered fish e.g. kippered herring. <i>5.5208</i>	707	650	600	540	1030

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5e. Frozen plain fish and seafood with added sodium phosphate	Frozen plain fish and seafood with added sodium phosphate. <i>5.5301 and 5.5307</i>	285	260	240	220	570
5f. Fish and seafood: cakes or burgers, seasoned, and breaded or battered	Fish and seafood: cakes and burgers, seasoned, with sauce or seasoning, breaded or battered, and stuffed fish. <i>5.5302, 5.5303, 5.5304, and 5.5308</i>	460	390	350	300	560
5g. Smoked fish	Smoked fish e.g. smoked salmon and smoked rainbow trout. Excludes fresh smoked fish and salmon jerky (see 7k). <i>5.5306</i>	811	740	680	610	1000
5h. Fish and seafood mousse, spread, and dips	Fish and seafood based mousse, spread, and dips. <i>5.5401</i>	573	510	460	400	620
<b>6. Mixed dishes</b>						
6a. Canned chili	Shelf stable vegetarian and meat chili. <i>6.5101</i>	303	280	250	220	330
6b. Canned stew and meatballs	Shelf stable stew, meatballs, and curries. <i>6.5102</i>	503	470	440	410	630
6c. Shelf stable pasta, noodles, and rice or grains with sauce or seasoned	Shelf stable pasta, noodles, and rice or grain mixes with sauce or seasonings, as consumed e.g. macaroni with cheese sauce, noodles in tomato sauce, and teriyaki noodles. <i>6.5103 and 6.5105</i>	368	330	300	270	440

## Guidance for Food Industry on Reducing Sodium in Processed Foods

Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
6d. Stuffing mixes	Shelf stable stuffing mixes as consumed. Excludes refrigerated stuffing (see 6j or 6k). <i>6.5106</i>	530	520	510	500	630
6e. Baked and refried beans	Shelf stable meat and vegetarian baked beans and refried beans. <i>6.5104</i>	335	310	280	250	370
6f. Pizza, pizza snacks, and frozen sandwiches	Frozen and refrigerated pizza, pizza snacks, calzones, and frozen sandwiches with or without meat. Excludes sandwich wraps and burritos (see 6j or 6k). <i>6.5701, 6.5702, 6.5703, and 6.5704</i>	589	520	460	400	610
6g. Frozen potatoes	Plain and seasoned French fries, sweet potato fries, hash browns and potato patties. <i>6.6001 and 6.6003</i>	266	230	200	170	380
6h. Dry mashed or scalloped potatoes	Dehydrated scalloped or mashed potatoes as consumed. <i>6.6004</i>	376	350	320	290	440
6i. Refrigerated prepared salads	Refrigerated prepared salads e.g. potato salad, coleslaw, pasta salad, vegetable salad, bean salad, couscous, and rice salad. <i>6.6102, 6.6103, 6.6104, 6.6105, and 6.6107</i>	318	290	260	220	390
6j. Refrigerated or frozen appetizers/sides/entrées with a serving size less than 170 g	Dinner entrées, meal sides, meal centers, and appetizers with a serving size less than 170 grams. Excludes all other items listed in Group 6. <i>6.5219</i>	480	440	390	350	500

## Guidance for Food Industry on Reducing Sodium in Processed Foods

Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
6k. Refrigerated or frozen appetizers/sides/entrées with a serving size of 170 g or more	Dinner entrées, meal sides, meal centers, and appetizers with a serving size of 170 grams or more. Excludes all other items listed in Group 6. <i>6.5220 and 6.5221</i>	288	260	240	220	340
<b>7. Meat products</b>						
7a. Uncooked bacon - belly	Uncooked belly bacon. Excludes back bacon (see 7o), bacon substitutes (see 7b), and pre-cooked shelf stable bacon (see 7p). <i>7.4101</i>	619	610	590	580	610
7b. Fully cooked breakfast strips and bacon substitutes	Chicken, turkey, and other meat based breakfast strips. Excludes back bacon (see 7f) and pre-cooked shelf stable bacon (see 7p). <i>7.4102</i>	961	940	930	910	960
7c. Uncooked fresh sausage	Uncooked breakfast and dinner sausages e.g. pork, chicken and turkey. <i>7.4201</i>	789	750	700	660	690
7d. Fully cooked sausage - smoked and unsmoked, and wieners	Wieners (hot dogs) and smoked or unsmoked sausages with or without cheese. <i>7.4202</i>	990	940	880	830	870
7e. Pâtés and spreads	Pâtés and spreads e.g. creton and liverwurst. Excludes fish pâtés and spreads (see 5h). <i>7.4303</i>	781	710	640	570	600

## Guidance for Food Industry on Reducing Sodium in Processed Foods

Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
7f. Packaged deli meats - fully cooked	Cooked deli meat e.g. smoked meat, pastrami, bologna, corned beef, ham, sliced chicken and turkey, luncheon meat loaf, roast beef, cooked pepperoni, and cooked back bacon. <i>7.4301</i>	1028	970	910	850	890
7g. Packaged deli meats - dry cured, fermented, no thermal process	Dry cured, fermented deli meats which have not been thermally processed, e.g. salami and dried pepperoni. Excludes Prosciutto. <i>7.4302</i>	1592	1510	1420	1330	1400
7h. Canned chicken or turkey	Shelf stable flakes and chunks of chicken or turkey. <i>7.5101</i>	554	520	480	450	470
7i. Canned meat	Shelf stable meats e.g. Vienna sausage, flaked ham, corned beef, and luncheon meat. <i>7.5102</i>	865	840	820	790	830
7j. Meat sticks	Shelf stable and refrigerated meat sticks e.g. pepperoni, turkey, beef, ham, and chicken. <i>7.5502</i>	1204	1160	1120	1080	1140
7k. Jerky	Shelf stable jerky e.g. beef, turkey, and salmon. <i>7.5501</i>	2355	2200	2050	1900	2000
7l. Meat/Poultry marinated or flavoured and moisture enhanced, uncured	Whole muscle cuts with sauce, marinade and/or dry rubs, and meat with added sodium phosphate. <i>7.7101, 7.7102, 7.7104, and 7.7105</i>	458	430	400	370	390

## Guidance for Food Industry on Reducing Sodium in Processed Foods

Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
7m. Burgers, meatballs, meat loaf, and breaded meat and poultry	Meat and poultry burgers, meatballs and meatloaf, and breaded meat products e.g. products with cheese, breaded and unbreaded burgers, strips, nuggets, chicken burgers, chicken balls, schnitzel, and cutlets. <i>7.7108, 7.7109, 7.7111, and 7.7112</i>	503	490	470	450	470
7n. Chicken wings	Cooked and uncooked chicken wings in sauce, breaded or battered, and seasoned. <i>7.7114 and 7.7115</i>	689	650	610	570	600
7o. Preserved meat - uncooked	Uncooked pickled, corned, cured or smoked meats (excludes dried and salted meats) e.g. cottage roll, corned beef, pork picnic, Wiltshire bacon, and uncooked back bacon. Excludes belly bacon (see 7a) and cooked back bacon (see 7f). <i>7.7119</i>	1084	1020	960	900	950
7p. Bacon bits and shelf stable pre-cooked bacon	Shelf stable real and simulated bacon bits and bacon strips. <i>7.7201</i>	2514	2250	2020	1800	3000
<b>8. Meat substitutes</b>						
8a. Seasoned tofu and tempeh	Savoury, marinated, and seasoned tofu and tempeh. Excludes plain tofu, tofu based desserts and plain tempeh. <i>7.8104</i>	148	130	120	100	530
8b. Meat analogues	Frozen and refrigerated meat analogs e.g. veggie patties, burgers, veggie dogs, meatballs, and deli style slices. Excludes dairy-free cheese (see 3g). <i>7.8102</i>	577	540	460	380	580
<b>9. Soups</b>						



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Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
9a. Canned, dried, and refrigerated soups	Canned condensed, ready-to-serve, and dried cream and broth-based soup, broth, stock, bouillon, and consommé as consumed. Includes fresh and instant oriental noodle soups. <i>9.1721, 9.1722, 9.1723, 9.1811, 9.1812, 9.1913, 9.1914, 9.5301, 9.5302, and 9.5201</i>	289	280	260	240	360
<b>10. Snacks</b>						
10a. Chips, popcorn, and extruded corn snacks	Potato, corn, tortilla, rice, and vegetable chips; extruded and puffed corn snacks; microwave and stovetop ready popcorn, and seasoned or candied ready to eat popcorn. Excludes unseasoned dry popcorn kernels. <i>10.5302, 10.5303, and 10.5304, and 10.5305</i>	676	580	490	400	880
10b. Pretzels and snack mixes	Hard pretzels, candied pretzels, sesame sticks, and assorted snack mixes. Excludes trail mix. <i>10.5301</i>	1307	1140	970	790	1400
10c. Nuts, seeds, and kernels, seasoned and candied	Seasoned, salted, and candied nuts, seeds, and kernels e.g. salted sunflower seeds, BBQ peanuts, and beer nuts. Excludes unsalted products. <i>10.5501</i>	519	460	390	320	550
10d. Pudding	Refrigerated, shelf stable, and dry mix puddings as consumed. Includes soy pudding. <i>10.5601</i>	130	110	100	80	150
<b>11. Sauces, dips, gravies and condiments</b>						
11a. Pasta sauce	Shelf stable, refrigerated, frozen, and dry mix tomato-based pasta, pizza, and lasagna sauces, and cream or cheese sauces, as consumed. <i>11.8001 and 11.8002</i>	461	410	360	320	520

## Guidance for Food Industry on Reducing Sodium in Processed Foods

Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
11b. Pesto	Shelf stable and refrigerated pesto e.g. basil or sun-dried tomato pesto. <i>11.8003</i>	1094	990	880	770	1160
11c. Tomato sauce	Shelf stable plain or flavoured tomato sauce. Excludes tomato-based pasta sauces (see 11a) and tomato paste (see 12a). <i>11.6501</i>	386	380	300	250	490
11d. Condiments	Shelf stable condiments e.g. ketchup, chili sauce, seafood sauce, BBQ sauce, steak sauce, chutney, and mustard. Excludes relish (see 12d). <i>11.7001 and 11.7002</i>	1002	890	770	660	1400
11e. Gravy, cooking sauces, dips, and salsa.	Shelf stable, refrigerated and dry mix gravy, cooking sauces (e.g. hollandaise, curry, and stir-fry sauces), salsa, and vegetable, legume, and dairy-based dips as consumed. Excludes curry paste (see 11i). <i>11.7003, 11.7004, and 11.7005</i>	637	570	480	400	670
11f. Sweet oriental sauces	Sweet oriental sauces e.g. plum sauce, cherry sauce, pineapple sauce, and sweet and sour sauce. Excludes sweet chili sauce (see 11g). <i>11.7006</i>	158	140	120	100	350
11g. Soya and other oriental sauces	Oriental sauces e.g. soya, teriyaki, black bean, fish, hoisin, peanut sauce, and sweet chili sauce. Excludes stir-fry sauce (see 11e), marinades (see 11h), and sweet oriental sauces (see 11f). <i>11.7007</i>	3475	3100	2700	2300	4300
11h. Marinades	Shelf stable and dry marinade mixes as consumed. <i>11.7008</i>	2755	2440	2120	1800	3000

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Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
11i. Curry pastes	Curry pastes e.g. Thai and Indian. <i>11.7009</i>	2023	1740	1520	1300	3300
<b>12. Vegetables</b>						
12a. Tomato paste with additions	Tomato paste with additions e.g. tomato paste with herbs or garlic. Excludes plain tomato paste with no added salt. <i>12.6215</i>	727	640	560	470	840
12b. Canned vegetables and legumes	Canned vegetables and legumes e.g. potatoes, tomatoes, corn, peas, green beans, mushrooms, mixed vegetables, beets (plain and pickled), kidney beans, chickpeas, lentils, and bean salads. <i>12.6201, 12.6202, 12.6203, 12.6204, 12.6208, 12.6210, 12.6211, 12.6213, 12.6217, 12.6218, 12.6219, and 12.6224</i>	246	200	150	100	310
12c. Sour pickled vegetables	Shelf stable sour pickled vegetables e.g. cucumbers, onions, peppers, sauerkraut, and other vegetables. <i>12.6209 and 12.6220</i>	891	810	720	640	1040
12d. Sweet pickled vegetables	Shelf stable sweet pickled vegetables e.g. cucumbers, onions, relish, and other vegetables. <i>12.6221</i>	558	500	450	400	700
12e. Olives and sundried tomatoes	Shelf stable un-stuffed olives, tapenade, and sundried tomatoes. Excludes stuffed olives (see 12f). <i>12.6207 and 12.6222</i>	1227	1160	1020	880	1800
12f. Stuffed olives	Shelf stable stuffed olives. <i>12.6223</i>	1801	1750	1680	1600	2000

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Food Category	Food Category Description Numbers refer to the "Group ID" in the <a href="#">Data Table (Appendix A)</a>	2009-2010 Sales- Weighted Average mg sodium per 100 g	Phase 1	Phase 2	Phase 3	
			Sales- Weighted Average Level mg sodium per 100 g	Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales- Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g
12g. Vegetable juice and cocktail	Vegetable juice and vegetable juice cocktail e.g. tomato juice, carrot juice, and tomato and clam juice. Excludes vegetable and fruit juice blends. <i>12.6216</i>	236	220	200	180	330
<b>13. Nut butters</b>						
13a. Nut butters	Nut butters e.g. peanut, almond, cashew, and soy. Excludes unsalted nut butters and tahini. <i>21.5101</i>	447	400	350	300	430
<b>14. Seasoning mixes</b>						
14a. Breading, batter, and coatings	Meat, fish, and vegetable breading or batter coatings. <i>14.5201</i>	3005	2650	2250	1840	3420
14b. Dry seasoning mixes	Dry seasoning mixes for side and main dishes e.g. chili, stew, fajita, and salad seasoning. Includes popcorn seasoning. Excludes salts listed in Division 7 of the <i>Food and Drug Regulations</i> . <i>14.5701, 14.5706, 14.5707, and 14.5709</i>	7281	6500	5800	5100	9100
14c. Meat and fish seasoning	Dry seasoning for meat and fish e.g. steak spice. <i>14.5705</i>	17 521	17 200	15 000	12 700	23 000
<b>15. Infant and toddler foods</b>						
15a. Toddler mixed dishes	Shelf stable and frozen toddler entrées. <i>19.5206</i>	215	210	200	190	240
15b. Cookies, biscuits and snack bars	Infant and toddler cookies, biscuits and snack bars. <i>19.5201</i>	247	220	190	160	320
15c. Savoury snacks	Infant and toddler seasoned extruded snacks. <i>19.5204</i>	714	610	500	400	540

### Monitoring the Sodium Intakes of Canadians

Should sodium levels in the food supply decrease to the guiding benchmark levels and Canadians improve their eating patterns, it is anticipated that the average sodium intake in Canada would decrease to approximately 2300 mg per day, the 2016 intake goal. Health Canada is in the process of developing a number of tools and activities for assessing progress towards the success of sodium reduction initiatives by stakeholders.

Elements of this monitoring and evaluation plan include:

- Measuring changes in population sodium intake through the CCHS-nutrition. This survey is slated to be repeated in 2015, and will provide current food intake data that can be used to evaluate whether sodium intakes and dietary patterns have changed in Canada since 2004.
- Engaging the food industry to discuss their sodium reduction efforts and activities, as well as challenges faced by these stakeholders.
- Using the [Canadian Total Diet Study \(TDS\)](#) as a supporting data source to assess sodium content of food composites and estimate changes in sodium intakes.
- Reporting on work relating to the % Daily Value (%DV) for sodium as part of the overall review of elements required to be declared on the Nutrition Facts table.
- Reporting on procurement policies in publicly funded institutions in Canada. The development of a common framework for food procurement programs in Canada is under consideration.
- Tracking and reporting on [priority scheduling and expedited handling of food additive submissions](#) related to sodium reduction. Health Canada is committed to streamlining the food additive process for low sodium alternatives.
- Reporting on research initiatives and grants funded by the Canadian Institutes of Health Research (CIHR), the Natural Sciences and Engineering Research Council of Canada (NSERC) and others, and increasing research capacity related to sodium reduction in Canada.

### Acceptable Labelling/Advertising Statements Regarding Sodium

#### Nutrient Content Claims

Section [B.01.502](#) of the [Food and Drug Regulations](#) (FDR) prohibits the use of statements, expressed or implied, that characterize the amount of nutrients, including sodium, contained in the food, other than those set out in column 4 of the table following section [B.01.513](#) (provided that it meets the conditions for those claims).

Below, is a list of acceptable nutrient content claims, associated compositional conditions for making these claims and the FDR text for the full set of conditions to be met when making these nutrient content claims.

**“Free of sodium or salt”** (Item 31): Permitted if the food contains (a) less than 5 mg of sodium per reference amount and serving of stated size; or (b) less than 5 mg of sodium per serving of stated size, if the food is a prepackaged meal.

**“Low in sodium or salt”** (Item 32): Permitted if the food contains (a) 140 mg or less of sodium per reference amount and serving of stated size and, if the reference amount is 30 g or 30 mL or less, per 50 g; or (b) 140 mg or less of sodium per 100 g, if the food is a prepackaged meal.

**“Reduced in sodium or salt”** (Item 33): Permitted if (1) The food is processed, formulated, reformulated or otherwise modified so that it contains at least 25% less sodium (a) per reference amount of the food, than the reference amount of the similar reference food; or (b) per 100 g, than 100 g of the similar reference food, if the food is a prepackaged meal. (2) The similar reference food does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1.

**“Lower in sodium or salt”** (Item 34): Permitted if (1) The food contains at least 25% less sodium (a) per reference amount of the food, than the reference amount of the reference food of the same food group; or (b) per 100 g, than 100 g of the reference food of the same food group, if the food is a prepackaged meal. (2) The reference food of the same food group does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1.

**“No added sodium or salt”** (Item 35): Permitted if (1) The food contains no added salt, other sodium salts or ingredients that contain sodium that functionally substitute for added salt. (2) The similar reference food does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1 and contains added salt or other sodium salts.

**“Lightly salted”** (Item 36): Permitted if (1) The food contains at least 50% less added sodium than the sodium added to the similar reference food. (2) The similar reference food does not meet the conditions set out in column 2 of item 32 for the subject “low in sodium or salt” set out in column 1.



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Additional information on the requirements for nutrient content claims can be found in [Chapter 7](#) of the Canadian Food Inspection Agency's (CFIA) *Guide to Food Labelling and Advertising* and sections B.01.502 to B.01.506, B.01.508, and B.01.511 to B.01.513 of the FDR.

### Comparative Claims Related to Sodium

Comparative claims for sodium are those specified in items 33 and 34 in the table following B.01.513 of the FDR (see above). For example, for a food to carry the reduced in sodium/salt claim it must contain at least 25% less sodium compared to the reference food (Item 33). For a food to carry the lower in sodium/salt claim it must contain at least 25% less sodium compared to the reference food of the same food group (item 34). Please see actual text in the FDR for additional conditions to be met when making these nutrient content claims.

Enquiries have been made to Health Canada to amend the Regulations to allow for claims to be made when the sodium reduction is less than 25%. Health Canada considered this option, however determined that a minimum reduction of 25% will be retained for comparative claims. Tolerances outlined in the [Nutrition Labelling Compliance Test](#) can be up to 20% for the nutrient declaration and furthermore, reductions less than 25% are not considered meaningful and have the potential of being misleading to the consumer.

### Health Claims Related to Sodium

Health Canada allows a number of science-based disease risk reduction claims to be used on food labels or in advertisements. A complete list of permitted statements and claims, and conditions for their use, can be found in the table following section [B.01.603](#) of the FDR. The permitted claim related to sodium pertains to the relationship between a low sodium diet and a reduced risk of heart disease and stroke.

The following statements are the permitted wording for the health claim for a low sodium diet and reduced risk of stroke and heart disease. In order to use one of these statements, the food must meet all of the relevant conditions set out for the claim. Please see actual text in the FDR for conditions to be met when making these health claims.

- (1) “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is sodium-free.”
- (2) “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is low in sodium.”

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(3) “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is a good source of potassium and is sodium-free.”

(4) “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is a good source of potassium and is low in sodium.”

(5) “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is high in potassium and is sodium-free.”

(6) “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is high in potassium and is low in sodium.”

More information can be found in [Chapter 8](#) of CFIA’s *Guide to Food Labelling and Advertising*.

## Appendix A: Guiding Benchmark Sodium Reduction Levels for Processed Foods: Data Table

The proposed sales-weighted average levels apply to the sales-weighted average sodium for a company’s products within the category. The maximum level applies to individual products within the category.

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
<b>1.01</b>	<b>BAKERY PRODUCTS - BREAD PRODUCTS</b>					<b>364</b>	<b>469</b>	<b>7</b>	<b>333</b>	<b>402</b>	<b>483</b>	<b>533</b>	<b>780</b>
	<b>340</b>	<b>300</b>	<b>260</b>	<b>400</b>	<b>ENGLISH MUFFINS AND RAISIN BREAD (1a)</b>	<b>36</b>	<b>373</b>	<b>167</b>	<b>263</b>	<b>325</b>	<b>378</b>	<b>400</b>	<b>773</b>
1.0122					I-BREAD WITH RAISINS	9	365	313	313	359	378	378	395
1.0126					I-ENGLISH MUFFINS	27	377	167	246	307	390	404	773
	<b>430</b>	<b>380</b>	<b>330</b>	<b>520</b>	<b>PANTRY BREAD AND ROLLS, BAGELS, CROISSANTS, AND FLATBREADS (1b)</b>	<b>249</b>	<b>469</b>	<b>7</b>	<b>329</b>	<b>413</b>	<b>482</b>	<b>515</b>	<b>708</b>
1.0125					I-BAGELS	43	422	7	200	333	429	489	646
1.0130					I-CROISSANTS	4	447	227	227	334	444	474	500
1.0123					I-DIET BREAD	9	480	354	354	404	442	487	548
1.0129					I-FLATBREADS	27	378	156	299	316	400	453	511
1.0129					- LOW OR NO ADDED SODIUM CLAIM	1	12	12	12	12	12	12	12
1.0124					I-PANTRY BREAD	84	468	289	356	422	486	517	686
1.0127					I-PANTRY ROLLS AND BUNS	78	518	329	439	480	508	548	708
1.0142					II-PIZZA CRUST	3	488	269	269	269	379	618	618

The symbol "I" that precedes the name of a food category indicates a Group I food category. Label data was collected in 2009.

The symbol "II" indicates a Group II food category. Label data was collected in 2010.

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Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
	520	490	470	600	<b>HEARTH BREAD (1c)</b>	79	531	316	459	487	539	600	968
1.0121					I-HEARTH BREAD	38	530	357	467	490	527	596	620
1.0141					II-HEARTH AND NON-HEARTH BREAD WITH ADDITIONS	41	537	316	440	480	540	600	780
<b>1.51</b>	<b>BAKERY PRODUCTS - COOKIES</b>					<b>493</b>	<b>363</b>	<b>0</b>	<b>118</b>	<b>214</b>	<b>300</b>	<b>386</b>	<b>1100</b>
	320	280	240	390	<b>COOKIES (1j)</b>	493	363	0	118	214	300	386	1100
1.5101					II-CHOCOLATE CHIP	82	443	86	217	258	308	386	1000
1.5102					II-CHOCOLATE COVERED	48	218	26	86	128	200	253	368
1.5103					II-FRUIT FILLED COOKIES	26	276	80	185	222	281	345	433
1.5104					II-OTHER COOKIES	118	390	0	121	214	336	420	706
1.5105					II-SANDWICH COOKIES	69	307	88	125	212	276	338	514
1.5105					- LOW OR NO ADDED SODIUM CLAIM	1	147	147	147	147	147	147	147
1.5106					II-SHORTBREAD	44	351	100	250	298	300	379	1100
1.5107					II-SOCIAL TEA/SUGAR TYPE	81	421	100	197	300	370	500	812
1.5107					- LOW OR NO ADDED SODIUM CLAIM	3	294	286	286	286	286	310	310
1.5108	II-SUGAR WAFER	21	93	61	67	67	83	83	167				
<b>1.52</b>	<b>BAKERY PRODUCTS - TOASTER PASTRIES</b>					<b>13</b>	<b>360</b>	<b>320</b>	<b>320</b>	<b>320</b>	<b>352</b>	<b>396</b>	<b>460</b>
	350	330	320	400	<b>TOASTER PASTRIES (1l)</b>	13	360	320	320	320	352	396	460
1.5201					II-TOASTER PASTRY	13	360	320	320	320	352	396	460

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Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
<b>1.53</b>	<b>BAKERY PRODUCTS - TORTILLAS AND WRAPS</b>					<b>54</b>	<b>698</b>	<b>0</b>	<b>414</b>	<b>548</b>	<b>688</b>	<b>762</b>	<b>968</b>
					<b>TORTILLAS AND WRAPS (1d)</b>	<b>54</b>	<b>698</b>	<b>0</b>	<b>414</b>	<b>548</b>	<b>688</b>	<b>762</b>	<b>968</b>
1.5302	<b>650</b>	<b>600</b>	<b>550</b>	<b>760</b>	II-FLAVOURED TORTILLA	18	713	427	529	667	697	827	968
1.5301					II-PLAIN TORTILLA	36	697	0	283	519	662	745	800
<b>1.56</b>	<b>BAKERY PRODUCTS - GRANOLA BARS</b>					<b>210</b>	<b>289</b>	<b>13</b>	<b>141</b>	<b>179</b>	<b>257</b>	<b>348</b>	<b>625</b>
					<b>GRANOLA AND CEREAL TYPE BARS (1m)</b>	<b>194</b>	<b>276</b>	<b>13</b>	<b>141</b>	<b>176</b>	<b>237</b>	<b>335</b>	<b>625</b>
1.5601	<b>240</b>	<b>210</b>	<b>180</b>	<b>340</b>	II-GRANOLA AND CEREAL TYPE BARS	186	277	13	135	173	236	335	625
1.5601					- LOW OR NO ADDED SODIUM CLAIM	8	223	176	176	197	254	263	357
	<b>370</b>	<b>340</b>	<b>300</b>	<b>400</b>	<b>SWEET AND SALTY BARS (1n)</b>	<b>16</b>	<b>398</b>	<b>286</b>	<b>286</b>	<b>329</b>	<b>357</b>	<b>380</b>	<b>475</b>
1.5603					II-SWEET AND SALTY BAR	16	398	286	286	329	357	380	475
<b>1.57</b>	<b>BAKERY PRODUCTS - DOUGH AND PASTRY</b>					<b>28</b>	<b>596</b>	<b>128</b>	<b>260</b>	<b>330</b>	<b>521</b>	<b>721</b>	<b>1074</b>
					<b>PIE DOUGH AND SHELLS (1e)</b>	<b>15</b>	<b>369</b>	<b>128</b>	<b>167</b>	<b>309</b>	<b>333</b>	<b>526</b>	<b>591</b>
1.5701	<b>350</b>	<b>300</b>	<b>250</b>	<b>530</b>	II-PIE DOUGH/SHELL	13	378	128	167	310	333	526	591
1.5701					- LOW OR NO ADDED SODIUM CLAIM	2	318	260	260	260	320	381	381
	<b>660</b>	<b>590</b>	<b>510</b>	<b>790</b>	<b>REFRIGERATED DOUGH (1f)</b>	<b>13</b>	<b>733</b>	<b>458</b>	<b>458</b>	<b>523</b>	<b>723</b>	<b>786</b>	<b>1074</b>
1.5714					II-REFRIGERATED DOUGH	13	733	458	458	523	723	786	1074
<b>1.6</b>	<b>BAKERY PRODUCTS - CRACKERS</b>					<b>265</b>	<b>859</b>	<b>0</b>	<b>267</b>	<b>450</b>	<b>667</b>	<b>933</b>	<b>2105</b>
	<b>770</b>	<b>690</b>	<b>600</b>	<b>930</b>	<b>CRACKERS (1i)</b>	<b>265</b>	<b>859</b>	<b>0</b>	<b>267</b>	<b>450</b>	<b>667</b>	<b>933</b>	<b>2105</b>

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	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
1.6001					II-CRACKERS	256	861	0	300	476	690	933	2105
1.6001					- LOW OR NO ADDED SODIUM CLAIM	9	152	0	0	0	0	250	350
<b>1.62</b>	<b>BAKERY PRODUCTS - DRY BREAD</b>					<b>79</b>	<b>733</b>	<b>0</b>	<b>318</b>	<b>500</b>	<b>667</b>	<b>864</b>	<b>1475</b>
	<b>650</b>	<b>570</b>	<b>480</b>	<b>860</b>	<b>DRY BREAD (1g)</b>	<b>79</b>	<b>733</b>	<b>0</b>	<b>318</b>	<b>500</b>	<b>667</b>	<b>864</b>	<b>1475</b>
1.6201					II-DRY BREAD	79	733	0	318	500	667	864	1475
<b>1.63</b>	<b>BAKERY PRODUCTS - BREADCRUMBS, CROUTONS AND SALAD TOPPERS</b>					<b>84</b>	<b>916</b>	<b>133</b>	<b>300</b>	<b>500</b>	<b>801</b>	<b>1143</b>	<b>2250</b>
					<b>BREADCRUMBS, CROUTONS, AND SALAD TOPPERS (1h)</b>	<b>84</b>	<b>916</b>	<b>133</b>	<b>300</b>	<b>500</b>	<b>801</b>	<b>1143</b>	<b>2250</b>
1.6301	<b>840</b>	<b>760</b>	<b>670</b>	<b>1150</b>	II-BREADCRUMBS, CROUTONS, AND SALAD TOPPERS	35	849	133	214	340	650	767	2040
1.6302					II-SEASONED BREADCRUMBS, CROUTONS, AND SALAD TOPPERS	49	1010	275	500	786	1100	1214	2250
<b>1.65</b>	<b>BAKERY PRODUCTS - COMMERCIAL AND FROZEN BAKED DESSERTS</b>					<b>645</b>	<b>349</b>	<b>25</b>	<b>155</b>	<b>209</b>	<b>300</b>	<b>400</b>	<b>1063</b>
					<b>BAKED DESSERTS (1k)</b>	<b>645</b>	<b>349</b>	<b>25</b>	<b>155</b>	<b>209</b>	<b>300</b>	<b>400</b>	<b>1063</b>
1.6504					II-BROWNIES/SQUARES	32	282	141	200	235	266	312	452
1.6502					II-CAKE	158	422	49	188	253	368	438	1063
1.6513	<b>310</b>	<b>270</b>	<b>230</b>	<b>400</b>	II-CAKES WITH PUDDING/MOUSSE	11	181	44	50	95	213	315	318
1.6501					II-CHEESECAKE	31	222	133	174	190	216	250	320
1.6506					II-DOUGHNUTS - CAKE	18	392	179	242	339	374	437	511

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1.6505					II-DOUGHNUTS - YEAST	24	231	163	163	210	292	449	588
1.6509					II-MUFFINS/QUICK BREADS	103	400	192	271	300	387	478	709
1.6509					- LOW OR NO ADDED SODIUM CLAIM	2	255	255	255	255	255	255	255
1.6510					II-PASTRIES	62	229	38	125	143	264	333	558
1.6507					II-PIES/CRISPS	103	215	27	111	155	182	235	867
1.6503					II-SNACK CAKES	73	350	125	202	258	340	421	548
1.6511					II-SWEET BUNS	28	280	25	110	245	305	372	500
<b>1.66</b>	<b>BAKERY PRODUCTS - BREAKFAST</b>					<b>106</b>	<b>630</b>	<b>281</b>	<b>438</b>	<b>486</b>	<b>582</b>	<b>657</b>	<b>860</b>
					<b>PANCAKES, WAFFLES, AND FRENCH TOAST (1o)</b>	<b>92</b>	<b>614</b>	<b>281</b>	<b>438</b>	<b>479</b>	<b>582</b>	<b>648</b>	<b>851</b>
1.6604	<b>530</b>	<b>490</b>	<b>440</b>	<b>650</b>	II-PANCAKES, WAFFLES, AND FRENCH TOAST	92	614	281	438	479	582	648	851
					<b>TEA BISCUITS AND SCONES (1p)</b>	<b>14</b>	<b>789</b>	<b>404</b>	<b>404</b>	<b>494</b>	<b>553</b>	<b>786</b>	<b>860</b>
1.6603	<b>730</b>	<b>630</b>	<b>530</b>	<b>790</b>	II-TEA BISCUITS AND SCONES	14	789	404	404	494	553	786	860
<b>2.03</b>	<b>BREAKFAST CEREALS - READY-TO-EAT CEREALS</b>					<b>86</b>	<b>558</b>	<b>0</b>	<b>31</b>	<b>200</b>	<b>469</b>	<b>630</b>	<b>933</b>
					<b>READY-TO-EAT CEREALS (2a)</b>	<b>86</b>	<b>558</b>	<b>0</b>	<b>31</b>	<b>200</b>	<b>469</b>	<b>630</b>	<b>933</b>
2.0301					I-FLAKES	14	647	250	350	373	547	664	853
2.0302	<b>490</b>	<b>430</b>	<b>360</b>	<b>630</b>	I-FLAKES WITH FRUIT AND/OR NUTS	7	603	200	200	295	418	618	673
2.0302					- LOW OR NO ADDED SODIUM CLAIM	6	216	186	186	196	212	223	255

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2.0303					I-GRANOLA/MUESLI	12	232	67	78	106	228	454	508
2.0303					- LOW OR NO ADDED SODIUM CLAIM	2	52	33	33	33	58	82	82
2.0304					I-HIGH FIBRE COMPACT	6	823	362	362	567	690	861	900
2.0304					- LOW OR NO ADDED SODIUM CLAIM	1	173	173	173	173	173	173	173
2.0305					I-PUFFED	8	688	83	83	479	590	790	931
2.0306					I-SEMI COMPACT/FORMED	15	650	407	407	500	630	767	933
2.0307					I-SHREDDED	10	442	0	0	0	361	533	767
2.0307					- LOW OR NO ADDED SODIUM CLAIM	5	8	0	0	0	8	8	31
<b>2.51</b>	<b>BREAKFAST CEREALS - HOT INSTANT CEREALS</b>					<b>65</b>	<b>539</b>	<b>190</b>	<b>225</b>	<b>362</b>	<b>469</b>	<b>596</b>	<b>778</b>
					<b>HOT INSTANT CEREALS (2b)</b>	<b>65</b>	<b>539</b>	<b>190</b>	<b>225</b>	<b>362</b>	<b>469</b>	<b>596</b>	<b>778</b>
2.5102					II-FLAVOURED HOT INSTANT CEREALS AS SOLD	50	538	190	338	417	526	611	778
2.5102	<b>460</b>	<b>400</b>	<b>340</b>	<b>600</b>	- LOW OR NO ADDED SODIUM CLAIM	3	200	200	200	200	200	200	200
2.5101					II-PLAIN HOT INSTANT CEREALS AS SOLD	11	568	256	280	320	356	516	718
2.5101					- LOW OR NO ADDED SODIUM CLAIM	1	263	263	263	263	263	263	263
<b>3.04</b>	<b>DAIRY PRODUCTS AND SUBSTITUTES - CHEESE</b>					<b>193</b>	<b>668</b>	<b>12</b>	<b>333</b>	<b>433</b>	<b>667</b>	<b>767</b>	<b>2933</b>
					<b>COTTAGE CHEESE (3a)</b>	<b>33</b>	<b>375</b>	<b>12</b>	<b>239</b>	<b>328</b>	<b>345</b>	<b>408</b>	<b>480</b>
3.0434	<b>350</b>	<b>330</b>	<b>280</b>	<b>410</b>	I-COTTAGE CHEESE	32	377	12	248	328	348	408	480

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3.0434					- LOW OR NO ADDED SODIUM CLAIM	1	20	20	20	20	20	20	20
	440	410	350	600	CREAM CHEESE, CREAM CHEESE PRODUCTS, AND SOFT UNRIPENED GOAT CHEESE (3b)	39	472	267	317	333	464	600	867
3.0420					I-CREAM CHEESE AND OTHER CREAM CHEESE PRODUCTS - PLAIN AND SWEET	17	442	267	333	333	400	467	667
3.0431					I-CREAM CHEESE AND OTHER CREAM CHEESE PRODUCTS - SAVOURY	11	598	467	533	533	600	733	867
3.0437					I-SOFT UNRIPENED GOAT CHEESE	11	407	317	317	317	367	500	700
	710	700	670	770	BRIE, CAMEMBERT, CHEDDAR, SWISS, MONTEREY JACK, BRICK, COLBY, GOUDA, AND MOZZARELLA (3c)	101	720	405	633	667	700	767	967
3.0401					I-BRIE AND CAMEMBERT	11	643	533	533	533	607	700	733
3.0438					I-CHEDDAR, SWISS, MONTEREY JACK, BRICK, COLBY AND GOUDA	51	706	405	667	667	700	800	833
3.0412					I-MIXED CHEESE SHREDDED	14	720	633	667	700	733	733	967
3.0435					I-MOZZARELLA	25	746	600	650	667	733	767	867

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3.0441	1270	1210	1100	1530	FETA AND FETA-STYLE CHEESE (3e)	14	1323	853	1000	1067	1157	1534	2250
					II-FETA AND FETA STYLE CHEESE	14	1323	853	1000	1067	1157	1534	2250
3.0436	2150	2010	1720	2530	HARD CHEESE, GRATED, AND UNGRATED (3d)	6	2293	1000	1000	1367	1875	2533	2933
					I-HARD CHEESE, GRATED AND UNGRATED	6	2293	1000	1000	1367	1875	2533	2933
3.05	DAIRY PRODUCTS AND SUBSTITUTES - PROCESSED CHEESE AND OTHER CHEESE PRODUCTS					35	1610	606	1238	1476	1619	1667	1905
3.0511 3.0512 3.0503	1520	1420	1240	1670	PROCESSED CHEESE AND OTHER CHEESE PRODUCTS (3f)	35	1610	606	1238	1476	1619	1667	1905
					I-PROCESSED CHEESE LIGHT AND FAT FREE	13	1491	1095	1381	1381	1619	1619	1667
					I-PROCESSED CHEESE REGULAR	16	1662	1238	1429	1606	1619	1736	1905
					I-PROCESSED CHEESE SPREADS	6	1571	606	606	939	1567	1567	1903
3.61	DAIRY PRODUCTS AND SUBSTITUTES - DAIRY-FREE CHEESE AND SPREADS					8	616	417	417	667	917	1143	1316
3.6101	560	510	460	1140	DAIRY-FREE CHEESE AND SPREADS (3g)	8	616	417	417	667	917	1143	1316
					II-DAIRY-FREE CHEESE AND SPREADS	8	616	417	417	667	917	1143	1316
4.06	FATS AND OILS - MARGARINE					32	665	0	0	600	675	743	1250

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	<b>620</b>	<b>550</b>	<b>480</b>	<b>800</b>	<b>SALTED MARGARINE (4b)</b>	<b>28</b>	<b>692</b>	<b>350</b>	<b>600</b>	<b>600</b>	<b>700</b>	<b>793</b>	<b>1250</b>	
4.0611					I-SALTED MARGARINE	28	692	350	600	600	700	793	1250	
	<b>No sodium reduction level</b>				<b>UNSALTED MARGARINE</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	
4.0607					-UNSALTED MARGARINE	0	0	0	0	0	0	0	0	0
4.0607					- SODIUM FREE CLAIM	1	0	0	0	0	0	0	0	0
4.0607					- LOW OR NO ADDED SODIUM CLAIM	3	0	0	0	0	0	0	0	0
<b>4.07</b>	<b>FATS AND OILS - SALAD DRESSING / MAYONNAISE</b>					<b>142</b>	<b>883</b>	<b>234</b>	<b>563</b>	<b>700</b>	<b>934</b>	<b>1125</b>	<b>1813</b>	
	<b>680</b>	<b>610</b>	<b>530</b>	<b>840</b>	<b>MAYONNAISE AND MAYONNAISE TYPE SPREADS AND DRESSING (4c)</b>	<b>16</b>	<b>760</b>	<b>429</b>	<b>500</b>	<b>567</b>	<b>683</b>	<b>838</b>	<b>1000</b>	
4.0717					I-MAYONNAISE AND MAYONNAISE TYPE SPREADS AND DRESSING REGULAR	10	718	429	464	500	625	800	1000	
4.0718					I-MAYONNAISE AND MAYONNAISE TYPE SPREADS AND DRESSING LIGHT OR FAT FREE	6	849	563	563	688	766	875	933	
	<b>890</b>	<b>790</b>	<b>690</b>	<b>1130</b>	<b>SALAD DRESSING AND VINAIGRETTE (4d)</b>	<b>126</b>	<b>987</b>	<b>234</b>	<b>567</b>	<b>733</b>	<b>1000</b>	<b>1133</b>	<b>1813</b>	
4.0716					I-SALAD DRESSING REGULAR	86	960	234	533	719	935	1125	1813	
4.0715					I-SALAD DRESSING LIGHT OR FAT FREE	40	1046	433	633	781	1063	1290	1643	
<b>4.61</b>	<b>FATS AND OILS - BUTTER AND DAIRY SPREADS</b>					<b>79</b>	<b>543</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>600</b>	<b>750</b>	<b>1400</b>	

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Guidance for Food Industry on Reducing Sodium in Processed Foods

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
	<b>620</b>	<b>550</b>	<b>480</b>	<b>800</b>	<b>SALTED BUTTER AND BUTTER BLENDS (4a)</b>	<b>54</b>	<b>678</b>	<b>350</b>	<b>350</b>	<b>600</b>	<b>600</b>	<b>800</b>	<b>1400</b>
4.6101					II-SALTED BUTTER AND BUTTER BLENDS	54	678	350	350	600	600	800	1400
	<b>No sodium reduction level</b>				<b>UNSALTED BUTTER</b>	<b>25</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>150</b>
4.6102					II-UNSALTED BUTTER	24	12	0	0	0	0	0	150
4.6102					- NO SALT SODIUM CLAIM	1	0	0	0	0	0	0	0
<b>5.08</b>	<b>FISH AND SEAFOOD PRODUCTS - CANNED TUNA</b>					<b>18</b>	<b>339</b>	<b>83</b>	<b>83</b>	<b>250</b>	<b>337</b>	<b>400</b>	<b>596</b>
	<b>310</b>	<b>280</b>	<b>250</b>	<b>400</b>	<b>CANNED TUNA (5a)</b>	<b>18</b>	<b>339</b>	<b>83</b>	<b>83</b>	<b>250</b>	<b>337</b>	<b>400</b>	<b>596</b>
5.0827					I-OIL PACKED TUNA	6	359	286	286	357	375	481	596
5.0811					I-WATER PACKED TUNA	9	361	209	209	273	317	400	417
5.0811					- LOW OR NO ADDED SODIUM CLAIM	3	84	83	83	83	83	91	91
<b>5.51</b>	<b>FISH AND SEAFOOD PRODUCTS - IMITATION SEAFOOD</b>					<b>17</b>	<b>630</b>	<b>529</b>	<b>529</b>	<b>553</b>	<b>670</b>	<b>706</b>	<b>824</b>
	<b>600</b>	<b>580</b>	<b>550</b>	<b>710</b>	<b>IMITATION AND SIMULATED SEAFOOD (5c)</b>	<b>17</b>	<b>630</b>	<b>529</b>	<b>529</b>	<b>553</b>	<b>670</b>	<b>706</b>	<b>824</b>
5.5101					II-IMITATION AND SIMULATED SEAFOOD	17	630	529	529	553	670	706	824
<b>5.52</b>	<b>FISH AND SEAFOOD PRODUCTS - CANNED FISH AND SEAFOOD</b>					<b>141</b>	<b>406</b>	<b>60</b>	<b>272</b>	<b>333</b>	<b>436</b>	<b>553</b>	<b>1483</b>
	<b>360</b>	<b>340</b>	<b>320</b>	<b>530</b>	<b>CANNED SALMON AND OTHER CANNED FISH AND SHELLFISH (5b)</b>	<b>127</b>	<b>384</b>	<b>60</b>	<b>270</b>	<b>320</b>	<b>429</b>	<b>532</b>	<b>1089</b>

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Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
5.5212					I-CANNED SALMON, FISH SALAD, AND SAUCE PACKED TUNA	19	434	291	300	320	412	460	553
5.5212					- LOW OR NO ADDED SODIUM CLAIM	4	80	80	80	80	80	80	80
5.5211					II-CANNED SHELLFISH, AND FISH IN SAUCE, OIL OR WATER EXCLUDES TUNA	104	373	60	272	330	436	548	1089
	<b>650</b>	<b>600</b>	<b>540</b>	<b>1030</b>	<b>KIPPERED FISH (5d)</b>	<b>14</b>	<b>707</b>	<b>370</b>	<b>420</b>	<b>541</b>	<b>945</b>	<b>1032</b>	<b>1483</b>
5.5208					II-KIPPERED FISH	14	707	370	420	541	945	1032	1483
<b>5.53</b>	<b>FISH AND SEAFOOD PRODUCTS - FROZEN FISH AND SEAFOOD</b>					<b>231</b>	<b>432</b>	<b>96</b>	<b>210</b>	<b>296</b>	<b>429</b>	<b>580</b>	<b>1280</b>
					<b>FROZEN PLAIN FISH AND SEAFOOD WITH ADDED SODIUM PHOSPHATE (5e)</b>	<b>55</b>	<b>285</b>	<b>130</b>	<b>190</b>	<b>220</b>	<b>313</b>	<b>565</b>	<b>1070</b>
5.5307	<b>260</b>	<b>240</b>	<b>220</b>	<b>570</b>	II-FISH WITH SODIUM PHOSPHATE	13	214	130	136	152	200	210	780
5.5301					II-SEAFOOD WITH SODIUM PHOSPHATE	42	348	170	220	247	421	580	1070
					<b>FISH AND SEAFOOD: CAKES OR BURGERS, SEASONED, AND BREADED OR BATTERED (5f)</b>	<b>157</b>	<b>460</b>	<b>96</b>	<b>231</b>	<b>310</b>	<b>423</b>	<b>563</b>	<b>894</b>
5.5303	<b>390</b>	<b>350</b>	<b>300</b>	<b>560</b>	II-BREADED OR BATTERED FISH	66	460	220	298	387	454	563	820
5.5302					II-BREADED OR BATTERED SEAFOOD	11	624	310	434	450	648	694	894

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Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
5.5308					II-FISH OR SEAFOOD CAKE AND BURGER	19	425	186	225	291	338	547	624
5.5304					II-SEASONED FISH AND SEAFOOD, AND STUFFED FISH	61	450	96	185	278	360	521	833
	<b>740</b>	<b>680</b>	<b>610</b>	<b>1000</b>	<b>SMOKED FISH (5g)</b>	<b>19</b>	<b>811</b>	<b>397</b>	<b>491</b>	<b>730</b>	<b>850</b>	<b>1000</b>	<b>1280</b>
5.5306					II-SMOKED FISH	19	811	397	491	730	850	1000	1280
<b>5.54</b>	<b>FISH AND SEAFOOD PRODUCTS - SEAFOOD SPREAD AND DIPS</b>					<b>14</b>	<b>573</b>	<b>260</b>	<b>383</b>	<b>483</b>	<b>582</b>	<b>617</b>	<b>731</b>
	<b>510</b>	<b>460</b>	<b>400</b>	<b>620</b>	<b>FISH AND SEAFOOD MOUSSE, SPREAD, AND DIPS (5h)</b>	<b>14</b>	<b>573</b>	<b>260</b>	<b>383</b>	<b>483</b>	<b>582</b>	<b>617</b>	<b>731</b>
5.5401					II-FISH AND SEAFOOD MOUSSE, SPREAD, AND DIPS	14	573	260	383	483	582	617	731
<b>6.51</b>	<b>MIXED DISHES - CANNED AND DRY FOODS AS CONSUMED</b>					<b>348</b>	<b>367</b>	<b>15</b>	<b>255</b>	<b>311</b>	<b>375</b>	<b>443</b>	<b>1268</b>
	<b>280</b>	<b>250</b>	<b>220</b>	<b>330</b>	<b>CANNED CHILI (6a)</b>	<b>27</b>	<b>303</b>	<b>110</b>	<b>178</b>	<b>215</b>	<b>260</b>	<b>328</b>	<b>437</b>
6.5101					II-CANNED CHILI	27	303	110	178	215	260	328	437
	<b>310</b>	<b>280</b>	<b>250</b>	<b>370</b>	<b>BAKED AND REFRIED BEANS (6e)</b>	<b>60</b>	<b>335</b>	<b>131</b>	<b>216</b>	<b>295</b>	<b>317</b>	<b>375</b>	<b>598</b>
6.5104					II-BAKED AND REFRIED BEANS	60	335	131	216	295	317	375	598
	<b>330</b>	<b>300</b>	<b>270</b>	<b>440</b>	<b>SHELF STABLE PASTA, NOODLES, AND RICE OR OTHER GRAINS WITH SAUCE OR SEASONED (6c)</b>	<b>217</b>	<b>368</b>	<b>15</b>	<b>263</b>	<b>314</b>	<b>376</b>	<b>440</b>	<b>1268</b>
6.5103					II-CANNED AND DRY PASTA AND NOODLES WITH	126	351	15	273	315	371	418	817

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	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
					SAUCE AS CONSUMED								
6.5105					II-CANNED AND DRY SEASONED RICE AND GRAINS AS CONSUMED	91	408	104	248	313	379	474	1268
	<b>470</b>	<b>440</b>	<b>410</b>	<b>630</b>	<b>CANNED STEW AND MEATBALLS (6b)</b>	<b>36</b>	<b>503</b>	<b>261</b>	<b>410</b>	<b>433</b>	<b>485</b>	<b>635</b>	<b>714</b>
6.5102					II-CANNED STEW AND MEATBALLS	36	503	261	410	433	485	635	714
	<b>520</b>	<b>510</b>	<b>500</b>	<b>630</b>	<b>STUFFING MIXES (6d)</b>	<b>8</b>	<b>530</b>	<b>521</b>	<b>521</b>	<b>550</b>	<b>589</b>	<b>633</b>	<b>703</b>
6.5106					II-STUFFING MIXES AS CONSUMED	8	530	521	521	550	589	633	703
<b>6.52</b>	<b>MIXED DISHES - REFRIGERATED AND FROZEN APPETIZERS/SIDES/ENTREES</b>					<b>819</b>	<b>353</b>	<b>49</b>	<b>200</b>	<b>240</b>	<b>318</b>	<b>413</b>	<b>1214</b>
					<b>REFRIGERATED OR FROZEN APPETIZERS/SIDES/ENTREES WITH A SERVING SIZE OF 170 GRAMS OR MORE (6k)</b>	<b>470</b>	<b>288</b>	<b>49</b>	<b>187</b>	<b>220</b>	<b>260</b>	<b>335</b>	<b>765</b>
6.5220	<b>260</b>	<b>240</b>	<b>220</b>	<b>340</b>	II-SERVINGS 170 TO 285 GRAMS	302	287	49	199	229	271	345	765
6.5221					II-SERVINGS GREATER THAN 285 GRAMS	168	293	51	163	206	243	325	540
	<b>440</b>	<b>390</b>	<b>350</b>	<b>500</b>	<b>REFRIGERATED OR FROZEN APPETIZERS/SIDES/ENTREES WITH A SERVING SIZE LESS THAN 170 GRAMS (6j)</b>	<b>349</b>	<b>480</b>	<b>90</b>	<b>260</b>	<b>330</b>	<b>400</b>	<b>500</b>	<b>1214</b>
6.5219					II-SERVINGS LESS THAN	349	480	90	260	330	400	500	1214

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	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
					170 GRAMS								
<b>6.57</b>	<b>MIXED DISHES - PIZZA, PIZZA SNACKS AND FROZEN SANDWICHES</b>					<b>213</b>	<b>589</b>	<b>200</b>	<b>371</b>	<b>449</b>	<b>520</b>	<b>608</b>	<b>824</b>
					<b>PIZZA, PIZZA SNACKS, AND FROZEN SANDWICHES (6f)</b>	<b>213</b>	<b>589</b>	<b>200</b>	<b>371</b>	<b>449</b>	<b>520</b>	<b>608</b>	<b>824</b>
6.5702					II-PIZZA WITHOUT MEAT	59	534	229	321	400	480	543	747
6.5704	<b>520</b>	<b>460</b>	<b>400</b>	<b>610</b>	II-PIZZA SNACKS AND FROZEN SANDWICHES WITHOUT MEAT	2	595	516	516	516	563	609	609
6.5701					II-PIZZA WITH MEAT	104	598	200	397	489	575	639	824
6.5703					II-PIZZA SNACKS AND FROZEN SANDWICHES WITH MEAT	48	602	329	370	440	511	574	770
<b>6.6</b>	<b>MIXED DISHES - POTATOES</b>					<b>87</b>	<b>271</b>	<b>6</b>	<b>24</b>	<b>53</b>	<b>306</b>	<b>412</b>	<b>571</b>
					<b>FROZEN POTATOES (6g)</b>	<b>61</b>	<b>266</b>	<b>6</b>	<b>24</b>	<b>29</b>	<b>200</b>	<b>376</b>	<b>553</b>
6.6003	<b>230</b>	<b>200</b>	<b>170</b>	<b>380</b>	II-FRIES	38	234	14	24	45	200	388	553
6.6001					II-HASH BROWNS AND POTATO PATTIES	23	340	6	20	24	76	308	529
					<b>DRY MASHED OR SCALLOPED POTATOES (6h)</b>	<b>26</b>	<b>376</b>	<b>91</b>	<b>293</b>	<b>353</b>	<b>398</b>	<b>435</b>	<b>571</b>
6.6004	<b>350</b>	<b>320</b>	<b>290</b>	<b>440</b>	II-POTATOES MASHED OR SCALLOPED AS CONSUMED	26	376	91	293	353	398	435	571
<b>6.61</b>	<b>MIXED DISHES - REFRIGERATED PREPARED SALADS</b>					<b>55</b>	<b>318</b>	<b>100</b>	<b>218</b>	<b>255</b>	<b>311</b>	<b>389</b>	<b>700</b>
	<b>290</b>	<b>260</b>	<b>220</b>	<b>390</b>	<b>REFRIGERATED PREPARED SALADS (6i)</b>	<b>55</b>	<b>318</b>	<b>100</b>	<b>218</b>	<b>255</b>	<b>311</b>	<b>389</b>	<b>700</b>

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6.6103					II-COLESLAW	8	191	100	100	161	244	328	424
6.6107					II-COUSCOUS/RICE SALAD	7	459	320	320	387	416	516	700
6.6104					II-PASTA SALAD	16	306	174	230	250	294	416	570
6.6102					II-POTATO SALAD	12	345	239	260	267	332	404	440
6.6105					II-VEGETABLE SALAD	12	338	217	248	265	289	329	550
<b>7.41</b>	<b>MEAT AND MEAT SUBSTITUTES - BACON AND SUBSTITUTES</b>					<b>23</b>	<b>634</b>	<b>241</b>	<b>333</b>	<b>400</b>	<b>700</b>	<b>851</b>	<b>1133</b>
	<b>610</b>	<b>590</b>	<b>580</b>	<b>610</b>	<b>UNCOOKED BACON - BELLY (7a)</b>	<b>16</b>	<b>619</b>	<b>241</b>	<b>333</b>	<b>385</b>	<b>475</b>	<b>783</b>	<b>860</b>
7.4101					I-UNCOOKED BACON - BELLY	16	619	241	333	385	475	783	860
	<b>940</b>	<b>930</b>	<b>910</b>	<b>960</b>	<b>FULLY COOKED BREAKFAST STRIPS AND BACON SUBSTITUTES (7b)</b>	<b>7</b>	<b>961</b>	<b>500</b>	<b>500</b>	<b>727</b>	<b>1000</b>	<b>1038</b>	<b>1133</b>
7.4102					I-FULLY COOKED BREAKFAST STRIPS AND BACON SUBSTITUTES	7	961	500	500	727	1000	1038	1133
<b>7.42</b>	<b>MEAT AND MEAT SUBSTITUTES - PACKAGED SAUSAGES AND WIENERS</b>					<b>91</b>	<b>978</b>	<b>500</b>	<b>690</b>	<b>804</b>	<b>900</b>	<b>1053</b>	<b>1297</b>
	<b>750</b>	<b>700</b>	<b>660</b>	<b>690</b>	<b>UNCOOKED FRESH SAUSAGE (7c)</b>	<b>22</b>	<b>789</b>	<b>500</b>	<b>660</b>	<b>693</b>	<b>766</b>	<b>863</b>	<b>1184</b>
7.4201					I-UNCOOKED FRESH SAUSAGE - BREAKFAST AND DINNER VARIETIES	22	789	500	660	693	766	863	1184
	<b>940</b>	<b>880</b>	<b>830</b>	<b>870</b>	<b>FULLY COOKED SAUSAGE - SMOKED AND UNSMOKED, AND WIENERS (7d)</b>	<b>69</b>	<b>990</b>	<b>566</b>	<b>733</b>	<b>867</b>	<b>974</b>	<b>1079</b>	<b>1297</b>

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7.4202					I-FULLY COOKED SAUSAGE - SMOKED, NOT SMOKED AND WIENERS	69	990	566	733	867	974	1079	1297
<b>7.43</b>	<b>MEAT AND MEAT SUBSTITUTES - PACKAGED DELI MEATS</b>					<b>155</b>	<b>1049</b>	<b>411</b>	<b>762</b>	<b>836</b>	<b>990</b>	<b>1164</b>	<b>2429</b>
	<b>710</b>	<b>640</b>	<b>570</b>	<b>600</b>	<b>PATES AND SPREADS (7e)</b>	<b>16</b>	<b>781</b>	<b>411</b>	<b>429</b>	<b>521</b>	<b>745</b>	<b>822</b>	<b>1244</b>
7.4303					I-PATES AND SPREADS	16	781	411	429	521	745	822	1244
	<b>970</b>	<b>910</b>	<b>850</b>	<b>890</b>	<b>PACKAGED DELI MEATS - FULLY COOKED (7f)</b>	<b>126</b>	<b>1028</b>	<b>651</b>	<b>800</b>	<b>875</b>	<b>986</b>	<b>1092</b>	<b>1760</b>
7.4301					I-PACKAGED DELI MEATS - FULLY COOKED EXCLUDES PATES AND SPREADS	126	1028	651	800	875	986	1092	1760
	<b>1510</b>	<b>1420</b>	<b>1330</b>	<b>1400</b>	<b>PACKAGED DELI MEATS - DRY CURED, FERMENTED, NO THERMAL PROCESS (7g)</b>	<b>13</b>	<b>1592</b>	<b>1200</b>	<b>1233</b>	<b>1400</b>	<b>1583</b>	<b>1800</b>	<b>2429</b>
7.4302					I-PACKAGED DELI MEATS - DRY CURED, FERMENTED, NO THERMAL PROCESS	13	1592	1200	1233	1400	1583	1800	2429
<b>7.51</b>	<b>MEAT AND MEAT SUBSTITUTES - CANNED MEAT AND POULTRY</b>					<b>52</b>	<b>793</b>	<b>223</b>	<b>404</b>	<b>572</b>	<b>831</b>	<b>965</b>	<b>1633</b>
	<b>520</b>	<b>480</b>	<b>450</b>	<b>470</b>	<b>CANNED CHICKEN OR TURKEY (7h)</b>	<b>20</b>	<b>554</b>	<b>223</b>	<b>272</b>	<b>394</b>	<b>500</b>	<b>676</b>	<b>1304</b>
7.5101					II-CANNED CHICKEN OR TURKEY	20	554	223	272	394	500	676	1304
	<b>840</b>	<b>820</b>	<b>790</b>	<b>830</b>	<b>CANNED MEAT (7i)</b>	<b>32</b>	<b>865</b>	<b>558</b>	<b>618</b>	<b>831</b>	<b>887</b>	<b>1000</b>	<b>1633</b>
7.5102					II-CANNED MEAT	32	865	558	618	831	887	1000	1633

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Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
<b>7.55</b>	<b>MEAT AND MEAT SUBSTITUTES - MEAT STICKS AND JERKY</b>					<b>83</b>	<b>1269</b>	<b>640</b>	<b>1022</b>	<b>1304</b>	<b>1667</b>	<b>2114</b>	<b>3333</b>
	<b>1160</b>	<b>1120</b>	<b>1080</b>	<b>1140</b>	<b>MEAT STICKS (7j)</b>	<b>46</b>	<b>1204</b>	<b>640</b>	<b>889</b>	<b>1140</b>	<b>1398</b>	<b>1725</b>	<b>2469</b>
7.5502					II-MEAT STICKS	46	1204	640	889	1140	1398	1725	2469
	<b>2200</b>	<b>2050</b>	<b>1900</b>	<b>2000</b>	<b>JERKY (7k)</b>	<b>37</b>	<b>2355</b>	<b>1133</b>	<b>1536</b>	<b>1667</b>	<b>2057</b>	<b>2533</b>	<b>3333</b>
7.5501					II-JERKY	37	2355	1133	1536	1667	2057	2533	3333
<b>7.71</b>	<b>MEAT AND MEAT SUBSTITUTES - MEAT AND POULTRY PRODUCTS</b>					<b>361</b>	<b>581</b>	<b>0</b>	<b>300</b>	<b>376</b>	<b>490</b>	<b>640</b>	<b>1230</b>
					<b>MEAT/POULTRY MARINATED OR FLAVOURED AND MOISTURE ENHANCED, UNCURED (7l)</b>	<b>114</b>	<b>458</b>	<b>70</b>	<b>283</b>	<b>350</b>	<b>455</b>	<b>520</b>	<b>940</b>
7.7101					II-MARINATED OR FLAVOURED - COOKED	48	429	70	222	373	460	520	940
7.7101					- LOW OR NO ADDED SODIUM CLAIM	1	92	92	92	92	92	92	92
7.7102	<b>430</b>	<b>400</b>	<b>370</b>	<b>390</b>	II-MARINATED OR FLAVOURED - UNCOOKED	47	454	230	288	330	460	525	920
7.7104					II-MOISTURE ENHANCED MEAT AND POULTRY - COOKED	9	593	400	400	451	480	552	791
7.7105					II-MOISTURE ENHANCED MEAT AND POULTRY - UNCOOKED	9	423	170	170	330	367	445	640
	<b>490</b>	<b>470</b>	<b>450</b>	<b>470</b>	<b>BURGERS, MEATBALLS, MEAT LOAF, AND BREADED MEAT AND POULTRY (7m)</b>	<b>189</b>	<b>503</b>	<b>0</b>	<b>303</b>	<b>375</b>	<b>488</b>	<b>627</b>	<b>1200</b>

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Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
7.7111					II-BREADED - COOKED	17	529	262	279	421	496	730	1200
7.7112					II-BREADED - UNCOOKED	69	552	215	340	421	540	640	960
7.7108					II-BURGERS, MEATBALLS, AND MEAT LOAFS - COOKED	28	545	250	300	442	535	629	929
7.7109					II-BURGERS, MEATBALLS, AND MEAT LOAFS - UNCOOKED	75	422	0	261	319	421	550	950
	650	610	570	600	<b>CHICKEN WINGS (7n)</b>	<b>46</b>	<b>689</b>	<b>256</b>	<b>330</b>	<b>570</b>	<b>682</b>	<b>890</b>	<b>1230</b>
7.7114					II-WINGS - COOKED	41	701	256	360	575	700	900	1230
7.7115					II-WINGS - UNCOOKED	5	574	256	256	330	608	613	632
	1020	960	900	950	<b>PRESERVED MEAT - UNCOOKED (7o)</b>	<b>12</b>	<b>1084</b>	<b>647</b>	<b>800</b>	<b>834</b>	<b>1045</b>	<b>1095</b>	<b>1150</b>
7.7119					II-PRESERVED MEAT - UNCOOKED	12	1084	647	800	834	1045	1095	1150
<b>7.72</b>	<b>MEAT AND MEAT SUBSTITUTES - BACON BITS AND SHELF STABLE PRE-COOKED BACON</b>					<b>14</b>	<b>2514</b>	<b>929</b>	<b>1750</b>	<b>1786</b>	<b>2027</b>	<b>3000</b>	<b>3429</b>
	2250	2020	1800	3000	<b>BACON BITS AND SHELF STABLE PRE-COOKED BACON (7p)</b>	<b>14</b>	<b>2514</b>	<b>929</b>	<b>1750</b>	<b>1786</b>	<b>2027</b>	<b>3000</b>	<b>3429</b>
7.7201					II-BACON BITS AND SHELF STABLE PRE-COOKED BACON	14	2514	929	1750	1786	2027	3000	3429
<b>7.81</b>	<b>MEAT AND MEAT SUBSTITUTES - MEAT SUBSTITUTES</b>					<b>140</b>	<b>264</b>	<b>0</b>	<b>6</b>	<b>70</b>	<b>330</b>	<b>543</b>	<b>1154</b>
	130	120	100	530	<b>SEASONED TOFU AND TEMPEH (8a)</b>	<b>11</b>	<b>148</b>	<b>0</b>	<b>15</b>	<b>15</b>	<b>26</b>	<b>528</b>	<b>568</b>
7.8104					II-SEASONED TOFU AND TEMPEH	11	148	0	15	15	26	528	568

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	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
	540	460	380	580	MEAT ANALOGUES (8b)	99	577	176	300	301	464	581	1154
7.8102					II-MEAT ANALOGUES	99	577	176	300	301	464	581	1154
	No sodium reduction level				PLAIN TOFU AND TOFU DESSERT	30	11	0	0	2	7	17	82
7.8101					II-PLAIN TOFU	22	12	0	0	2	6	18	82
7.8105					II-TOFU DESSERT	8	7	0	0	7	7	8	10
9.17	SOUPS - BOUILLON AND BROTH PRODUCTS AS CONSUMED					78	296	35	209	250	309	362	512
	280	260	240	360	BOUILLON AND BROTH PRODUCTS (9a)	78	296	35	209	250	309	362	512
9.1723					I-BROTH	19	293	146	209	232	256	316	433
9.1723					- LOW OR NO ADDED SODIUM CLAIM	1	39	39	39	39	39	39	39
9.1721					I-DRY AS CONSUMED	44	324	171	244	299	337	374	512
9.1721					- LOW OR NO ADDED SODIUM CLAIM	3	53	35	35	35	41	98	98
9.1722					I-LIQUID CONCENTRATES AS CONSUMED	11	342	209	260	260	291	360	420
9.18	SOUPS - CANNED CONDENSED WET SOUP AS CONSUMED					62	302	186	224	248	282	326	477
	280	260	240	360	CANNED CONDENSED WET SOUP (9a)	62	302	186	224	248	282	326	477
9.1812					I-CREAM OR CHEESE SOUP AS CONSUMED	20	316	244	248	260	318	345	477
9.1811					I-NON-CREAM SOUP AS CONSUMED	42	295	186	199	247	255	310	376

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	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
<b>9.19</b>	<b>SOUPS - READY TO SERVE SOUP</b>					<b>109</b>	<b>280</b>	<b>127</b>	<b>183</b>	<b>228</b>	<b>255</b>	<b>306</b>	<b>451</b>
					<b>READY TO SERVE SOUP (9a)</b>	<b>109</b>	<b>280</b>	<b>127</b>	<b>183</b>	<b>228</b>	<b>255</b>	<b>306</b>	<b>451</b>
9.1914	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	I-CREAM OR CHEESE SOUP AS CONSUMED	36	285	168	178	234	254	308	443
9.1913					I-NON-CREAM SOUP AS CONSUMED	73	279	127	185	224	255	306	451
<b>9.52</b>	<b>SOUPS - FRESH AND INSTANT ORIENTAL NOODLES SOUPS AS CONSUMED</b>					<b>94</b>	<b>309</b>	<b>43</b>	<b>163</b>	<b>251</b>	<b>284</b>	<b>334</b>	<b>426</b>
					<b>FRESH AND INSTANT ORIENTAL NOODLE SOUPS (9a)</b>	<b>94</b>	<b>309</b>	<b>43</b>	<b>163</b>	<b>251</b>	<b>284</b>	<b>334</b>	<b>426</b>
9.5201	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	II-FRESH AND INSTANT ORIENTAL NOODLE SOUPS AS CONSUMED	94	309	43	163	251	284	334	426
<b>9.53</b>	<b>SOUPS - DRY SOUP MIXES AS CONSUMED</b>					<b>35</b>	<b>388</b>	<b>182</b>	<b>240</b>	<b>268</b>	<b>319</b>	<b>375</b>	<b>556</b>
					<b>DRY SOUP MIXES (9a)</b>	<b>35</b>	<b>388</b>	<b>182</b>	<b>240</b>	<b>268</b>	<b>319</b>	<b>375</b>	<b>556</b>
9.5302	<b>280</b>	<b>260</b>	<b>240</b>	<b>360</b>	II-DRIED CREAM AND CHEESE SOUP AS CONSUMED	13	275	192	221	256	284	316	348
9.5301					II-DRIED NON-CREAM SOUP AS CONSUMED	22	394	182	248	280	356	399	556
<b>10.53</b>	<b>SNACKS - SNACK FOODS</b>					<b>580</b>	<b>715</b>	<b>0</b>	<b>309</b>	<b>480</b>	<b>700</b>	<b>940</b>	<b>2714</b>
					<b>CHIPS, POPCORN, AND EXTRUDED CORN SNACKS (10a)</b>	<b>506</b>	<b>676</b>	<b>0</b>	<b>318</b>	<b>480</b>	<b>664</b>	<b>880</b>	<b>2714</b>

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	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
10.5304					II-EXTRUDED CORN SNACKS	33	919	500	678	720	850	1040	1250
10.5303					II-FLAVOURED CHIPS	259	826	70	500	607	760	1000	2714
10.5302					II-PLAIN CHIPS	122	491	0	200	318	420	540	1410
10.5302					- LOW OR NO ADDED SODIUM CLAIM	5	209	0	0	0	25	280	300
10.5305					II-POPCORN	87	598	0	321	400	606	860	1354
					<b>PRETZELS AND SNACK MIXES (10b)</b>	<b>74</b>	<b>1307</b>	<b>0</b>	<b>150</b>	<b>740</b>	<b>1015</b>	<b>1400</b>	<b>2084</b>
10.5301	<b>1140</b>	<b>970</b>	<b>790</b>	<b>1400</b>	II-PRETZELS AND SNACK MIXES	73	1307	0	304	741	1030	1400	2084
10.5301					- LOW OR NO ADDED SODIUM CLAIM	1	0	0	0	0	0	0	0
<b>10.55</b>	<b>SNACKS - SNACKING FRUITS NUTS AND SEEDS</b>					<b>353</b>	<b>387</b>	<b>0</b>	<b>0</b>	<b>25</b>	<b>300</b>	<b>433</b>	<b>2333</b>
					<b>NUTS, SEEDS, AND KERNELS, SEASONED AND CANDIED (10c)</b>	<b>269</b>	<b>519</b>	<b>0</b>	<b>110</b>	<b>260</b>	<b>340</b>	<b>550</b>	<b>2333</b>
10.5501	<b>460</b>	<b>390</b>	<b>320</b>	<b>550</b>	II-NUTS, SEEDS, AND KERNELS, SEASONED	267	519	0	110	263	340	560	2333
10.5501					- LOW OR NO ADDED SODIUM CLAIM	2	228	227	227	227	229	231	231
	<b>No sodium reduction level</b>					<b>84</b>	<b>4</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>3</b>	<b>50</b>
10.5502					II-NUTS, SEEDS AND KERNELS, UNSALTED	38	5	0	0	0	0	3	50
10.5502					- SODIUM FREE CLAIM	3	0	0	0	0	0	0	0

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10.5502					- LOW OR NO ADDED SODIUM CLAIM	43	4	0	0	0	0	10	40
<b>10.56</b>	<b>SNACKS - PUDDING AS CONSUMED</b>					<b>129</b>	<b>130</b>	<b>10</b>	<b>60</b>	<b>76</b>	<b>115</b>	<b>150</b>	<b>336</b>
					<b>PUDDING (10d)</b>	<b>129</b>	<b>130</b>	<b>10</b>	<b>60</b>	<b>76</b>	<b>115</b>	<b>150</b>	<b>336</b>
10.5601	<b>110</b>	<b>100</b>	<b>80</b>	<b>150</b>	II-PUDDING AS CONSUMED	121	131	10	60	75	119	151	336
10.5601					- LOW OR NO ADDED SODIUM CLAIM	8	106	71	71	81	99	115	119
<b>11.65</b>	<b>SAUCES, DIPS, GRAVIES AND CONDIMENTS - TOMATO SAUCE</b>					<b>13</b>	<b>386</b>	<b>16</b>	<b>32</b>	<b>40</b>	<b>322</b>	<b>488</b>	<b>651</b>
					<b>TOMATO SAUCE (11c)</b>	<b>13</b>	<b>386</b>	<b>16</b>	<b>32</b>	<b>40</b>	<b>322</b>	<b>488</b>	<b>651</b>
11.6501	<b>380</b>	<b>300</b>	<b>250</b>	<b>490</b>	II-TOMATO SAUCE	10	482	32	36	274	362	500	651
11.6501					- LOW OR NO ADDED SODIUM CLAIM	3	35	16	16	16	32	48	48
<b>11.7</b>	<b>SAUCES, DIPS, GRAVIES AND CONDIMENTS - SAUCES, DIPS, GRAVIES AND CONDIMENTS</b>					<b>915</b>	<b>1037</b>	<b>7</b>	<b>351</b>	<b>470</b>	<b>694</b>	<b>1267</b>	<b>11 099</b>
					<b>SWEET ORIENTAL SAUCES (11f)</b>	<b>24</b>	<b>158</b>	<b>45</b>	<b>77</b>	<b>120</b>	<b>186</b>	<b>345</b>	<b>848</b>
11.7006	<b>140</b>	<b>120</b>	<b>100</b>	<b>350</b>	II-SWEET ORIENTAL SAUCES	24	158	45	77	120	186	345	848
					<b>GRAVY, COOKING SAUCES, DIPS, AND SALSA (11e)</b>	<b>493</b>	<b>637</b>	<b>7</b>	<b>333</b>	<b>414</b>	<b>533</b>	<b>667</b>	<b>2889</b>
11.7004	<b>570</b>	<b>480</b>	<b>400</b>	<b>670</b>	II-DIPS AND SALSA	258	653	7	333	412	567	719	1850
11.7004					- LOW OR NO ADDED SODIUM CLAIM	3	200	167	167	167	200	233	233
11.7003					II-GRAVY AND COOKING SAUCES	182	639	243	343	426	542	650	2889

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	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
11.7005					II-HUMMUS AND LEGUME BASED DIPS	49	434	84	383	400	446	515	669
11.7005					- LOW OR NO ADDED SODIUM CLAIM	1	250	250	250	250	250	250	250
					<b>CONDIMENTS (11d)</b>	<b>206</b>	<b>1002</b>	<b>58</b>	<b>517</b>	<b>833</b>	<b>1082</b>	<b>1400</b>	<b>5133</b>
11.7001	<b>890</b>	<b>770</b>	<b>660</b>	<b>1400</b>	II-CONDIMENTS	181	1153	58	508	785	1100	1467	5133
11.7002					II-KETCHUP	25	939	250	833	933	1053	1382	1400
					<b>CURRY PASTES (11i)</b>	<b>24</b>	<b>2023</b>	<b>1212</b>	<b>1273</b>	<b>1355</b>	<b>2160</b>	<b>3267</b>	<b>4857</b>
11.7009	<b>1740</b>	<b>1520</b>	<b>1300</b>	<b>3300</b>	II-CURRY PASTES	24	2023	1212	1273	1355	2160	3267	4857
					<b>MARINADES (11h)</b>	<b>49</b>	<b>2755</b>	<b>362</b>	<b>800</b>	<b>1579</b>	<b>2143</b>	<b>2975</b>	<b>5600</b>
11.7008	<b>2440</b>	<b>2120</b>	<b>1800</b>	<b>3000</b>	II-MARINADES	49	2755	362	800	1579	2143	2975	5600
					<b>SOYA AND OTHER ORIENTAL SAUCES (11g)</b>	<b>119</b>	<b>3475</b>	<b>142</b>	<b>600</b>	<b>1136</b>	<b>2493</b>	<b>4286</b>	<b>11 099</b>
11.7007	<b>3100</b>	<b>2700</b>	<b>2300</b>	<b>4300</b>	II-SOYA AND OTHER ORIENTAL SAUCES	119	3475	142	600	1136	2493	4286	11 099
<b>11.8</b>	<b>SAUCES, DIPS, GRAVIES AND CONDIMENTS - PASTA SAUCE</b>					<b>68</b>	<b>472</b>	<b>70</b>	<b>273</b>	<b>348</b>	<b>455</b>	<b>527</b>	<b>1235</b>
					<b>PASTA SAUCE (11a)</b>	<b>63</b>	<b>461</b>	<b>70</b>	<b>273</b>	<b>341</b>	<b>443</b>	<b>515</b>	<b>694</b>
11.8002	<b>410</b>	<b>360</b>	<b>320</b>	<b>520</b>	I-CREAM SAUCE	12	563	273	311	413	477	661	694
11.8001					I-TOMATO-BASED PASTA AND PIZZA SAUCE	51	445	70	273	333	438	477	679
					<b>PESTO (11b)</b>	<b>5</b>	<b>1094</b>	<b>533</b>	<b>533</b>	<b>783</b>	<b>1152</b>	<b>1161</b>	<b>1235</b>
11.8003	<b>990</b>	<b>880</b>	<b>770</b>	<b>1160</b>	I-PESTO	5	1094	533	533	783	1152	1161	1235
<b>12.53</b>	<b>VEGETABLES - CHOPPED OR PUREED GARLIC</b>					<b>6</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>172</b>
	<b>No sodium reduction level</b>				<b>CHOPPED OR PUREED</b>	<b>6</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>172</b>

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Guidance for Food Industry on Reducing Sodium in Processed Foods

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
12.5301					<b>GARLIC</b> II-CHOPPED OR PUREED GARLIC	6	3	0	0	0	0	0	172
<b>12.62</b>	<b>VEGETABLES - CANNED AND BOTTLED VEGETABLES</b>					<b>855</b>	<b>344</b>	<b>0</b>	<b>90</b>	<b>207</b>	<b>350</b>	<b>800</b>	<b>3400</b>
					<b>CANNED VEGETABLES AND LEGUMES (12b)</b>	<b>429</b>	<b>246</b>	<b>0</b>	<b>16</b>	<b>138</b>	<b>237</b>	<b>312</b>	<b>920</b>
12.6204					II-ARTICHOKE AND HEART OF PALM	27	410	256	280	309	377	551	920
12.6204					- LOW OR NO ADDED SODIUM CLAIM	1	0	0	0	0	0	0	0
12.6208					II-ASPARAGUS	6	257	195	195	222	250	289	334
12.6219					II-BEETS (PICKLED AND NON-PICKLED)	20	219	50	108	178	200	242	400
12.6202					II-CANNED CORN	31	267	7	111	163	207	322	437
12.6202	<b>200</b>	<b>150</b>	<b>100</b>	<b>310</b>	- LOW OR NO ADDED SODIUM CLAIM	5	10	0	0	7	11	12	19
12.6203					II-CANNED GREEN/YELLOW BEANS	32	296	109	206	208	255	396	567
12.6203					- LOW OR NO ADDED SODIUM CLAIM	3	0	0	0	0	0	0	0
12.6203					- SODIUM FREE CLAIM	1	0	0	0	0	0	0	0
12.6224					II-CANNED LEGUMES	129	264	0	110	138	220	312	756
12.6224					- LOW OR NO ADDED SODIUM CLAIM	9	16	8	8	12	19	23	31
12.6218					II-CANNED MUSHROOMS	29	351	12	71	291	400	400	425

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Guidance for Food Industry on Reducing Sodium in Processed Foods

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
12.6201					II-CANNED PEAS AND CARROTS	25	276	11	171	233	289	311	411
12.6201					- LOW OR NO ADDED SODIUM CLAIM	1	11	11	11	11	11	11	11
12.6217					II-CANNED POTATOES	8	168	11	11	79	174	249	352
12.6213					II-CANNED TOMATOES	73	228	0	18	138	217	275	497
12.6213					- LOW OR NO ADDED SODIUM CLAIM	19	17	0	0	0	4	11	56
12.6211					II-CREAMED CORN	7	241	237	237	251	252	252	267
12.6210					II-MIXED VEGETABLES	3	287	256	256	256	278	326	326
					<b>VEGETABLE JUICE AND COCKTAIL (12g)</b>	<b>43</b>	<b>236</b>	<b>53</b>	<b>93</b>	<b>188</b>	<b>250</b>	<b>328</b>	<b>419</b>
12.6216	<b>220</b>	<b>200</b>	<b>180</b>	<b>330</b>	II-VEGETABLE JUICE AND COCKTAIL	40	256	64	174	188	250	329	419
12.6216					- LOW OR NO ADDED SODIUM CLAIM	3	53	53	53	53	53	55	55
					<b>SWEET PICKLED VEGETABLES (12d)</b>	<b>79</b>	<b>558</b>	<b>100</b>	<b>325</b>	<b>417</b>	<b>592</b>	<b>691</b>	<b>1184</b>
12.6221	<b>500</b>	<b>450</b>	<b>400</b>	<b>700</b>	II-SWEET PICKLED VEGETABLES	79	558	100	325	417	592	691	1184
					<b>TOMATO PASTE WITH ADDITIONS (12a)</b>	<b>5</b>	<b>727</b>	<b>90</b>	<b>90</b>	<b>90</b>	<b>394</b>	<b>843</b>	<b>903</b>
12.6215	<b>640</b>	<b>560</b>	<b>470</b>	<b>840</b>	II-TOMATO PASTE WITH ADDITIONS	3	838	394	394	394	843	903	903
12.6215					- LOW OR NO ADDED SODIUM CLAIM	2	90	90	90	90	90	90	90
	<b>810</b>	<b>720</b>	<b>640</b>	<b>1040</b>	<b>SOUR PICKLED</b>	<b>150</b>	<b>891</b>	<b>283</b>	<b>433</b>	<b>700</b>	<b>828</b>	<b>1036</b>	<b>2590</b>

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Guidance for Food Industry on Reducing Sodium in Processed Foods

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data							
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum
					<b>VEGETABLES (12c)</b>								
12.6209					II-PEPPERS	18	994	288	292	370	550	1567	1806
12.6220					II-SOUR PICKLED VEGETABLES	132	888	283	527	700	856	1018	2590
					<b>OLIVES AND SUNDRIED TOMATOES (12e)</b>	<b>107</b>	<b>1227</b>	<b>78</b>	<b>700</b>	<b>800</b>	<b>1553</b>	<b>1800</b>	<b>3400</b>
12.6222	<b>1160</b>	<b>1020</b>	<b>880</b>	<b>1800</b>	II-CANNED AND BOTTLED OLIVES	100	1210	78	733	833	1557	1800	3400
12.6207					II-SUNDRIED TOMATOES	7	1399	146	146	585	1233	2600	2625
					<b>STUFFED OLIVES (12f)</b>	<b>27</b>	<b>1801</b>	<b>1000</b>	<b>1600</b>	<b>1643</b>	<b>1667</b>	<b>2000</b>	<b>2600</b>
12.6223	<b>1750</b>	<b>1680</b>	<b>1600</b>	<b>2000</b>	II-STUFFED OLIVES	27	1801	1000	1600	1643	1667	2000	2600
					<b>PLAIN TOMATO PASTE WITH NO SALT ADDED</b>	<b>15</b>	<b>62</b>	<b>21</b>	<b>30</b>	<b>60</b>	<b>61</b>	<b>67</b>	<b>90</b>
12.6214	<b>No sodium reduction level</b>				II-TOMATO PASTE	10	65	30	40	60	60	67	90
12.6214	<b>No sodium reduction level</b>				- LOW OR NO ADDED SODIUM CLAIM	5	59	21	21	60	61	61	90
<b>14.52</b>	<b>SEASONING MIXES - BREADING, BATTER AND COATING MIXES</b>					<b>42</b>	<b>3005</b>	<b>54</b>	<b>1276</b>	<b>1923</b>	<b>2603</b>	<b>3417</b>	<b>20 833</b>
					<b>BREADING, BATTER, AND COATINGS (14a)</b>	<b>42</b>	<b>3005</b>	<b>54</b>	<b>1276</b>	<b>1923</b>	<b>2603</b>	<b>3417</b>	<b>20 833</b>
14.5201	<b>2650</b>	<b>2250</b>	<b>1840</b>	<b>3420</b>	II-BREADING, BATTER, AND COATINGS	42	3005	54	1276	1923	2603	3417	20 833
<b>14.57</b>	<b>SEASONING MIXES - SEASONING</b>					<b>177</b>	<b>9744</b>	<b>0</b>	<b>0</b>	<b>3333</b>	<b>6500</b>	<b>10127</b>	<b>30 000</b>
					<b>DRY SEASONING MIXES (14b)</b>	<b>154</b>	<b>7281</b>	<b>0</b>	<b>181</b>	<b>3412</b>	<b>6279</b>	<b>9077</b>	<b>30 000</b>
14.5701	<b>6500</b>	<b>5800</b>	<b>5100</b>	<b>9100</b>	II-POPCORN SEASONING	14	9094	181	900	4198	5569	11266	16286

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Guidance for Food Industry on Reducing Sodium in Processed Foods

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data								
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum	
14.5707					II-SALAD SEASONING	4	5702	1286	1286	4393	9750	15 000	18 000	
14.5709					II-SEASONING FOR SIDE AND MAIN DISHES	80	6160	280	2970	4404	5578	8075	15 545	
14.5706					II-SEASONING SPICES	45	9496	0	125	4750	7500	12 000	30 000	
14.5706					- LOW OR NO ADDED SODIUM CLAIM	5	3914	0	0	0	0	0	17 000	
14.5706					- SODIUM FREE CLAIM	6	0	0	0	0	0	0	0	
	17 200	15 000	12 700	23 000	MEAT AND FISH SEASONING (14c)	23	17 521	0	0	0	13 500	23 000	30 000	
14.5705					II-MEAT AND FISH SEASONING	19	19 509	0	0	8500	19 000	24 000	30 000	
14.5705					- SODIUM FREE CLAIM	2	0	0	0	0	0	0	0	
14.5705					- LOW OR NO ADDED SODIUM CLAIM	2	0	0	0	0	0	0	0	
17.52	<b>DRINKS AND BEVERAGES - FLAVOURED DAIRY AND DAIRY ALTERNATIVE BEVERAGES</b>					92	45	0	23	40	51	58	84	
	No sodium reduction level					<b>FLAVOURED DAIRY AND DAIRY ALTERNATIVE BEVERAGES</b>	92	45	0	23	40	51	58	84
17.5201						II-SOYA DRINKS PLAIN AND FLAVOURED	58	44	2	27	39	51	53	62
17.5201						- LOW OR NO ADDED SODIUM CLAIM	3	24	16	16	16	23	31	31
17.5203						II-SYRUP, POWDER, HOT CHOCOLATE AS CONSUMED	31	54	0	20	54	59	74	84
19.52	<b>INFANT AND TODDLER FOODS</b>					37	244	0	10	188	221	258	714	

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Guidance for Food Industry on Reducing Sodium in Processed Foods

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the <a href="#">Summary Table</a> )	2009 - 2010 Sodium Label Data										
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g		Sample size	2009-2010 Sales-Weighted Average mg sodium per 100 g	Minimum	10th Percentile	25th Percentile	Median	75th Percentile	Maximum			
					<b>COOKIES, BISCUITS, AND SNACK BARS (15b)</b>	<b>19</b>	<b>247</b>	<b>0</b>	<b>0</b>	<b>143</b>	<b>230</b>	<b>321</b>	<b>400</b>			
19.5201	<b>220</b>	<b>190</b>	<b>160</b>	<b>320</b>	II-COOKIES, BISCUITS, AND SNACK BARS	18	250	0	0	161	240	321	400			
19.5201					- LOW OR NO ADDED SODIUM CLAIM	1	10	10	10	10	10	10	10			
	<b>210</b>	<b>200</b>	<b>190</b>	<b>240</b>	<b>TODDLER MIXED DISHES (15a)</b>	<b>15</b>	<b>215</b>	<b>188</b>	<b>188</b>	<b>197</b>	<b>200</b>	<b>244</b>	<b>280</b>			
19.5206					II-TODDLER MIXED DISHES	15	215	188	188	197	200	244	280			
	<b>610</b>	<b>500</b>	<b>400</b>	<b>540</b>	<b>SAVOURY SNACKS (15c)</b>	<b>3</b>	<b>714</b>	<b>714</b>	<b>714</b>	<b>714</b>	<b>714</b>	<b>714</b>	<b>714</b>			
19.5204					II-SAVOURY SNACKS	3	714	714	714	714	714	714	714			
<b>21.51</b>	<b>NUT BUTTERS</b>					<b>43</b>	<b>417</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>333</b>	<b>393</b>	<b>600</b>			
					<b>NUT BUTTERS (13a)</b>	<b>28</b>	<b>447</b>	<b>109</b>	<b>300</b>	<b>345</b>	<b>367</b>	<b>433</b>	<b>600</b>			
21.5101	<b>400</b>	<b>350</b>	<b>300</b>	<b>430</b>	II-NUT BUTTERS	25	448	109	300	357	367	433	600			
21.5101					- LOW OR NO ADDED SODIUM CLAIM	3	375	333	333	333	367	400	400			
	<b>No sodium reduction level</b>					<b>UNSALTED NUT BUTTERS</b>	<b>15</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>31</b>		
21.5103						II-UNSALTED NUT BUTTERS	8	0	0	0	0	0	0	0	0	31
21.5103						- SODIUM FREE CLAIM	4	0	0	0	0	0	0	0	0	0
21.5103						- LOW OR NO ADDED SODIUM CLAIM	3	27	0	0	0	31	31	31	31	

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### Appendix B: Sales Weighted Average (SWA) and Maximum Levels

In November 2010, Health Canada held a consultation on the issue of using SWA and Maximum levels to calculate the proposed sodium reduction levels. Health Canada presented three options:

- Set levels as SWAs. The SWA is calculated using the sodium levels of the products within a category weighted by their Canadian volume market share in kilograms (kg). To meet a SWA level, manufacturers would adjust the sodium levels in all their products within the category, so that the SWA for the company's products is equal to, or less than, the SWA level set for the category.
- Set levels as Maximums. This means setting sodium limits for individual food categories.
- Set Maximum levels combined with SWA levels. This option is a combination of the two approaches listed above.

#### Advantages of Setting Sodium Reduction Benchmarks Using Both SWA and Maximum Levels

- Promotes a downward shift of both the average sodium intake in Canada, as well as that of individuals with the highest sodium intakes.
- The use of a SWA encourages reformulation in the most popular products in the category which in turn has the broadest potential impact on sodium intakes. It is hoped that this will help drive a shift in consumer taste preferences for lower sodium products.
- A Maximum level encourages reformulation of the products with the highest sodium levels within the category.
- Provides companies with flexibility to plan reformulation efforts to meet the sodium reduction levels by 2016.

Based on the analysis of the pros and cons of sodium reduction levels set as SWAs and Maximums, and taking in consideration consultation input, it was decided that for the purpose of establishing gradual reductions and for monitoring sodium reduction, sodium reduction phases should be established as SWAs while the 2016 sodium reduction benchmarks should be comprised of SWA and Maximum levels. By the end of 2016, companies are encouraged to meet both the 2016 SWA and the Maximum level for each food category. Health Canada has developed a [SWA Calculator](#) to allow companies to easily calculate the SWA of their product portfolio within a category.

More information on SWA versus Maximum can be found in the [Summary Report on Responses to the Consultation on Use of Sales Weighted Averages and/or Maximums](#).

### **Appendix C: Guiding Benchmark Sodium Reduction Levels: Frequently Asked Questions**

#### **What are the guiding benchmark sodium reduction levels?**

The guiding benchmark sodium reduction levels are sodium amounts for processed food categories designed to help guide the food industry in reducing sodium levels in their food products. More than 75% of sodium in the Canadian diet comes from processed foods; lowering the sodium content in these foods will greatly help meet the goal of reducing the population's average sodium intake by approximately 30% to 2300 mg per day by 2016. Canadians are encouraged to increase their awareness of the effect of sodium on their health, as well as choosing a healthy diet that includes lower sodium food products. These choices will help lower Canadians' sodium intake and support industry efforts to offer lower sodium products.

#### **Are food companies expected to meet the guiding benchmark sodium reduction levels?**

Health Canada encourages companies to adjust the sodium amounts in their food products to meet the 2016 guiding benchmark sodium reduction levels by the end of 2016 and, if possible, go beyond them over time to the lowest amount possible, taking into consideration factors like microbial safety, quality and consumer acceptance.

#### **Have guiding benchmark sodium reduction levels been set for all foods in the marketplace?**

Guiding benchmark sodium reduction levels have been established for almost all processed food categories that contain added sodium. Sodium is very common in the Canadian food supply, so it was important that the approach takes into account reductions across all food categories.

There are foods for which no guiding benchmark sodium reduction levels were set, including those that do not contain sodium or only contain naturally occurring sodium, such as milk, fresh vegetables and fruits, and single ingredient foods like shell eggs, meat, poultry, fish and seafood.

#### **Does a sodium reduction approach exist for foods sold in foodservice establishments or restaurants?**

Sodium reduction levels have been proposed for processed foods only. They include processed foods for consumer use; foods for further manufacturing, such as ingredients for processed foods; and foods for use by restaurants and foodservice in food preparation.

#### **How did Health Canada develop the guiding benchmark sodium reduction levels?**

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Health Canada used Canadian ACNielsen market volume data to design a plan for sampling individual products and grouping them into categories. The Sales Weighted Average (SWA) and range of sodium amounts within each category were determined using information from the products' Nutrition Facts tables and market share information from ACNielsen. The SWA sodium content in milligrams per 100 grams was calculated based on approximately 80% of the Canadian market share in kilograms for each food category. In general, the 2016 SWA sodium levels are percent reductions from the current SWA sodium amount. For food safety and feasibility purposes, the majority of the guiding benchmark sodium reduction levels have been set at a level already found in the marketplace.

### **Why are the guiding benchmark sodium reduction levels set out by category?**

There are thousands of individual food products. It is not necessary or realistic to have guiding benchmark sodium reduction levels for each individual food item. Specific products come and go, but food manufacturers and restaurants continue to sell foods within the same general categories. By setting levels for an entire category, overall sodium levels can be decreased across the food supply.

### **How did Health Canada select the food categories?**

The guiding benchmark sodium reduction levels were designed to cover as many processed food categories as possible, given that sodium is so common in the food supply. The categories used in market share data purchased from ACNielsen were the starting point for product categorization. In addition, the [United Kingdom Food Standards Agency](#) and the [New York City Department of Health's](#) sodium reduction categories, as well as feedback from stakeholders, were considered when grouping foods and refining the food categories.

### **What does "label data" mean?**

The sodium values were obtained from the Nutrition Facts tables on the labels of processed food products collected from companies, stores and company websites. This is what "label data" refers to.

### **What is the difference between the Maximum and Sales Weighted Average (SWA) levels?**

The 2016 guiding benchmark sodium reduction levels are set as both a SWAs and Maximum levels. Companies are encouraged to meet both components of the level by the end of 2016. The sodium reduction phases have been set only as SWAs.

## Guidance for Food Industry on Reducing Sodium in Processed Foods

The Maximum levels have been set with the goal for the sodium content for all processed foods in that category to fall below the Maximum value by the end of 2016. Maximums are set to curb the sodium amounts in the foods with the most sodium within each category.

The SWA is measured using the sodium levels of the products within a category weighted by their Canadian volume market share. The proportion of the market is measured as the kilogram (kg) volume of sales of a product rather than the dollar value. To meet the SWA sodium reduction level, manufacturers are encouraged to adjust the sodium amount of all their products within the category, so that the SWA of all their products is equal to, or less than, the SWA level set for the category. Companies are encouraged to aim for a sodium level (weighted by sales volume in kg) of their product portfolio within a category to meet the SWA benchmark levels. To calculate the SWA of your product portfolio within a category, visit the [SWA Calculator](#).

### For example:

Company X manufactures 10 varieties of crackers under its brand name. By the end of 2016, the average sodium value (weighted by kg sales) for their cracker portfolio may meet or be below the 2016 SWA level for that category. The sodium amount of each individual variety of crackers should not exceed the 2016 Maximum level set for that category.

Note that the guiding benchmark sodium reduction levels were developed based on label information. Nutrient amounts in the Nutrition Facts table are subject to [rounding rules](#) and the Canadian Food Inspection Agency's [Nutrition Labelling Compliance Test](#).

### Why do the 2016 benchmark levels have both a Maximum and Sales Weighted Average (SWA)?

Health Canada conducted a consultation in November 2010 to obtain feedback on the potential implications of setting levels as SWAs and/or Maximums. This feedback helped inform Health Canada's decision.

Setting the sodium reduction phases as SWAs and the 2016 sodium reduction levels as both SWAs and Maximum levels give companies the ability to plan their sodium reduction efforts according to which products are most easily reformulated or discontinued. This approach also allows companies the flexibility to consider how to get the most impact for achieving the benchmark SWA sodium content in each product category within their portfolio. Moreover, Maximum levels promote a downward shift of both the upper end of the sodium intake distribution curve, as well as the average sodium intake. It is hoped that this will shift salt taste preference among the broadest range of consumers and eventually increase consumer demand for low sodium products.

More information on SWA versus Maximum can be found in the [Summary Report on Responses to the Consultation on Use of Sales Weighted Averages and/or Maximums](#).

### How do I calculate the Sales Weighted Average (SWA)?

Health Canada has developed a [SWA Calculator](#) to help with this calculation.

#### SWA is:

The volume of sales (kg) for each n product within a one year period (X1, ..., Xn )

Multiplied by its sodium value in mg/100 g (Y1, ..., Yn)

Divided by the total volume of sales (kg) for the category.

#### SWA Equation

$$\text{SWA} = [X_1Y_1 + X_2Y_2 + \dots + X_nY_n] / [X_1 + X_2 + \dots + X_n]$$

### How do you know that the average sodium intake of Canadians will be lowered to 2300 mg per day should the sodium in processed foods be reduced to the 2016 guiding benchmark sodium reduction levels?

Statisticians modelled the sodium reduction levels to estimate how much sodium will be consumed by Canadians if the sodium in processed foods was reduced to the 2016 guiding benchmark sodium reduction levels. Modelling is based on food intake records from the 2004 [Canadian Community Health Survey](#) 2.2 along with sodium levels obtained from food product labels collected between 2009 and 2010. Sodium reduction in processed foods alone is not expected to achieve the average intake goal of 2300 mg/day, so an awareness and education campaign is essential to help Canadians achieve that sodium intake level.

FPT governments are committed to helping create conditions that make the healthier choice the easier choice for consumers. It is expected that educating Canadians about sodium, the negative impact it has on health, and the importance of sodium reduction, along with additional research, will help consumers make more informed choices and further reduce the average sodium intake in Canada.

### What is your definition of 'company'?

"Company" is intended to refer to a manufacturer as defined in [A.01.010](#) of the FDR: "...a person, including an association or partnership, who under their own name, or under a trade, design or word mark, trade name or other name, word or mark controlled by them, sells a food or drug."



### References

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