

Facts on UK nutrition targets: Butchery

Public Health England have published UK wide guideline targets and upper limits for calorie and salt content in many products, with the aim that these are achieved by 2024.

Calorie targets

A target of 20% calorie reduction has been set for pastry products, including pies, pasties, sausage rolls and quiches.

Target: 430kcal/portion

Maximum: 670kcal/portion

Click [here](#) for full information.

Salt targets

Targets per 100g of product are set out below, for both sodium and salt (Sodium x 2.5 = Salt).

Type	Description	Target Salt (g)	Target Sodium (mg)	Maximum Salt (g)	Maximum Sodium (mg)
Bacon		2.59	1035		
ham/other cured meats		1.63	650		
Sausages	fresh, chilled, frozen	1.08	430	1.31	525
	cooked & sausage meat products	1.3	520	1.53	610
Meat pies	delicatessan, pork pies, sausage rolls	0.93	370	1.08	430
	Cornish & meat based pasties	0.8	320	0.9	360
	Other meat based pastry products	0.6	240	0.71	285
Cooked uncured meat	Whole muscle	0.68	270		
	Reformed whole muscle	0.9	360		
	Communitied / chopped reformed meat	1.35	540		
Burgers & Grill steaks		0.68	270	0.84	335
Frankfurters, hotdogs & burgers					
	Canned	1.3	520	1.75	700
Frankfurters	Chilled	1.5	600	1.88	750

Click [here](#) for full information.

Could you be making additional nutritional claims on your product? Click [here](#) to view the legal guidance on making nutritional claims.

Contact joanne.burns@fdfscotland.org.uk for more information and guidance on how to reformulate towards these targets.

Facts on PHE nutrition targets: Bakery

Public Health England have published UK wide guideline targets and upper limits for calorie and salt content in many products, with the aim that these are achieved by 2024.

Calorie targets

A target of 20% calorie reduction has been set for pastry products, including pies, pasties, sausage rolls, tarts, lattices.

Target: 430kcal/ portion

Maximum: 670kcal/portion

Click [here](#) for full information.

Salt targets

Targets per 100g of product are set out below, for both sodium and salt (Sodium x 2.5 = Salt).

Type	Description	Target Salt (g)	Target Sodium (mg)	Maximum Salt (g)	Maximum Sodium (mg)
Meat pies	delicatessan, pork pies, sausage rolls	0.93	370	1.08	430
	Cornish & meat based pasties	0.8	320	0.9	360
	Other meat based pastry products	0.6	240	0.71	285
Bread & Rolls		0.85	340	1.01	405
Bread & Rolls with additions		0.9	360	1.08	430
Morning goods	Yeast raised	0.65	260	0.83	330
Morning goods	Powder raised	1.01	405	1.19	475
Cakes		0.4	160	0.66	265
Pastries		0.33	160	0.66	265
Sweet pastries & other shortcrust/choux pastry based desserts		0.23	90	0.3	120
Sweet biscuits		0.55	220	0.85	340
Savoury biscuits		1.3	520	1.75	700

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Facts on PHE nutrition targets: Dairy

Public Health England have published UK wide guideline targets and upper limits for calorie and salt content in many products, with the aim that these are achieved by 2024.

Salt targets

Targets per 100g of product are set out below, for both sodium and salt (Sodium x 2.5 = Salt).

Category	Type	Description	Target Salt (g)	Target Sodium (mg)	Maximum Salt (g)	Maximum Sodium (mg)
Cheese	Cheddar & other "hard pressed" cheeses		1.66	665	1.9	760
	Fresh cheeses	Soft white cheese (eg. Philadelphia)	0.5	200	0.68	270
		Cottage cheese	0.45	180	0.48	190
		Mozarella	1.35	540		
		Blue cheese	1.8	720		
	Processed cheese	Cheese spreads	1.55	620	1.8	720
Other processed cheese		1.63	650	2	800	
Butter	Salted butters & buttery spreads		1.33	530	1.6	640
	Lightly salted butter		1.06	425		
Fat spreads	Margarines/other spreads		0.95	380	1.24	495

Click [here](#) for full information.

Calorie targets

There are no calorie targets for standalone dairy product, however products which contain dairy ingredients are included. The full information can be found [here](#) and manufacturers of these products included may have a requirement for lower calorie dairy ingredients.

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Facts on PHE nutrition targets: Ready meals, pizza, sides & soup

Public Health England have published UK wide guideline targets and upper limits for calorie and salt content in many products, with the aim that these are achieved by 2024.

Calorie targets

A target of 10% calorie reduction has been set for ready meals, and 20% reduction for pizzas.

Product	Target calorie reduction %	Target per portion	Maximum per portion
Pizza	20	830	1230
Pastry	20	430	670
Complete main meals	10	430	570
Breaded & battered products	10	245	320
Meal centres	10	280	410
Chips & potato produce	10	205	270
Garlic/cheesy breads	10	235	320

Click [here](#) for full information.

Salt targets

Targets per 100g of product are set out below, for both sodium and salt (Sodium x 2.5 = Salt).

Product	Target Salt (g)	Target Sodium (mg)	Maximum Salt (g)	Maximum Sodium (mg)
Ready meals & meal centres	0.6	240	0.9	360
Ready meal sides & accompaniments	0.69	275	0.88	350
Soups	0.5	200	0.59	235

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Facts on PHE nutrition targets: Crisps & snacks

Public Health England have published UK wide guideline targets and upper limits for calorie and salt content in many products, with the aim that these are achieved by 2024

Calorie targets

A target of 5% calorie reduction has been set for crisps and savoury snacks.

Target: 115kcal/portion

Maximum: 205kcal/portion

Click [here](#) for full information.

Salt targets

Targets per 100g of product are set out below, for both sodium and salt (Sodium x 2.5 = Salt).

Category	Type	Target Salt (g)	Target Sodium (mg)	Maximum Salt (g)	Maximum Sodium (mg)
Crisps and snacks	Standard potato crisps	1.25	500	1.38	550
	Extruded and sheet snacks	1.61	645	1.9	760
	Pelleted snacks	2.03	810	2.73	1090
	Salt and Vinegar products	1.78	710	2.25	900
	Savoury popcorn	1.23	490	1.44	575
	Sweet popcorn	0.76	305	1	400
	Flavoured nuts	1	400	1.2	480

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Facts on PHE nutrition targets: Sandwiches

Public Health England have published UK wide guideline targets and upper limits for calorie and salt content in many products, with the aim that these are achieved by 2024

Calorie targets

A target of 5% calorie reduction has been set for sandwiches.

Target: 480kcal/portion

Maximum: 580kcal/portion

Click [here](#) for full information.

Salt targets

Targets per 100g of product are set out below, for both sodium and salt (Sodium x 2.5 = Salt).

Category	Type	Target Salt (g)	Target Sodium (mg)	Maximum Salt (g)	Maximum Sodium (mg)
Bought sandwiches	with high salt filling	0.85	340	1.43	570
	without high salt filling	0.64	255	0.83	330

Click [here](#) for full information

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