

Heart Foundation Food Reformulation Targets

21 August 2018

Targets for sodium and/or total sugar reduction have been set for 17 food categories.

Category	Sub category (if any)	Nutrient Target (maximum)	Timeframe
Bread	Leavened bread Unleavened bread	Sodium 380mg/100g Sodium 450mg/100g	Targets reset August 2018; target review December 2022
Breakfast Cereals	Puffed rice & corn flakes Oat based muesli, porridge Biscuits Other Ready-to Eat cereals All breakfast cereals	Sodium 500mg/100g 200mg/100g 300mg/100g 400mg/100g Total Sugar 22.5g/100g OR 20% reduction for products significantly over 25g/100g	Targets reset August 2016; target review August 2021
Processed Meats	Sausages Bacon Ham	Sodium 650mg/100g 1090mg/100g 1090mg/100g	Targets reset December 2015; target review December 2020
Savoury Pies	Mince/Steak Mince & cheese/steak & cheese	Sodium 400mg/100g Saturated fat 5g/100g Sodium 400mg/100g Saturated fat 7g/100g	Targets set 2012
Soups	All soups	Sodium 280mg/100g (maximum) OR 20% reduction for products significantly over 280mg/100g.	Target reset August 2017; target review August 2022.
Cheese	Cheddar and cheddar-style Mozzarella cheese Processed cheese	Sodium 710mg/100g 550mg/100g 1270mg/100g OR 10-15% reduction in products significantly above 1270mg/100g	Targets set 2014
Savoury Snacks	Potato chips Salt and vinegar snacks Extruded snacks Corn (cereal based) snacks	Sodium 550mg/100g (average) 800mg/100g (maximum) 850mg/100g (average) 1100mg/100g (maximum) 950mg/100g (average) 1250mg/100g (maximum) 550mg/100g (average) 700mg/100g (maximum)	Targets set 2014; target review in process

Cooking Sauces	Pasta, Indian-style and other sauces which are a major characterising component of a meal Asian sauces	Sodium 380mg/100g OR 15% reduction for products significantly above 380mg/100g Total Sugar 5g/100g OR 15% reduction for products significantly above 5g/100g Sodium 680 mg/100g OR 15% reduction for products significantly above 680mg/100g. Total Sugar 20g/100g OR 15% reduction for products significantly above 20g/100g	Targets reset June 2018; target review June 2023
Powdered Meal Bases	Powdered Meal Bases	Sodium 5000mg/100g OR 15% reduction for products significantly above 5000mg/100g	Targets set December 2017; Target review December 2022
Edible Oil Spreads	Margarine/oil based spreads	Sodium 400mg/100g	Target set 2014; target review December 2016
Savoury Crackers	Plain crackers Flavoured crackers Rice crackers and corn crackers	Sodium 610mg/100g 800mg/100g 610mg/100g OR 20% reduction for products significantly above targets	Targets reset 2017; target review June 2022
Table Sauce	Tomato Sauce	Sodium 680mg/100g OR 15% reduction for those significantly above target Total Sugar 23g/100g OR 15% reduction for products significantly above target	Targets set May 2016; target review May 2021
Canned Baked Beans	Canned baked beans	Sodium 350mg sodium/100g Total Sugar 5g sugar/100g	Targets set May 2016; target review May 2021
Canned Spaghetti	Canned Spaghetti	Sodium 350mg/100g Total Sugar 4.5g/100g	Targets set May 2016; target review May 2021
Cereal and Nut/Seed Bars	Cereal and Nut/Seed Bars	Total Sugar 25g/100g OR 15% reduction for products significantly above target	Target set May 2017; target review May 2022
Dairy Yoghurt & Dairy Foods	Dairy Yoghurt & Dairy Foods	Total Sugar 8.5g/100g OR 15% reduction for products significantly above 8.5g/100g	Target set February 2018; target review February 2023
Flavoured Dairy Milk	Flavoured Dairy Milk	Total Sugar 7.0g/100ml OR 10% reduction for products that are significantly above 7.0g/100ml	Target set April 2018; target review April 2023