

Annex I: Sodium content in non-prepackaged foods by category

Food category	(Food items included)	n	Sodium (mg/100g)			
			Avg	Std Dev	Min	Max
Condiments and sauces		30	1,183	1,137	310	4,600
<i>Sauce for Siumei/Lomei meat</i>	(Charsiew/ Siumei/ Lomei sauce; Ginger puree/ Ginger and shallot puree)	6	2,885	1,495	310	4,600
<i>Curry gravy</i>	(Indian; Japanese; Thai)(Solid included)	6	635	135	390	790
<i>White gravy</i>	(including mushroom; corn; etc.)(Solid included)	6	485	75	410	580
<i>Asian sauces</i>	(Vietnamese sweet and sour sauce; Sauce for nuggets)	6	1,300	597	400	2,100
<i>Gravy for other meat</i>	(Black pepper; Onion; Brown)	6	612	229	380	880
Processed meat products		80	1,225	1,250	280	6,800
<i>Siumei/ Lomei chicken</i>	(Soy sauce chicken meat)	7	570	262	320	970
<i>Siumei/ Lomei duck/ goose</i>	("Lo shui" duck/goose; Roasted duck/goose)	9	738	347	360	1,400
<i>Other siumei/ lomei poultry</i>	("Lo shui" pigeon; Roasted pigeon)	7	669	301	280	1,000
<i>Siumei/ Lomei pork</i>	(Roasted pork/ Roasted suckling pig; "Barbeque" pork)	9	691	193	350	970
<i>Other siumei/ lomei pork product</i>	(Salted and smoked pork; "Lo Shui" pork meat (ear; trotter; tongue))	7	1,199	475	590	1,800
<i>Asian preserved sausages</i>	(Canton-style pork sausage/ Liver sausage; Red pork sausage)	5	1,754	775	870	2,700
<i>Western preserved sausages</i>	(Meat; Cheese; Cervelat; Pork; Chicken)	4	933	70	840	1,000
<i>Ready-to-eat marinated offal</i>	(Ox offals; Chicken liver)	4	585	283	330	990
<i>Ready-to-eat meat balls</i>	(Fish ball (fried/boiled); Beef/ Beef tendon ball; Meat stuffed ball; Cuttle fish ball; Shrimp ball)	10	744	205	420	980
<i>Preserved fish and seafood</i>	(Salted fish; Dried scallops; Dried shrimps)	9	4,089	1,776	1,700	6,800
<i>Preserved/ marinated egg</i>	(Tea leaf/Marinated chicken egg; Salted duck egg; Lime preserved egg)	9	1,002	478	430	1,900
Processed vegetable products		29	5,784	4,397	380	17,000
<i>Preserved leafy vegetables</i>	(Preserved leaf mustard; Preserved mustard greens; Preserved mustard/ "Mui Choy"; Preserved cabbage/ "Dong Choy")	14	8,529	3,682	3,100	17,000
<i>Preserved non-leafy vegetables</i>	(Preserved rakkyo/ ginger; Preserved "turnip" (preserved mustard); Preserved Sichuan mustard)	9	4,683	3,758	380	11,000
<i>Asian preserved vegetables</i>	(Kimchi; Japanese radish)	6	1,033	252	630	1,300
Snacks		81	935	1,630	0	9,800
<i>Fried potatoes</i>	(French fries*; Hash browns; Potato wedge)	13	370	269	20	690
<i>Popcorns</i>	(Flavours: Butter; Chocolate; Plain; Caramel)	8	164	272	0	730
<i>Salted nuts/ seeds</i>	(Cashew; Almond; Peanut; Pistachio nut; Sunflower seeds*; Pine seeds*; Macadamia nuts*)	13	266	419	0	1,500

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			Avg	Std Dev	Min	Max
<i>Preserved fruits</i>	(Lemon; Pummelo; Plum; Prunes; Citrus peel)	8	4,280	3,632	940	9,800
<i>Dried/Preserved meat snacks</i>	(Beef jerky; Dried pork jerky/ floss; Fried chicken nuggets; Chicken wing; Sausages; Mixed offals snack; Fried pig intestines; Fried fish skin)	13	847	380	390	1,600
<i>Preserved seafood snacks</i>	(Squid floss; Baked squid, Satay/Curry cuttlefish/Octopus; Baked fish; Dried scallop snack; Curry snail)	11	1,321	671	470	2,200
<i>Other savoury snacks</i>	(Curry fish balls; Imitated sharkfin soup; Stinky tofu; Fried "3 treasures"; Fish siu mai; Egg waffle)	15	423	198	150	840
Bakery products		80	315	176	1	660
<i>Plain breads/ cakes</i>	(White bread; Wholemeal bread; Piggy bun); (Chiffon cake; Pound cake)	12	350	180	56	630
<i>Stuffed/ Pizza breads containing meat</i>	(Sausage bun; Tuna fish bun; Ham and egg; Cheese and ham; Meat floss)	13	462	136	260	650
<i>Stuffed breads without meat</i>	(Garlic bread; Cocktail bun; "Pineapple" bun; Cream-filled bun with shredded coconut)	11	244	93	110	430
<i>Tart/ Pie</i>	(Egg/ Portuguese tart; Coconut tart; Chicken/ Beef pie; Apple/ Taro pie)	11	236	112	48	440
<i>Chinese bakeries</i>	(Almond biscuit; Walnut cookies; Crispy shell; Fried rice cake; "Kong So" biscuit; Peanut cookies; Preserved egg cake; Wife cake)	12	93	80	1	220
<i>Puff pastries</i>	(Curry puff; Samosa; Croissant)	9	447	101	270	600
<i>Fried dough products</i>	(Fried fritters; Doughnut)	5	420	221	230	660
<i>Western cookies</i>	(Cookies)	7	356	112	180	480
Soup (ready-to-eat and condensed)		60	343	132	160	810
<i>Chinese "long-hour" soups</i>	(Dried vegetables soup; Carrot maize pork soup; Chayote melon and pork soup; etc.)	15	225	53	160	380
<i>Chinese "short-hour" soups</i>	(Beaten egg soup; Pig stomach pepper soup; Fish maw soup)	15	379	94	300	640
<i>Western soup/ bisque</i>	(Borscht; Oxtail soup; Vegetables soup; Mushroom cream soup; Fish chowder; Cream soup with puff pastry; Pumpkin soup)	15	335	56	230	460
<i>Other soups</i>	(Tom yam soup with seafoods; Soup for Hainanese chicken rice; Hot and sour soup; Miso soup)	15	433	183	210	810
Western fast foods		67	488	167	130	850
<i>Spaghetti</i>	(including Lasagne; Marcroni; Ravioli; etc.) (with various ingredients/sauce: Meat sauce; Cheese; Meat ball; Squid ink; Vegetarian; Seafood, etc.)	15	336	99	150	460
<i>Burgers</i>	(with various ingredients: Hamburger; Fish; Chicken; Beef; Egg; Cheese; Vegetarian)	16	528	164	230	760
<i>Hotdog</i>	(with sausage)	6	610	182	420	850

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Food category	(Food items included)	n	Sodium (mg/100g)			
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<i>Pizza</i>	(with various ingredients: Cheese; Meat; Sausage; Seafood; Vegetarian; Hawaiian)	10	594	94	400	790
<i>Sandwiches</i>	(with various ingredients: Egg mayonnaise; Ham; Cheese; Tuna; Beef; Chicken)	10	539	156	350	760
<i>Other fastfoods</i>	(Quiches; Burrito/Taco/Wrap)	10	423	148	130	630
Asian foods and dim sum		185	361	142	3	900
<i>Rice dishes - Fried</i>	(Fried rice with diced chicken and salted fish§; Shredded beef/chicken and lettuce; Pork and tomato sauce; Fujian style; Egg white and dried scallop; Stir-fried tomato and sliced beef; Glutinous rice)	15	322	105	160	480
<i>Rice dishes - Steamed rice with dishes</i>	(Steamed rice with satay beef§; Stir-fried vegetable and sliced beef; Stir-fried egg and shrimp; Stewed beef brisket and radish; Beancurd sheet and roasted pork; Diced pork and sweet corn; Stir-fried tomato and sliced beef; Curry beef brisket, etc.)	15	206	76	110	340
<i>Congee with various ingredients</i>	(Preserved egg and pork; Dried fish, peanut and pork; Pig giblets; Boat; Fish slice; Pig's blood; Beef; Lettuce and dace ball; Pig's liver)	12	283	59	210	420
<i>Fried noodle dishes</i>	(including flat noodles; instant noodles; vermicelli; udon) (Noodles with preserved vegetable and spare rib§; Flat noodles with sliced beef and assorted vegetable; Noodles with preserved black bean; assorted pepper and spare rib/ beef; Noodles with bitter melon and beef; Flat noodles with assorted meat; Vermicelli (Xiamen/ Singapore style); etc.)	14	412	112	240	650
<i>Plain/Stir noodles with fish/meat products in soup</i>	(Fishball wheat noodles; Beef brisket flat rice noodles; Satay beef with instant noodles; Spicy pork with instant noodles)	15	426	123	200	620
<i>Plain/Stir noodles with dumplings and soup</i>	(Yu pei gau thick wheat noodles; Shui gau thin wheat noodles; Pork and vegetable "Yau Mian"; Vegetables dumpling Shanghai noodles; Wonton flat noodles/ "Ho Fan")	15	385	120	230	650
<i>Other soup noodles</i>	(Preserved vegetables rice vermicelli; Preserved mustard green and pork rice vermicelli; Beef ramen; Vietnamese meat noodles; etc.)	14	387	106	170	630
<i>Dim sum - Rice rolls/ Other rolls</i>	(Plain; Vegetables; Beef; Dried shrimp; Shrimp; Fritters; Barbecue pork; Shredded chicken and vegetables in roll)**	17	242	140	3	530
<i>Dim sum - Dumplings</i>	(Shrimp dumpling 'Ha gau'§; Coriander; Pea shoots; Chiuchow style; Vegetarian; Shanghai style steamed pork)**	14	416	80	270	560
<i>Dim sum - Wrapped rice</i>	(Shanghai sticky rice roll; Glutinous rice wrapped in lotus leaf; Meat; Lyle water)	10	309	143	15	530

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Food category	(Food items included)	n	Sodium (mg/100g)			
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<i>Dim sum - Steamed bun/ roll</i>	(Roll stuffed with roasted pork; Bun with vegetable; Big bun; Bun stuffed with pork and vegetables; Chicken bun; Barbecue pork bun; Glutinous rice steam bun/ roll)	15	367	75	250	540
<i>Dim sum - Other steamed dishes</i>	("Siu mai"§; Minced beef ball; Spareribs; Chicken feet with bean sauce; Fish head; Dace/ fish ball; Ox tripe; Beef omasum; Cuttle fish with bean sauce; Beancurd sheet roll with chicken; Beancurd sheet roll with duck web, etc.)**	13	556	145	400	900
<i>Dim sum - Fried/Pan fried and baked</i>	("Pan-fried turnip cake"§; Spring roll; Dace/ fish ball; Seafood roll; Vegetarian spring roll; Wanton; Spring onion cake; Taro cake; Pork dumpling; Meat dumpling; Taro dumpling; Turnip pastry; Lime preserved egg pastry; etc.)**	16	399	158	160	690
Other foods		20	715	359	300	1,400
<i>Ready-to-eat vegetarian snacks</i>	(Mock fish; Mock beef; Mock poultry; Mock chawsiew)	10	567	173	300	900
<i>Cold dishes/ Appetisers</i>	(Japanese marinated octopus; Salted peanuts; Marinated chicken claw; Marinated jellyfish/ sea blubber; Seasoned kelp)	10	863	440	300	1,400
		Total	632†			

Note: n = number of items assessed

* Indicates plain/ no salt added version has been included from the same shop, if available.

** Indicates sauces provided separately have not been analysed.

§ Indicates the mean of 8-12 samples from various shops included. Western fast foods -- Meat sauce spaghetti; Hamburger. Asian foods and dim sum -- Fried rice with diced chicken and salted fish; Steamed rice with satay beef; Fried noodles with preserved vegetable and spare rib; Shrimp dumpling "Ha gau"; "Siu mai" (Shrimp/ Beef); and Pan-fried turnip cake.

† The total number includes 624 individual items and 8 averaged items (each made up of 8-12 samples, i.e. a total of 77 samples) from 2 food groups.

Annex II: Sodium content in prepackaged foods by category

Food category	(Food items included)	n	Sodium (mg/100g)			
			Avg	Std Dev	Min	Max
Condiments and sauces*†		62	7,589	10,893	275	39,000
<i>Salt*†</i>	(Fine salt; Sea salt; Iodised salt; Reduced sodium salt)	4	32,365	12,385	13,800	39,000
<i>Seasoned salt</i>	(Pepper; Garlic; Onion)	5	30,207	5,926	21,400	37,900
<i>Soy sauce*</i>	(Light; Dark; Reduced sodium)	5	6,017	1,782	3,120	7,850
<i>MSG and Stock powder/ cube</i>	(Chicken; Clam; Vegetable)	5	13,381	1,997	11,700	16,807
<i>Salad dressing</i>	(Thousand island; Mayonnaise; Vinigarette)	5	828	292	500	1,200
<i>Oyster sauce</i>	(Traditional; Vegetarian)	5	3,978	907	2,800	4,720
<i>Tomato paste / Ketchup</i>	(Ketchup)	5	1,208	106	1,058	1,353
<i>Other Western sauces</i>	(Chilli paste/ sauce; White sauce; BBQ sauce; Pasta sauce; Turkey gravy; Brown sauce; Pizza sauce, etc.)	9	548	277	275	1,200
<i>Other Chinese sauces</i>	(Black bean paste; Chilli broad bean paste / chilli bean paste "Toban sauce"; "Chu-hou" paste; Sour plum sauce; XO sauce; "Hoi-sin" sauce; Fermented bean curd, etc.)	10	2,730	1,396	840	5,000
<i>Other Asian sauces</i>	(Thai curry sauce; Fish sauce; Teriyaki sauce; Garlic chilli sauce; Sambal belancha; Roast meat sauce; Korean soybean sauce; Vegetarian sauce, etc.)	9	3,415	2,666	830	9,374
Processed meat products*		40	1,078	1,085	61	6,800
<i>Asian preserved sausages</i>	(Canton-style pork sausage/ Duck liver sausage; Preserved duck thigh)	6	1,670	708	848	2,863
<i>Western preserved sausages</i>	(Meat; Cheese; Pork; Chicken)	6	775	163	565	1,058
<i>Canned fish*</i>	(Sardine; Tuna; Dace; Salmon; Anchovy in Olive oil, Brine, Chilli, Black bean sauce, Tomato sauce, Water)	10	622	640	61	2,000
<i>Canned meat*</i>	(Corned beef; Luncheon meat; Sausage)	5	845	153	696	1,025
<i>Chilled/ Frozen meat balls</i>	(Fish ball (fried/boiled); Beef tendon ball; Meat stuffed ball; Cuttle fish ball; Shrimp ball)	8	782	281	410	1,280
<i>Western preserved meat</i>	(Bacon; Ham)	5	2,353	2,507	929	6,800
Processed vegetable products		15	2,177	2,626	500	10,100
<i>Preserved leafy vegetables</i>	(Cabbage/ "Dong Choy"; Mustard/ "Mui Choy"; Mustard greens)	5	4,112	4,016	500	10,100
<i>Preserved non-leafy vegetables</i>	(Preserved Sichuan mustard; Pickled cucumber; Pickled olives;	7	1,169	772	500	2,843

Food category	(Food items included)	n	Sodium (mg/100g)			
			Avg	Std Dev	Min	Max
	Chilli radish; Asparagus)					
<i>Asian preserved vegetables</i>	(Kimchi; Japanese radish; Chilli bamboo shoot)	3	1,306	402	880	1,680
Snacks†		66	1,120	1,254	167	8,121
<i>Potato chips†</i>	(Original; Lightly salted; BBQ; Other flavours)	11	438	158	172	741
<i>Crisps or extruded snacks†</i>	(Prawn crackers; Corn chips/ Tortilla chips; Cheese flavoured ring/ball; Rice cracker; Fish ball crackers, etc.)	13	832	464	193	1,800
<i>Noodle snacks</i>	(Noodle snack)	4	1,257	611	708	2,112
<i>Salted nuts/ seeds</i>	(Cashew; Almond; Hazelnut; Peanut; Pistachio nut; Pumpkin seeds; Sunflower seeds; Watermelon seeds; Macadamia nuts, etc.)	12	747	1,147	167	4,367
<i>Preserved fruits</i>	(Lemon; Raisins; Orange peel; Plum)	6	3,036	2,998	239	8,121
<i>Preserved meat snacks</i>	(Dried pork/beef jerky/ floss; Egg)	6	1,280	491	819	2,000
<i>Preserved seafood snacks</i>	(Roasted squid floss; Satay fish; Dried/ Roasted fish; Fish sausage)	8	1,660	585	851	2,664
<i>Other snacks</i>	(Seaweed snacks; Dried beancurd; Dried mock roast duck; Green peas; Tapioca chips)	6	855	689	318	2,185
Bakery products		36	399	234	52	1,211
<i>Plain breads/ cakes</i>	(White/Wholemeal sandwich bread; Cheese flavour bread; Chiffon cake; Pound cake)	8	367	209	91	782
<i>Chinese New Year food</i>	(Sesame cookies; Sesame seed and peanut puff pastry; Crispy egg floss)	3	496	625	52	1,211
<i>Western cookies</i>	(Choco chips; Nuts; Butter; Palmiers biscuits; Shortbread; Waffle; Wafers)	12	292	107	130	530
<i>Crackers/ Biscuits</i>	(Saltine; Soda/Cracker)	13	496	184	171	900
Soup (ready-to-eat and condensed)*†		25	2,183	3,278	58	10,110
<i>Soup base for hot pot and Broth*†</i>	(Chicken; Clear; Miso; Fish; Pork; Tom Yam)	9	4,788	4,373	58	10,110
<i>Chinese "long-hour" soups</i>	(Papaya, peanut and chicken feet soup; Spare rib and dried yam soup; Mushroom and conch soup; Pork lung and almond soup)	4	183	29	140	200
<i>Western soup and bisque*†</i>	(Pumpkin soup; Tomato soup; Vegetables soup; Mushroom cream soup; Clam chowder; French onion; Corn cream soup; Reduced sodium version)	12	896	850	200	2,400
Western fast foods*		23	483	227	164	1,230
<i>Frozen pies/ rolls</i>	(Cheese broccoli pot pie; Chicken pie; Scallop puff; Spinach puff)	5	411	94	296	500

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Food category	(Food items included)	n	Sodium (mg/100g)			
			Avg	Std Dev	Min	Max
<i>Frozen spaghetti</i>	(Lasagne; Macaroni; Ravioli; Spaghetti with Vegetables, Chicken, Clam)	8	489	318	209	1,230
<i>Frozen pizza</i>	(Cheese; Tuna; Seafood; Vegetarian, etc.)	6	554	104	437	700
<i>Canned baked beans*</i>	(Baked beans in tomato sauce; Reduced sodium version)	4	455	304	164	860
Asian foods and dim sum†		35	1,228	956	187	3,616
<i>Instant noodles pack (with seasonings)†</i>	(Noodles; Rice noodles; Vermicelli; Udon (with any seasonings))	8	2,021	1,020	939	3,616
<i>Instant noodles bowl (with seasonings)†</i>	(Noodles; Rice noodles; Vermicelli; Udon (with any seasonings))	9	1,956	716	928	3,279
<i>Chilled instant/ ready meals with Rice and Noodles</i>	(Fried rice; Rice with dishes); (Hor fun; Udon)(exclude Spaghetti)	8	458	276	187	1,013
<i>Chilled dim sum</i>	(Shrimp dumpling; Siu mai)	10	556	118	418	822
Other foods*		12	295	198	12	623
<i>Breakfast cereals - Cold-served*</i>	(Cornflake; Muesli)	6	326	218	28	623
<i>Breakfast cereals - Hot-served</i>	(Oatmeal/oat drinks; Wheat drinks)	6	265	191	12	450
Total		314				

Note: n = number of items assessed

* Indicates products with nutrient content claims and/ or nutrient comparative claims on salt/sodium included.

† Indicates same products with different series of varied sodium content; or sodium-containing sauces/seasonings can be added by consumers.