

Table 1 – Targets and timelines for food categories in common in Argentina, Brazil, Canada, Chile and the National Salt Reduction Initiative in the United States^a

Food Category	Country and products	Baseline sodium mg /100 g			Target sodium mg /100 g ^b									
		mean (year ^c)	SWA 2009-2010	max (year)	mean		SWA			Max			% change ^d	
					2012	2014	2012	2014	2016	2012	2014	2016		
Bread and bakery products		Argentina												
	Artisanal bread	920 (2011)		1100 (2011)	805	690								25
	Bakery products	1300 (2011)		1600 (2011)	1200	1000								23
		Brazil												
	Industrially produced bread and buns													
	Loaf bread	431		796						645	522			34
	Buns	524		656						531	430			35
	Artisanal bakery (French) bread	648								616	586			10
		Canada												
	Pantry bread, rolls,		469					430	380	330			520	30

	bagels, croissants, flatbread												
	Hearth bread		531				520	490	470			600	12
		Chile											
	Artisanal bakery bread	780 (2010)				450							42
	Private label supermarket bread					450							
		NSRI											
	Savory breads and rolls		485				440	360					26
Biscuits and Cookies		Argentina											
	Crackers without bran	601 (2011)		907(2011)	571								5
	Crackers with bran	781 (2011)		890(2011)	742								5
	Sweet without filling	367 (2011)		539(2011)	349								5
	Sweet with filling	234 (2011)		451(2011)	222								5
	Snack cookies	1190 (2011)		3000(2011)	1131								5
			Brazil										

	Salted biscuits	700		1220						923	699		43
	Sweet Biscuits	360		490						419	359		27
	Filled cookies	254		600						398	265		56
		Canada											
	Cookies		363				320	280	240			390	34
	Crackers		859				770	690	600			930	30
		NSRI											
	Filled and unfilled cookies, sandwich cookies and tea biscuits		367				310	260					29
	Crackers		918				780	640					30
Cakes		Brazil											
	Cakes without filling	336		463						392	332		28
	Filled cakes	250		330						282	242		27

	Hamburgers	766 (2011)		1100 (2011)	651								15
	Chicken	680 (2011)		980(2011)	626								8
		Brazil											
	Nuggets and breaded meat and poultry	668 (2013)		1439 (2013)							690 (2015)	650 (2017)	55
	Hamburgers	782 (2013)		1803 (2013)							780 (2015)	740 (2017)	59
	Cooked sausage conserved at room temperature	1540 (2013)		2080 (2013)							1560 (2015)	1500 (2017)	28
	Cooked sausage conserved under refrigeration	1309 (2013)		1830 (2013)							1310 (2015)	1210 (2017)	34
	Uncooked fresh sausage	1087 (2013)		1672 (2013)							1080 (2015)	970 (2017)	42
	Hot dogs	1150 (2013)		1596 (2013)							1140 (2015)	1120 (2017)	30
	Bologna conserved under refrigeration	1241 (2013)		1608 (2013)							1270 (2015)	1180 (2017)	27
	Bologna conserved under room temperature	1398 (2013)		1608 (2013)							1380 (2015)	1350 (2017)	16
	Ham (meat and	1196		1803							1180	1160	36

poultry)	(2013)	(2013)								(2015)	(2017)	
	Canada											
Uncooked bacon - belly	619				610	590	580			610	6	
Fully cooked breakfast strips and bacon substitutes	961				940	930	910			960	5	
Uncooked fresh sausage	789				750	700	660			690	16	
Cooked sausage	990				940	880	830			870	16	
Cooked deli meats	1028				970	910	850			890	17	
Dry cured, fermented deli meats	1592				1510	1420	1330			1400	17	
Canned chicken or turkey	554				520	480	450			470	19	
Canned meat	865				840	820	790			830	9	
	NSRI											
Cold cuts	1085				980	810					25	
Pepperoni and dry	1834				1740	1560					15	

	salami												
	Cooked sausage		898				810	720					20
	Uncooked sausage		838				750	670					20
	Hot dogs		1059				950	850					20
	Bacon		1792				1610	1470					18
	Uncooked whole muscle meat and poultry		NA							450	400		
	Canned meat and sausage		987				940	840					15
	Canned chicken and turkey		403				380	340					15
Dairy		Argentina											
	Cream cheese	583 (2011)		650(2011)	554	525							10
	Danbo cheese	600 (2011)		700(2011)	570	540							10
	Cuartirollo cheese	583 (2011)		700(2011)	554	525							10
	Tybo cheese	633 (2011)		705(2011)	601	570							10
	Porsalut cheese	600		720(2011)	570	540							10

	Processed cheese and other cheese products		1610				1520	1420	1240			1670	23
		NSRI											
	Grated hard cheese		1530				1450	1300					15
	Cheddar, Colby, jack, mozzarella, muenster, provolone, Swiss		668				630	600					10
	Cream cheese		408				390	350					14
	Cottage cheese		347				330	290					16
	Processed cheese		1393				1250	1040					25
Snacks		Argentina											
	Snacks	1500 (2011)		2000(2011)	1275								
		Brazil											
	Extruded corn snacks	832		1288						1090	852	747	34
	Potato chips	548		720						650	586	529	19

		Canada											
	Chips, popcorn, extruded corn snacks		676				580	490	400			800	41
		NSRI											
	Flavoured chips		711				570	430					40
	Unflavoured chips		524				470	420					20
	Puffed corn snacks		969				820	680					30
Mayonnaise	Brazil	1269		1567						1283	1051		33
	Canada		760				680	610	530			840	30
	NSRI		713				640	570					20
Soups		Argentina											
	Soups in cubes	432 (2011)		449(2011)	410	389							10
	Instant soups	255 (2011)		286(2011)	242	230							10
	Ready to consume	331 (2011)		358(2011)	314	298							10

	Cream soups	337 (2011)		355(2011)	320	303							10	
		Brazil												
	Instant soups	340 (2013)		410 (2013)								334 (2015)	330 (2017)	20
	Ready to consume and dry soups	330 (2013)		470 (2013)								327 (2015)	314 (2017)	33
		Canada												
	Bouillon and broth		296				280	260	240				360	19
	Condensed wet		302				280	260	240				360	21
	Ready to serve		280				280	260	240				360	14
	Fresh and instant oriental noodles		309				280	260	240				360	22
	Dry		388				280	260	240				360	38
		NSRI												
	Canned		326				280	230						29
	Broth and stock		352				320	260						26
	Dry soup		820				700	570						31

Pasta		Brazil											
	Instant pasta	2036		4718						1921			59
		Canada											
	Shelf stable pasta, noodles and rice or other grains with sauce or seasoned		368				330	300	270			440	27
		NSRI											
	Shelf stable dry seasoned pasta and stuffing mix		700 mg/cup				630 mg/cup	560 mg/cup					

^a additional food categories with targets and timelines in the Canadian and United States initiatives are detailed in Table 2. Data sources are http://www.hc-sc.gc.ca/fn-an/legislation/guide-ld/2012-sodium-reduction-indust_data_table-eng.php and <http://www.nyc.gov/html/doh/downloads/pdf/cardio/cardio-salt-nsri-restaurant.pdf>

^b or per serving where indicated

^c where available

^d based on baseline value to the last date of a target using SWA or mean if available; or maximum if neither SWA nor mean is available