

Salt levels in meat alternatives in Australia (2010-2019)

September 2019

Top five highest salt tofu

Product name (including brand)	Manufacturer	Serving Size (g)	Sodium (mg/100g)	Sodium (mg/serve)	Salt (g/100g)	Salt (g/serve)
B J Sliced Garlic Tofu	Beijing Soybean Product Pty Ltd	100	688	688	1.7	1.7
B J Chilli Tofu	Beijing Soybean Product Pty Ltd	100	666	666	1.7	1.7
Bean Supreme Marinated Tofu Hoisin & Sesame	Life Health Food Ltd	125	649	811	1.6	2.0
Bean Supreme Marinated Tofu Ginger & Honey	Life Health Food Ltd	125	450	563	1.1	1.4
B J Satay Tofu	Beijing Soybean Product Pty Ltd	100	439	439	1.1	1.1

Top five lowest salt tofu

Product name (including brand)	Manufacturer	Serving Size (g)	Sodium (mg/100g)	Sodium (mg/serve)	Salt (g/100g)	Salt (g/serve)
Blue Lotus Foods Tofu	Blue Lotus Foods Pty Ltd	250	5	12.5	0	0
Nutrisoy Organic Tempeh	Nutrisoy Pty Ltd	100	4.8	4.8	0	0
Soya King Hard Tofu Firm	Tixana Pty Ltd	120	2	2.4	0	0
TLY Lite Firm Tofu	Nutrisoy Pty Ltd	100	1	1	0	0
TLY Silken Tofu	Nutrisoy Pty Ltd	100	1	1	0	0

Top five highest salt meat-free products

Product name (including brand)	Manufacturer	Serving Size (g)	Sodium (mg/100g)	Sodium (mg/serve)	Salt (g/100g)	Salt (g/serve)
Monjay Mezza Traditional Falafel/Spinach Falafel	Monjay Mezza Fine Foods	25	1260	315	3.15	0.8
Simply Vegetarian Chickpea Sweet Potato & Quinoa Bites Meat Free	Aldi	63	1030	649	2.6	1.6
Vegie Delights Bacon Style Rashers	Life Health Food Ltd	58	924	536	2.3	1.3
Vegie Delights Tender Fillets	Life Health Food Ltd	83	924	767	2.3	1.9
Fry's Family Sausage Rolls Meat Free	Fry Group Foods	100	748	748	1.9	1.9

Top five lowest salt meat-free products

Product name (including brand)	Manufacturer	Serving Size (g)	Sodium (mg/100g)	Sodium (mg/serve)	Salt (g/100g)	Salt (g/serve)
Organic Village Adzuki Bean & Activated Buckwheat Tempeh	Organic Village Food	100	2.7	2.7	0	0
Quorn Mince	Marlow Foods Limited	75	58	44	0.1	0.1
Sophie's Kitchen Naked Prawns	Sophie's Kitchen	50	117	97*	0.3	0.1
Unreal Co. Italian Beefy Burger with Onion	Unreal Co.	130	118.9	154.6	0.3	0.4
Naturally Falafel Original/Quinoa/Sesame and Chilli	Naturally Falafel	65	124	80.6	0.3	0.2

Notes on data:

The report uses data from the FoodSwitch Monitoring Dataset. The FoodSwitch Monitoring dataset is generated from annual in-store surveys done at large grocery stores owned by Aldi, Coles, Independent Grocers of Australia (IGA) and Woolworths. FoodSwitch data collection protocol was used to collect product for 2019 from January – June 2019. Products named in this report reflect those available for sale at that time.