

Sodium levels in savoury snacks, 2019

March 2020

Top 10 highest salt legume- and veg-based snacks

Product Name (including brand)	Manufacturer Name	Serving size (g)	Package size (g)	Sodium (mg/100g)	Sodium (mg/serving, calculated)	Salt (g/100g, calculated)	Salt (g/serving, calculated)
DJ&A Kale Chips Slow Roasted & Lightly Salted Organic	DJ&A Pty Ltd	5	5	3100	155	7.8	0.4
DJ&A Kale Chips Slow Roasted & Lightly Salted	DJ&A Pty Ltd	6	6	3000	180	7.5	0.5
Simply 7 Lentil Chips Jalapeno	Simply 7 Snacks	28	113	1355	379	3.4	0.9
The Wholesome Food Company Roasted Jalapeno Protein Chips	Yarra Valley Snack Foods Pty Ltd	35	70	1280	448	3.2	1.1
Eat Real Lentil Chips Chilli & Lemon Flavour	The Market Grocer	28	113	1201	336	3.0	0.8
Ajitas Gluten Free Vege Chips Chicken Style	The Vege Chip Company	20	100	1200	240	3.0	0.6
Vegi Deli Crisp Falafel Flavour Exotic Blend	The Vege Chip Company	20	100	1150	230	2.9	0.6
Eat Real Hummus Chips Tomato and Basil Flavour	The Market Grocer	28	135	1124	315	2.8	0.8
Chippeas Salted Butter Flavour	Majans Pty Ltd	20	100	1117	223	2.8	0.6
The Wholesome Food Company Lentil Twists with Harissa	Yarra Valley Snack Foods Pty Ltd	35	120	1100	385	2.8	1.0

Top 10 lowest salt legume- and veg-based snacks

Product Name (including brand)	Manufacturer Name	Serving size (g)	Package size (g)	Sodium (mg/100g)	Sodium (mg/serving, calculated)	Salt (g/100g, calculated)	Salt (g/serving, calculated)
Thomas Chipman Certified Organic Vegetable Chips Lightly Salted Sweet Potato	Yarra Valley Snack Foods Pty Ltd	25	75	120	30	0.3	0.1
Coles Gluten Free Pizza Flavoured Faba Bean Packs	Coles Supermarkets Australia Pty Ltd	20	160	196	39	0.5	0.1
Macro Air Puffed Fava Beans Pizza Flavour	Woolworths	20	160	196	39	0.5	0.1
DJ&A Nature's Protein Edamame Young Soy Bean Snack	DJ&A Pty Ltd	52	52	223	115.96	0.6	0.3
The Happy Snack Company Roasted Fav-Va Beans Lightly Salted	The Happy Snack Company	25/66	150/200	250	63/165	0.6	0.2/0.4
The Happy Snack Company Crunchy Roasted Chickpeas Lightly Salted	The Happy Snack Company	25/66	150/200	250	63/165	0.6	0.2/0.4
The Happy Snack Company Kids Roasted Fav-Va Beans Lightly Salted	The Happy Snack Company	15	150	250	38	0.6	0.1
The Happy Snack Company Crunchy Roasted Chick Peas Spicy Tomato & Chilli	The Happy Snack Company	66	200	250	165	0.6	0.4
Woolworths Wasabi Peas	Woolworths	30	175	261	78	0.7	0.2
Macro Air Puffed Fava Beans BBQ Blast Flavour	Woolworths	20	160	288	58	0.7	0.1

Notes on data:

The report uses data from the FoodSwitch Monitoring Dataset from 2013-2019. The FoodSwitch Monitoring dataset is generated from annual in-store surveys conducted at large grocery stores owned by Aldi, Coles, Independent Grocers of Australia (IGA) and Woolworths. Products named in this report reflect those available for sale at that time.

*Data presented as per Nutrition Information Panel (NIP). Data which has been calculated from NIP is described in the table.