



## Sodium/Salt in Foods

As a business, Young's has been aware of concerns relating to sodium levels in prepared food products for around a decade. During this time we have been pursuing a steady process of review and reduction of sodium in our products.

Our current policy is designed to ensure that Young's products contribute sodium to the diet in line with the recommended daily amount (RDA) targets endorsed by the Government through the Food Standards Agency (FSA). This is for an RDA of sodium of no more than 2.5g per person by 2010.

Because we make a range of products, designed to be eaten in different ways, we set two benchmarks for sodium content, based on different categories of product:

### **A. Meal Centre Products**

These are products designed to be served with accompaniments such as potato, rice or vegetables to create a meal. For instance, Young's Chip Shop or Sensations Cape Hake fillets.

Sodium content in meal centres: will not contribute more than 30% of the RDA of sodium per serving, ie. 0.8g sodium per serving.

### **B. Recipe meals**

These are dishes that provide a complete meal solution in themselves, by combining fish with other ingredients such as potato or rice. For instance, Young's Ocean Pie, Ocean Crumble or Prawn Masala.

Sodium content in recipe meals: will not contribute more than 40% of the RDA of sodium per serving, ie. 1g sodium per serving.

### **C. Traditional smoked fish**

There are a few traditional fish products that we produce to traditional recipes, where sodium content may occasionally be higher than the recommended RDA's. This is because in these products – particularly smoked fish such as kippers – salt is intrinsic both to the traditional production method and expected taste. Where this is the case, we will always provide clear advice on pack as to salt content and RDA's. Where possible, we are seeking to develop alternative low sodium versions to traditional products, such as our Lo Salt Smoked Salmon.

It should be noted that we now design every new Young's product to automatically meet the FSA's recommended guidelines for sodium content. Also our existing products are all subject to a process of regular review, in order to achieve ongoing improvement and to continue the salt reduction process, whenever taste and quality will not be compromised.

