

NUTRITION INFORMATION PANEL ON

Food labels

Sodium and saturated fat content



Please verify product information directly, as details may have changed since this document was prepared.

	Saturated Fat (g / 100g or 100ml)	Rating*	Sodium (mg / 100g or 100ml)	Rating*
PLANT-BASED CHEESE				
Made with Plants Shredded Cheddar	11.0	●	1200	●
Bio Cheese Pizza Shreds	21.0	●	680	●
Dilectio Plant-Based Smoked Cheese	10.3	●	300	●
Angel Food Grated Cheese	19.5	●	714	●
Angel Food Mozzarella	20.2	●	331	●
Zenzo Dairy Free Cheddar	17.8	●	739	●
COCONUT MILK				
Ayam Coconut Milk	21.6	●	24	●
Australia's Own Organic Coconut	1.7	●	46	●
Bonsoy Soy Milk	0.3	●	47	●
Pam's Coconut Milk	15.5	●	32	●
Chantal Organics	14.8	●	6.0	●
Trident Light	15.5	●	32	●

*Ratings key:

Saturated Fat

- High: more than 5g saturates per 100g
- Medium: between 1.5g and 5g saturates per 100g
- Low: less than 1.5g saturates per 100g

Source:

[NHS UK - How to eat less saturated fat](#)

Salt (sodium)

- High: more than 600 mg of sodium per 100g
- Medium: 120 to 600 mg sodium per 100g
- Low: less than 120 mg per 100g

Source:

[Eating and activity guidelines for New Zealand adults - 2020](#)

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MINCE SUBSTITUTES

Plantein Premium plant-based Mince	0.7		460	
Veef plant-based mince	6.1		329	
Macro textured vegetable protein (TVP)	0.7		106	
Bean Supreme	0.4		413	
Birds Eye Plant Based Mince	1.1		581	
Impossible Plant Based Mince	5.2		325	

SAUSAGES

Unreal Co. Plant Based Sausages Brekky Bangers	5.6		529	
Veggie Delights Thick BBQ Plant Based Sausages	0.8		610	
Aldi Earth Grown Meat Free Sausages	0.9		465	
Plan*t Meat Alternative Sage & Onion Sausages	0.7		587	

Sodium note

Sodium intake matters for heart health, but it's best assessed in the context of your whole diet rather than solely in individual foods. In Australia, the [National Health and Medical Research Council \(NHMRC\)](#) suggests an adequate intake for adults of 460–920 mg per day, with an upper limit of 2,300 mg per day (about one teaspoon of salt).

DFN advocates striving for stricter limits to optimise heart health. Keeping sodium intake as low as practical by focusing on fresh, unprocessed foods can help reduce disease risk.

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PREMADE MEALS AND SALADS

Woolworths Green Goodness Salad Bowl	1.2		135	
Coles Kitchen Asian Salad Kit	0.9		423	
Woolworths Roasted Mixed Vegetables with Garlic & Rosemary	1		15	
Earth Plant Based Meat Free Lasagne	1		329	
Woolworths Wok Stir Fry	0.4		56.8	

READY MEALS

Ruffie Vegan Sri Lankan Coconut Curry Bowl	0.6		825	
V2 Ready Meal Chilli Con Carne	1.1		186	
Super Nature Super Vegan Chickpea Curry w Quinoa & Brown Rice	6.3		742	
Hart & Soul Supergrain Veg Dahl	1.5		775	
Nature's Kitchen Lentil Bolognese	<1		630	
Jess's Underground Kitchen Vegan Coconut & Chickpea Curry	5.4		786	
Pam's Creamy Tomato Pasta Bake	1		231	

For further reading including Australian Dietary Guideline information, visit eatforhealth.gov.au

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SNACKS ON THE GO

Tasti Smooshed Wholefood Balls	4.1		17	
Carman's Classic Fruit & Nut Muesli Bars	2.5		18	
Macro Organic Trail Mix	4.7		38	

CRACKERS

Mary's Gone Crackers Original	1.7		600	
Jatz Original Crackers	4.1		123	
SNAX Original Crackers	6.4		781	
Peckish Original Rice Crackers	1.8		341	
Eatrite Rice Crackers Tamari Seaweed	3.9		583	
Ceres Organics Brown Rice Cakes, Original	0.6		395	

Saturated fat note

It's important to check saturated fat and sodium levels when choosing packaged foods, but remember—it's not the full picture. Sometimes a whole food-based option is preferable, even if it's higher in saturated fat or sodium, like Mary's Gone Crackers. Always consider the whole dietary pattern, not just single foods.

For example, you might occasionally choose a higher saturated fat product, but if your total daily saturated fat stays under 20g ([World Health Organisation guideline](#)), you're within target. The WHO also recommends no more than 10% of your daily calories from saturated fat - and aiming for under 5% is an excellent target for reducing chronic disease risk.

To calculate:

kcal formula: (g saturated fat × 9 ÷ total daily calories) × 100

kJ formula: (g saturated fat × 37 ÷ total daily kJ) × 100