

Supplementary Findings: Salt levels in children's meals in Australia compared to the UK, 2019 – March 2019

- Hungry Jacks/Burger King 6 pack nugget meal was 1.5x more salty in AU than the UK (3.78g vs 2.53g)
 - This difference was almost entirely due to the salt content of the nuggets (2.06g vs 1.38g)
- McDonald's 6 pack nugget meal was 1.7x more salty in AU than the UK (1.59g vs 0.95g)
 - The nuggets were more than twice (2.1x) as salty in Australia than the UK (1.09g vs 0.51g)
- KFC Popcorn chicken kids meal was 1.6x more salty in AU than the UK (1.58g vs 1.00g)
 - The Popcorn chicken itself was 1.4x more salty (1.05g vs 0.73g)
- Other meals and meal components were more similar to the UK
- Both Subway meals able to be compared were similar to the UK

Table 1: Salt levels in children's meals in Australia compared to the UK

Retailer	Meal/Meal component	Australia salt (g) per portion	UK salt (g) per portion	Difference in salt (g)
Meal				
Hungry Jacks/ Burger King	6 Nuggets Kid's Pack	3.78	2.53	1.25
Hungry Jacks/ Burger King	Cheeseburger Kid's Pack	2.75	2.58	0.17
Hungry Jacks/ Burger King	3 Nuggets Kid's Pack / 4 Nuggets Kid's Pack	2.75	2.05	0.70
McDonalds	Cheeseburger, small fries and water	2.32	2.04	0.28
McDonalds	Wholemeal Snack Wrap Crispy/Crispy Chicken Wrap, small fries and water	1.94	1.54	0.40
McDonalds	Hamburger, small fries and water	1.86	1.64	0.22
McDonalds	6 Pack Nuggets, small fries and water	1.59	0.95	0.64
McDonalds	Wholemeal Snack Wrap Grilled/Grilled Chicken Wrap, small fries and water	1.59	1.23	0.36
KFC	Popcorn Chicken Kids Meal	1.58	1.00	0.58
McDonalds	3 Pack Nuggets/4 Pack Nuggets, small fries and water	1.04	0.78	0.26
Subway	Turkey Mini Sub Kids Pak	1.00	1.00	0
Subway	Ham Mini Sub Kids Pak	0.98	0.90	0.08
Meal Component/Sides and snacks				
KFC	Go Bucket 2 Baked Tenders/Lunchbox	2.11	2.83	-0.72
Hungry Jacks/ Burger King	6 Pack Nuggets	2.06	1.38	0.68
McDonalds	Cheeseburger	1.82	1.60	0.22
KFC	Go Bucket Popcorn/Popcorn Snackbox	1.60	1.49	0.11

KFC	3x Wicked Wings/Hot Wings	1.55	1.29	0.26
Hungry Jacks/ Burger King	Cheeseburger	1.54	1.43	0.11
McDonalds	Wholemeal Snack Wrap Crispy/Crispy Chicken Wrap	1.44	1.10	0.34
McDonalds	Hamburger	1.37	1.20	0.17
Hungry Jacks/ Burger King	Small Chips/Fries	1.22	1.15	0.07
KFC	Go Bucket 1 Original Tender/Mini Fillet Snackbox	1.11	1.63	-0.52
McDonalds	6 Pack Nuggets	1.09	0.51	0.58
McDonalds	Wholemeal Snack Wrap Grilled/Grilled Chicken Wrap	1.09	0.79	0.30
KFC	Popcorn chicken – snack size/small size	1.05	0.73	0.32
Hungry Jacks/ Burger King	3 Pack Nuggets/4 Pack Nuggets	1.03	0.90	0.13
Hungry Jacks/ Burger King	Whopper Beef Junior	0.93	1.35	-0.42
McDonalds	3 Pack Nuggets/4 Pack Nuggets (from Happy Meal)	0.55	0.34	0.21
KFC	Regular seasoned chips/regular fries	0.51	0.50	0.01
McDonalds	Small fries	0.49	0.44	0.05