

Label data and targets of group I foods

Set I

Group ID	Food Category	N Obs	Avg Serv Size		Ref Amount avg		Sod/ Ref Amount		Canadian Data						FSA Target		Draft Canadian target (Maximum) mg/100g	Comment on Can Target
			g	ml	g	ml	mg/g	mg/ml	Sodium Average mg/100g	Std Dev	Min mg/100g	1st Qtle mg/100g	Med mg/100g	Max mg/100g	Avg mg/100g	Max mg/100g		
1.00	Bakery products - prepackaged bread products	144	58						480.2	72.1	289	426	492	800				
1.01	Baguette	13	45		50		2717.0		543.4	30.2	467	520	560	600	400			
1.02	Cinnamon raisin bread	9	62		50		1827.0		365.4	18.9	313	359	378	395	400		400*	Criterion #1
1.03	Crusted bread - white	14	53		50		2774.0		554.9	67.1	467	500	550	800	400			
1.04	Diet bread	9	52		50		2399.0		479.7	42.0	354	404	442	548	400			
1.05	Garlic bread	3	44		50		325.0		650.0	45.6	600	600	610	708	480		650	Criterion #2
1.06	Multigrain bread	15	47		50		2079.0		415.7	83.9	355	356	395	686	400			
1.07	Other bread	12	48		50		1806.0		361.2	34.1	289	333	372	500	400			
1.08	Rye bread	12	39		50		2571.0		514.2	48.9	357	474	487	608	400			
1.09	White + bread (enriched)	13	75		50		2445.0		489.1	8.5	480	492	494	520	400		400*	Criterion #1
1.10	White bread	16	62		50		2634.0		526.8	54.3	383	500	507	630	400			
1.11	Whole wheat bread (60%)	12	64		50		2395.0		479.0	67.5	320	465	479	609	400			
1.12	Whole wheat bread and/or 100%	16	69		50		2477.0		495.4	44.7	329	431	480	594	400			
2.00	Bakery products - prepackaged buns/rolls	189	64						460.9	82.5	7	389	467	968				
2.01	Bagel fruit (raisin and blueberry)	13	89		55		2066.0		375.6	73.9	188	288	345	506	400			
2.02	Bagel plain, sesame, and poppy seed	14	87		55		2495.0		453.7	108.7	7	364	475	646	400			
2.03	Bagel whole wheat	8	71		55		2564.0		466.2	50.0	300	435	480	526	400			
2.04	Croissants	4	35		55		2461.0		447.4	70.7	227	334	444	500	400			
2.05	English muffin and crumpets	19	61		55		2175.0		395.5	77.5	246	308	391	773	400			
2.07	English muffin whole wheat or multigrain	8	61		55		1853.0		337.0	63.4	167	263	353	453	400			
2.09	Kaisers/vienna	9	72		55		2438.0		443.2	47.5	329	467	500	613	400			
2.10	Miscellaneous rolls (seasoned and sweet rolls/brioche excludes cinnamon rolls see 25.15)	1	71		55		1937.0		352.1		352	352	352	352	400		400*	Criterion #1
2.11	Naan	5	62		55		4085.0		742.7	145.7	314	488	667	968	400			
2.12	Other bagel	8	59		55		2205.0		400.9	44.8	333	363	420	522	400			
2.13	Other pitas	4	75		55		2355.0		428.1	12.2	387	400	420	453	400			
2.14	Pizza crusts	3	54		55		2873.0		522.5	3.6	511	511	520	552	400			
2.19	White pita	15	51		55		2054.0		373.5	49.0	156	316	378	511	400			
2.16	White rolls/buns (incl hamburg & hot dog)	52	59		55		2898.0		526.9	43.4	365	484	517	708	400			
2.22	Whole wheat pita	8	48		55		2022.0		367.6	36.0	280	299	370	464	400			
2.22	- Low sodium claim	1	43		55		64.0		11.6		12	12	12	12	400			
2.20	Whole wheat/multigr rolls/buns (incl hamburg & hot dog)	17	60		55		2727.0		495.9	29.2	413	474	494	578	400			
3.00	Cereals - RTE cereals	87	38						556.2	289.1	0	196	467	933				
3.01	Flakes	14	35		30		1942.0		647.4	161.1	250	373	547	853	400			
3.02	Flakes with fruit/	8	52		55		3243.0		589.6	174.5	50	247	367	673	400			
3.02	- Low sodium claim	6	56		55		1189.0		216.3	14.8	186	196	212	255	400			
3.03	Granola/muesli	12	50		55		1278.0		232.4	103.7	67	106	228	508	400			
3.03	- Low sodium claim	1	55		55		45.0		81.8		82	82	82	82	400			
3.03	- No added sodium claim	1	45		55		183.0		33.3		33	33	33	33	400			
3.04	High fibre compact	6	31		30		2468.0		822.7	172.5	362	567	690	900	400		400	Criterion #1
3.04	- Low sodium claim	1	55		30		518.0		172.7		173	173	173	173	400			
3.05	Puffed	8	30		15		1032.0		688.2	326.0	83	479	590	931	400			
3.06	Semi compact/form	15	28		30		195.0		650.0	211.4	407	500	630	933	400			
3.07	Shredded	10	40		30		1327.0		442.4	242.4	0	0	361	767	400			
3.07	- No added sodium claim	5	57		30		25.0		8.3	9.3	0	0	8	31	400			

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4.00	Dairy products - Natural cheese	202	45						687.6	367.0	0	367	667	4183					
4.01	Brie/camembert	11	28		30			1929.0	643.0	19.4	533	533	607	733	720	640	Criterion #3		
4.02	Cheddar light	10	30		30			2162.0	720.8	25.0	700	700	700	813	720				
4.03	Cheddar medium	8	30		30			212.0	706.7	50.7	667	683	700	813	720	720	Criterion #1		
4.04	Cheddar mild	16	30		30			2105.0	701.8	41.9	633	667	683	867	720				
4.05	Cheddar old	12	30		30			2162.0	720.8	38.9	667	667	700	813	720				
4.16	Cottage cheese 1 %	16	123		125			4832.0	386.6	41.7	191	300	345	440	220	250			
4.17	Cottage cheese 2 & 4 %	10	125		125			4823.0	385.8	43.4	328	328	351	432	220	250			
4.18	Cottage cheese fat free	6	124		125			3862.0	308.9	67.9	12	310	331	480	220	250	250	Criterion #1	
4.18	- No added sodium claim	1	55		125			25.0	20.0		20	20	20	220	250				
4.19	Cream cheese - exact weight flavoured cream cheese	14	15		30			169.0	563.2	84.2	333	467	600	867	220	300			
4.20	Cream cheese - exact weight plain cream cheese	15	21		30			2011.0	670.4	964.3	267	333	433	4183	220	300	330	Criterion #4	
4.09	Feta	2	30		30			5234.0	1744.6	509.6	1000	1000	1750	2500	720		1740	Criterion #2 (Small sample size)	
4.10	Goat	13	30		30			1306.0	435.3	20.0	317	333	367	700	720		430	Criterion #3	
4.21	Grated cheese products grated cheese	6	15		30			6878.0	2292.7	450.3	1000	1367	1875	2933	720		1000	Criterion #4	
4.11	Miscellaneous cheeses (swiss, gouda, blue, curds, brick)	11	32		30			1508.0	502.7	130.9	0	117	633	833			500	Criterion #3 (Can target for Blue cheese TBD FSA target is 840)	
4.12	Mixed cheese shredded	14	30		30			216.0	720.0	37.0	633	700	733	967	720		720	Criterion #1	
4.13	Mozzarella	17	28		30			2256.0	751.9	57.4	650	667	767	867	600		650	Criterion #4	
4.14	Partly skim mozzarella	8	30		30			2192.0	730.5	39.0	600	667	733	800	600				
4.15	Ricotta	12	64		55			871.0	158.4	13.7	127	129	132	209	220	300	160	Criterion #3	
5.00	Dairy products - prepackaged process cheese	38	25						1604.6	278.6	393	1381	1616	1905					
5.04	Fondue cheese	3	57		30			1831.0	610.4	50.8	393	393	633	673	650	900	610	Criterion #3	
5.01	Processed cheese slices light and fat free	13	21		30			4473.0	1490.9	205.3	1095	1381	1619	1667	800		1240	Criterion #4	
5.02	Processed cheese slices regular cheese slice	16	23		30			4987.0	1662.5	204.3	1238	1606	1619	1905	800				
5.03	Processed cheese spreads	6	30		30			4712.0	1570.5	384.2	606	939	1567	1903	650	900	900	Criterion #1	
6.00	Fats and oils - margarine	33	10						663.3	271.5	0	600	650	1250					
6.01	Hard	8	11		10			748.0	747.8	81.4	600	675	743	800	450	650			
6.02	Other	2	10		10			602.0	601.8	23.7	600	600	925	1250	450	650			
6.03	Semi salt	0																	
6.03	- Reduced sodium claim	2	10		10			35.0	350.0	0.0	350	350	350	450	650				
6.04	Soft	12	10		10			69.0	690.4	155.9	600	625	700	893	450	650	650	650	Criterion #1
6.05	Soft - Light	5	10		10			601.0	600.8	13.1	600	600	607	800	450	650			
6.07	Unsalted	0																	
6.07	Free sodium claim	1	10		10			0.0	0.0		0	0	0	450	650				
6.07	- No added sodium claim	3	10		10			0.0	0.0	0.0	0	0	0	450	650				
7.00	Fats and oils - salad dressings/mayo/sandwich spreads	142	15	15		23			882.7	209.9	234	700	934	1813					
7.01	Fat free salad dressing	6	17	15		30		3768.0	1133.4	218.2	789	944	1003	1600		700			
7.01	- Reduced sodium claim	2	16	15		30		215.0	693.7	6.8	688	688	694	700		700			
7.02	Light caesar	6	15	15		30		2935.0	978.5	308.7	633	633	817	1533		700			
7.02	- Reduced sodium claim	1	15	15		30		220.0	733.3		733	733	733	733		700			
7.03	Light oil and vinegar	9	16	15		30		3217.0	1030.6	210.5	433	1000	1063	1433		700			
7.04	Light other salad dressing	7	15	15		30		4358.0	1489.9	140.0	935	1063	1188	1643		700			
7.04	- Reduced sodium claim	1	16	15		30		200.0	625.0		625	625	625	625		700			
7.05	Light ranch	8	16	15		30		3301.0	1031.4	102.4	781	891	1063	1313		700			
7.06	Mayo and mayo type regular	10	14	15		15		1041.0	717.7	170.2	429	500	625	1000		500		500	Criterion #1
7.07	Mayo and mayo type light or fat free	6	16	15		15		1319.0	848.8	134.1	563	688	766	933		750		750	
7.09	Regular caesar	15	15	15		30		2527.0	842.3	208.8	400	667	867	1133		700			
7.10	Regular creamy	16	16	16		30		3149.0	1003.2	177.5	438	667	840	1500		700			
7.11	Regular italian	10	15	15		30		3264.0	1089.0	91.3	800	1000	1067	1700		700			
7.12	Regular oil and vinegar	16	16	15		30		3099.0	974.5	163.7	234	813	969	1813		700			
7.13	Regular other	9	17	16		30		386.0	1207.8	111.1	359	633	1125	1438		700			
7.14	Regular ranch	20	15	15		30		2616.0	871.9	84.0	533	750	867	1000		700			

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			g	ml	g	ml	mg/g	mg/ml	Sodium Average mg/100g	Std Dev	Min mg/100g	1st Qtle mg/100g	Med mg/100g	Max mg/100g	Avg mg/100g	Max mg/100g		
8.00	Fish products - canned seafood	105	81							401.8	128.2	80	300	400	868			
8.01	Kipper/sardines sauce packed	9	98		55		2041.0			371.1	66.9	283	304	400	800		370	
8.02	Kipper/sardines water or oil	13	86		55		2031.0			369.3	123.7	170	289	400	769		370	
8.03	Low sodium water packed (tuna& salmon)	0																
8.03	- Low sodium claim	5	69		55		457.0			83.1	1.9	80	80	83	91		400	
8.03	- No added sodium claim	2	100		55		44.0			80.0	0.0	80	80	80	80		400	
8.04	Meal type/salad	6	121		55		2344.0			426.2	39.9	300	318	444	506		400	
8.05	Miscellaneous (shrimp)	8	73		55		3886.0			706.5	161.1	364	569	774	868		370	
8.06	Oil packed (tuna)	6	68		55		1974.0			358.9	51.1	286	357	375	596		400	
8.07	Sauce packed (tuna& other fish)	11	80		55		2247.0			408.5	79.7	212	309	388	553		400	
8.08	Shellfish smoked	16	56		55		2025.0			368.1	65.6	246	315	400	532			
8.09	Shellfish water packed	11	63		55		2519.0			457.9	97.7	250	330	507	636		370	
8.10	Snack kit	4	101		140		697.0			497.8	59.0	306	352	457	563	250	450	
8.11	Water packed (tuna & salmon)	14	85		55		2223.0			404.1	137.3	209	291	356	472		370	
9.00	Fish products - frozen fish	59	106							463.7	226.1	123	347	440	1018			
9.01	Breaded and batter	14	96		125		6886.0			550.9	185.1	288	462	542	741	250	450	
9.02	Fish sticks or burger	13	101		125		4765.0			381.2	195.5	220	338	415	624	250	450	
9.04	Seasoned	13	124		125		4895.0			391.6	168.1	185	278	387	740	250	450	
9.03	Shrimp	5	107		125		4556.0			364.5	201.3	123	208	382	669			
9.05	Smoked	6	55							843.5	133.2	625	760	865	1018			
9.06	With veg and/or stuffed	8	154		125		508.0			406.4	103.4	234	327	394	600	250	450	
10.00	Miscellaneous/combined dishes - Lunch kits	27	179							610.2	513.6	107	227	597	1037			
10.01	Regular	15	165		140		9169.0			654.9	591.2	206	256	645	1037	250	450	
10.02	Smart	12	267		140		4837.0			345.5	266.4	107	202	573	930	250	450	
11.00	Processed meat products - bacon & substitutes	28	60							691.5	610.6	241	423	734	1700			
11.01	Back bacon	3	70		30		3187.0			1062.2	80.7	825	825	1182	1182	1150		
11.01	- Reduced sodium claim	1	100		30		246.0			820.0		820	820	820	820	1150		
11.02	Chicken /turkey/substitute bacon	7	35		30		4186.0			1395.2	444.7	727	727	1000	1700	1150		
11.02	- Reduced sodium claim	1	30		30		150.0			500.0		500	500	500	500	1150		
11.03	Reduced sodium bacon	0																
11.03	Less sodium claim	2	71		30		1481.0			493.5	188.8	420	420	473	525	1150		
11.03	- Reduced sodium claim	6	51		30		1137.0			379.0	89.1	241	333	385	426	1150		
11.04	Regular bacon	7	67		30		2427.0			808.9	148.9	611	700	825	860	1150		
11.04	- Reduced sodium claim	1	54		30		100.0			333.3		333	333	333	333	1150		
12.00	Processed meat products - packaged deli meats	158	55	45						1114.7	417.6	360	857	1000	5000			
12.01	Beef	14	71		55		11588.0			2107.0	1096.2	778	836	960	5000	650		
12.02	Bologna	15	56		55		5713.0			1038.8	77.9	825	964	1000	1133	650		
12.03	Chicken /turkey slices	17	55		55		4704.0			855.3	153.3	360	818	952	1273	650		
12.04	Luncheon meats	16	56		55		5382.0			978.6	122.9	719	906	942	1300	650		
12.05	Pates and spreads	15	33	45	55		4306.0			782.9	127.6	411	500	758	1244		300	
12.06	Pepperoni	16	52		55		6449.0			1172.6	159.4	900	1010	1086	2429	650		
12.07	Reduced fat products	15	61		55		4527.0			823.0	68.8	651	727	818	1200	650		
12.07	- Reduced sodium claim	1	50		55		429.0			780.0		780	780	780	780	650		
12.08	Salami	16	37		55		8037.0			1461.4	220.4	891	1049	1500	1800	650		
12.09	Sausage coils	15	63		55		5709.0			1038.0	110.5	800	900	1000	1314	650		
12.10	Sliced beef	3	41		55		7731.0			1405.6	233.5	800	800	1550	1550	650		
12.11	Sliced ham	15	62		55		712.0			1294.6	288.4	889	1000	1080	1867	650		
13.00	Processed meat products - packaged sausages	42	87							829.5	290.6	75	723	853	1245			
13.01	Chicken/turkey sausage	13	91		75		6385.0			851.3	80.8	690	758	863	940		450	
13.02	Pork and/or beef sausage	15	87		75		5684.0			757.8	402.7	75	588	707	1184		450	
13.03	Smoked sausage	14	84		55		5215.0			948.2	177.9	786	883	945	1245		600	
14.00	Processed meat products - wieners	50	50							998.2	210.0	661	864	1026	1297			
14.01	All beef	15	43		55		5714.0			1038.9	191.0	733	842	1026	1289		650	
14.02	Chicken	9	55		55		540.0			981.9	192.4	661	880	893	1297		650	
14.03	Low fat	3	55		55		5898.0			1072.4	257.1	684	684	804	1268		650	
14.03	- Reduced sodium claim	1	38		55		3763.0			684.2		684	684	684	684		650	
14.04	Regular	14	50		55		5413.0			984.2	279.3	696	947	1060	1289		650	
14.05	Regular with cheese	8	88		55		5776.0			1050.3	65.5	864	967	1058	1250		650	

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15.00	Sauces - pasta sauce	59	123	118		125			469.7	199.5	70	333	455	1235				
15.01	Cream sauce	12	87	84		125		7276.0	563.4	166.9	273	413	477	694	330		330	
15.02	Meat sauce	10	130	125		125		5782.0	444.8	91.6	317	377	441	569	330			
15.03	Pesto	5	55	50		125		1575.0	1093.6	140.3	533	783	1152	1235	600	800	800	Criterion #1
15.04	Tomato	12	132	125		125		6661.0	504.9	117.7	70	330	395	610	330			
15.05	Tomato and vegetables	13	132	125		125		4899.0	371.2	193.6	197	280	333	576	330		330	
15.06	Tomato with cheese	7	131	124		125		5191.0	393.3	69.7	273	348	455	477	330			
16.00	Sauces - pizza & lasagna sauce	9	86	84		60			492.9	379.2	364	426	462	679			360	Criterion #4
16.01	Pizza & lasagna sauce	9	86	84		60		2939.0	492.9	379.2	364	426	462	679	330			
17.00	Soups - bouillon products	57	271	271		250			338.0	90.9	35	279	331	512				
17.01	Beef bouillon/soup base	16	291	291		250		9104.0	364.1	81.1	244	327	352	512	230	290		
17.01	- No added sodium claim	1	254	254		250		2461.0	98.4		98	98	98	98	230	290		
17.03	Bouillon/soup base low/reduced salt	0																
17.03	- No added sodium claim	1	257	257		250		866.0	34.6		35	35	35	35	230	290		
17.03	- Reduced sodium claim	2	206	206		250		6818.0	272.7	53.8	218	218	259	300	230	290		
17.08	Chicken bouillon/soup base	11	286	286		250		7487.0	299.5	92.1	198	279	307	400	230	290	290	290
17.08	- No added sodium claim	1	257	257		250		1021.0	40.9		41	41	41	41	230	290		
17.09	Concentrate low/reduced salt	0																
17.09	- Reduced sodium claim	3	236	236		250		6842.0	273.7	21.0	260	260	271	298	230	290		
17.10	Concentrate regular	8	257	257		250		9233.0	369.3	108.9	260	287	320	420	230	290		
17.12	Other bouillon/soup base regular	4	258	258		250		9235.0	369.4	23.8	311	327	358	458	230	290		
17.13	Vegetable bouillon/soup base	10	257	257		250		7253.0	290.1	60.2	171	315	327	409	230	290		
18.00	Soups - canned condensed wet soup	63	257	257		250			299.7	64.4	186	248	278	477				
18.01	Chicken noodle - Regular	6	255	255		250		854.0	341.5	52.8	188	188	318	353	230	290		
18.01	- Reduced sodium claim	4	255	255		250		625.0	250.0	1.2	247	247	247	251	230	290		
18.02	Cream of vegetable - Regular	11	258	258		250		8355.0	334.2	35.4	271	291	329	477	230	290		
18.03	Cream soup - fat reduced	4	258	258		250		6202.0	248.1	0.0	248	248	248	248	230	290		
18.04	Cream soup - Reduced salt/sodium	0																
18.04	- Reduced sodium claim	2	258	258		250		5844.0	233.7	25.5	186	186	215	244	230	290		
18.05	Other cream soup - Regular	11	258	258		250		7404.0	296.2	99.4	248	255	310	461	230	290		
18.06	Other soup - Reduced salt/sodium	1	258	258		250		4651.0	186.0		186	186	186	186	230	290		
18.07	Other soup - Regular	10	260	260		250		6093.0	243.7	35.2	199	243	255	337	230	290		
18.07	- Reduced sodium claim	2	255	255		250		5588.0	223.5	0.0	224	224	224	224	230	290		
18.09	Vegetable - Regular	12	255	255		250		6733.0	269.3	30.4	247	253	290	373	230	290		
19.00	Soups - Ready to serve soup	129	245	237		250			282.2	60.1	39	228	255	451				
19.01	Bean and lentil soup - Regular	8	259	250		250		7598.0	293.4	22.2	160	249	271	366	230	290		
19.01	- Reduced sodium claim	1	262	250		250		380.0	145.0		145	145	145	145	230	290		
19.02	Beef chunky - Regular	6	254	250		250		7147.0	281.0	28.9	255	256	275	339	230	290		
19.02	- Reduced sodium claim	6	254	250		250		6422.0	252.8	5.3	231	248	256	256	230	290		
19.03	Broth - Low/reduced salt/sodium	0																
19.03	- Low sodium claim	1	243	240		250		99.0	39.1		39	39	39	39	230	290		
19.03	- Reduced sodium claim	4	177	174		250		6128.0	241.7	39.5	146	195	247	256	230	290		
19.04	Broth - Regular	11	169	166		250		9188.0	362.5	40.3	209	232	291	433	230	290		
19.04	- Reduced sodium claim	4	222	219		250		6057.0	238.7	19.6	220	229	243	272	230	290		
19.05	Chicken vegetable - Regular	5	258	250		250		7839.0	304.7	26.2	245	279	282	335	230	290		
19.05	- Reduced sodium claim	4	262	250		250		6203.0	236.8	10.0	212	223	240	255	230	290		
19.06	Cream of tomato - Regular	7	272	258		250		7907.0	301.5	41.5	168	174	251	356	230	290		
19.07	Cream of vegetables - Regular	16	265	254		250		7848.0	300.5	19.4	172	260	286	328	230	290		
19.08	Cream soup - Low/ reduced salt/sodium	4	259	250		250		6447.0	249.1	3.6	239	245	251	252	230	290		
19.08	- Reduced sodium claim	2	261	250		250		480.0	184.1	1.5	183	183	185	186	230	290		
19.09	Other cream soup - regular	9	261	251		250		7875.0	303.1	57.5	210	251	251	443	230	290		
19.10	Other soup (stew, pea, bean, meat with grains &/or vegetables)	15	260	250		250		8094.0	311.9	82.1	146	255	314	439	230	290		
19.10	- Reduced sodium claim	1	258	250		250		610.0	236.4		236	236	236	236	230	290		
19.11	Soup - Low/reduced salt/sodium	6	259	250		250		5009.0	193.2	22.8	183	185	219	255	230	290		
19.11	- Reduced sodium claim	7	256	250		250		4917.0	192.0	21.9	185	186	188	308	230	290		
19.12	Vegetable soup - Regular	10	261	254		250		8293.0	322.8	64.4	163	203	240	451	230	290		
19.12	- Reduced sodium claim	2	258	250		250		3613.0	140.2	16.0	127	127	154	180	230	290		

Set II - The averages in this data set are not weighted

Group ID	Food Category	N Obs	Avg Serv Size		Ref Amount avg		Sod/ Ref Amount		Canadian Data							FSA Target		Draft Canadian target (Maximum) mg/100g	Comment on Can Target
			g	ml	g	ml	mg/g	mg/ml	Sodium Average mg/100g	Std Dev	Min mg/100g	1st Qtle mg/100g	Med mg/100g	Max mg/100g	Avg mg/100g	Max mg/100g			
22.00	Bakery products - cookies	80	34						289.2	140.0	0	194	277	701					
22.01	Chocolate chip	9	36		30		951.0	317.0	141.3	195	242	269	667	270	450				
22.02	Chocolate covered	21	33		30		746.0	248.5	148.0	79	150	217	701	270	450				
22.03	Fruit filled cookies	5	34		30		788.0	262.6	57.2	185	241	269	343	270	450				
22.04	Other cookies	8	34		30		946.0	315.4	134.8	109	216	334	474	270	450				
22.05	Sandwich cookies	9	40		30		865.0	288.3	107.2	147	212	295	500	270	450				
22.06	Shortbread	5	26		30		745.0	248.5	94.8	117	194	260	348	270	450				
22.07	Social tea type - sugar type	16	32		30		1198.0	399.2	113.6	181	343	408	600	270	450				
22.08	Sugar wafer	7	35		30		428.0	142.8	119.9	0	50	130	370	270	450				
23.00	Bakery products - crackers	51	23					857.6	336.8	300	568	867	2158						
23.01	Cheese/sandwich cracker	8	26		20		2404.0	1202.0	215.8	900	1100	1167	1632	550	800	1000		Criterion #4	
23.02	General crackers	42	22		20		1607.0	803.4	314.1	300	567	846	2158	550	800	800		Criterion #1	
23.02	- Reduced sodium claim	1	21		20		762.0	381.0		381	381	381	381	550	800				
24.00	Bakery products - granola bars	121	34					295.8	112.9	59	210	288	553						
24.01	All bran bars	4	29		30		995.0	331.5	49.0	283	302	321	400	270	450				
24.02	Cereal bar	13	38		30		131.0	436.5	32.0	405	421	421	500	270	450				
24.02	- Low sodium claim	5	37		30		673.0	224.3	18.1	216	216	216	257	270	450				
24.03	Chewy chocolate chip	9	27		30		673.0	224.4	77.7	143	154	214	346	270	450				
24.04	Chewy chocolate coated	18	33		40		728.0	182.1	95.0	59	147	177	484	270	450				
24.05	Chewy fruit and/or nut	20	33		30		718.0	239.5	45.9	143	200	239	308	270	450				
24.06	Chewy low fat	12	29		30		687.0	228.8	64.3	135	175	214	300	270	450				
24.07	Chewy plain - oatmeal to go	5	52		30		1239.0	412.9	28.4	383	383	426	447	270	450				
24.08	Chewy yogourt coated	13	33		40		1277.0	319.2	58.6	200	280	343	425	270	450				
24.09	Crunchy	8	41		30		941.0	313.6	76.8	236	236	310	429	270	450				
24.10	Muffin bars	8	44		30		1281.0	427.1	100.0	302	321	461	553	270	450				
24.11	Sweet and salty	6	30		30		1347.0	449.0	68.6	357	386	464	523	270	450				
25.00	Bakery products - prepackaged baked desserts	130	77			125		276.6	123.3	4	192	260	596						
25.01	Brownies	8	49		40		1246.0	311.5	63.1	241	252	316	400	200	400				
25.02	Cakes - heavy weight	11	104		125		3552.0	284.1	110.5	4	250	310	436	200	400			270	Criterion #3
25.03	Cakes - Light / medium weight	6	66		80		3145.0	393.1	70.3	276	380	392	492	200	400				
25.04	Cheesecake	13	99		125		2747.0	219.7	44.5	160	176	210	300	140			220	Criterion #2	
25.05	Donuts	6	46		55		1686.0	306.6	136.6	115	217	321	524	200	400			270	Criterion #3
25.06	Fruit pie	24	105		110		2074.0	188.5	54.1	31	152	194	280		130			130	Criterion #1
25.07	Mousse type dessert	3	50			125		153.3	5.8	150	150	150	160						
25.08	Muffin	13	69		55		2201.0	400.2	119.2	175	333	383	554	200	400			270	Criterion #3
25.10	Pastry snack cake	4	56		110		2692.0	244.7	79.1	193	196	212	362	200					
25.11	Processed puddings (tiramisu, mud pie, fruit crisps)	5	105		110		175.0	159.1	101.8	50	105	106	284	70	120			120	Criterion #1
25.12	Puff pastry	7	63		110		117.0	106.3	37.8	61	80	89	161	200				110	Criterion #3
25.13	Snack cakes	22	54		55		1957.0	355.9	90.5	203	291	350	525	200	400				
25.14	Sugar pie type (butter tarts, pecan pie)	5	83		110		2747.0	249.7	63.7	145	247	260	311		130			270	Criterion #3
25.15	Sweet rolls-cinnamon	3	57		55		2745.0	499.2	136.7	343	343	558	596	200	400				
26.00	Miscellaneous/combined dishes - appetizers	86	80					592.6	250.0	135	402	554	1360					450	Criterion #1
26.01	Bacon wrapped scallops	2	50		50		207.0	413.9	39.5	386	386	414	442	250	450				
26.02	Breaded appetizers with cheese (breaded mozzarella sticks, breaded and stuffed jalapenos)	7	53		50		4843.0	968.7	186.9	679	873	950	1200	250	450			850	Criterion #4
26.03	Breaded seafood (shrimp, calamari)	8	74		50		2942.0	588.3	207.4	135	525	639	800	250	450				
26.04	Egg rolls/spring rolls	13	81		50		2166.0	433.2	80.2	278	395	430	596	250	450				
26.05	Miscellaneous appetizers (potato skins, oriental hors d'oeuvres, mediterranean hors d'oeuvres, spanakopita)	13	52		50		1984.0	396.7	90.7	282	333	400	636	250	450				
26.06	Onion rings	2	93		50		3051.0	610.2	54.8	571	571	610	649	250	450			450	Criterion #1
26.07	Perogies	5	120		50		1675.0	335.0	38.4	292	317	317	383	250	450				
26.08	Potstickers/dumpling	3	109		50		3136.0	627.3	156.3	467	467	636	779	250	450				
26.09	Quiche	4	54		50		1964.0	392.8	88.2	300	323	386	500	300					
26.10	Samosa	2	73		50		2057.0	411.5	13.6	402	402	411	421	250	450				
26.11	Sausage rolls	3	57		50		2611.0	522.2	67.4	483	483	483	600	250	450				
26.12	Wings	24	102		50		3984.0	796.8	216.1	558	670	770	1360	250	450			600	Criterion #4

Group ID	Food Category	N Obs	Avg Serv Size		Ref Amount avg		Sod/ Ref Amount		Canadian Data						FSA Target		Draft Canadian target (Maximum) mg/100g	Comment on Can Target
			g	ml	g	ml	mg/g	mg/ml	Sodium Average mg/100g	Std Dev	Min mg/100g	1st Qtle mg/100g	Med mg/100g	Max mg/100g	Avg mg/100g	Max mg/100g		
27.00	Miscellaneous/combined dishes - frozen dinner entrée	89	218			250			429.9	199.7	157	284	373	1047				
27.01	Breaded / stuffed chicken	7	129		125			6351.0	508.1	121.1	340	386	564	640	250	450	430	Criterion #3
27.02	Corn dog	2	75		140			1316.0	940.0	66.0	893	893	940	987	250	450	900	Criterion #4
27.03	Frozen sandwich	6	132		140			8896.0	635.4	208.5	393	412	645	906	250	450		
27.04	Lasagna	7	265		140			4499.0	321.4	120.2	168	201	315	460	250	450		
27.05	Macaroni and cheese	5	289		250	250		8211.0	328.4	84.1	200	314	329	426	250	450		
27.06	Meat and potato meals	12	263		195			6848.0	351.2	105.3	229	273	327	554	250	450		
27.07	Meat, potato and desserts meals	7	346		195			4871.0	249.8	70.6	157	169	251	359	250	450		
27.08	Meatballs plain	17	92		140			8441.0	602.9	203.0	300	483	588	1047	250	450	430	Criterion #3
27.09	Meatballs with sauce	3	94		195			1044.0	535.4	66.4	459	459	570	577	250	450		
27.10	Other frozen meals	14	305		195			6516.0	334.2	109.7	208	245	307	540	250	450		
27.11	Pasta creamy dishes	9	284		211	250		615.0	291.5	39.5	240	271	288	351	250	450		
28.00	Miscellaneous/combined dishes - frozen pizza	14	111						588.7	98.8	441	507	578	758			500	Criterion #1
28.01	Frozen pizza	14	111		140			8242.0	588.7	98.8	441	507	578	758	400	500		
29.00	Miscellaneous/combined dishes - frozen potatoes	12	88						83.8	92.0	18	27	41	306				
29.02	Other frozen potato products (roasted potatoes, potato puffs, excludes french fries)	3	90		85			1912.0	224.9	74.7	159	159	210	306	195	300	225	
31.00	Snacks / popcorn - popcorn	17	42						644.8	151.3	353	600	636	920				
31.01	Butter flavor regular	17	42		50			3224.0	644.8	151.3	353	600	636	920	900		640	Criterion #3
32.00	Snacks / popcorn - snack food	91	42						685.4	502.6	0	357	580	2733				
32.01	Cheese puff snack	7	42		50			3597.0	719.4	210.8	460	500	720	1080	750	1000	720	
32.02	Fruit chips	8	37		50			799.0	159.8	152.3	0	18	171	450			150	Criterion #3
32.02	- No added sodium claim	1	71		50			176.0	35.2		35	35	35	35				
32.03	Nacho chips/corn chips	16	47		50			3013.0	602.7	266.6	160	460	558	1060	550	650		
32.03	- Low sodium claim	1	50		50			110.0	220.0		220	220	220	220	550	650	550	Criterion #1 modified (The FSA average target was used)
32.03	- No added sodium claim	1	30		50			33.0	6.7		7	7	7	7	550	650		
32.04	Other chips / mixes	15	46		50			4908.0	981.6	365.2	33	750	980	1480	750	1000	750	
32.05	Pita chips	4	34		50			3221.0	644.3	192.0	357	539	735	750	550	650	550	
32.06	Pork puffs	3	15		50			1100.0	2200.0	466.7	1867	1867	2000	2733	750	1000	1900	Criterion #4
32.07	Potato chips	18	45		50			3408.0	681.6	338.7	300	420	576	1640	550	650	650	Criterion #1
32.09	Rice snack	3	33		50			2433.0	486.5	87.7	393	393	500	567	750	1000	490	
32.10	Sesame sticks	9	38		50			3806.0	761.3	720.0	0	14	570	1833			760	Criterion #3
32.11	Snack kernels	5	48		50			1673.0	334.7	273.4	40	220	317	780	900		330	
33.00	Soups - instant noodles	19	194	301		250			926.9	738.7	110	298	502	2313				
33.01	Instant noodle soups	19	194	301		250		9521.0	926.9	738.7	110	298	502	2313	230	290	290	Criterion #1