

Salt content in ready to eat soups – Comparison between Portugal and Ireland

Paulo Fernandes, Andreia Vargues,
Roberto Brazão, M. Graça Dias, M.
Antónia Calhau

Introduction

- High salt intake is a public health concern with increasing awareness in several European Countries and it is currently being addressed by the WHO.
- Additionally, the Portuguese Government established the goal of reaching individual intake of salt of 5 g/day by 2020, in an Integrated Strategy for Healthy Eating Promotion (EIPAS)¹.

¹ Diário da República (*Official Journal of the Republic of Portugal*), 2nd serie, nr. 249, office nr. 11418/2017, the 29th December 2017

Objectives

- To compare the salt content of ready to eat soups between a country that is starting to enforce the reduction of salt content in food (Portugal) and a country that already has specific recommendations on salt reduction (Ireland) and also the compliance with EIPAS future goal of 0.2 g of salt/100 g.

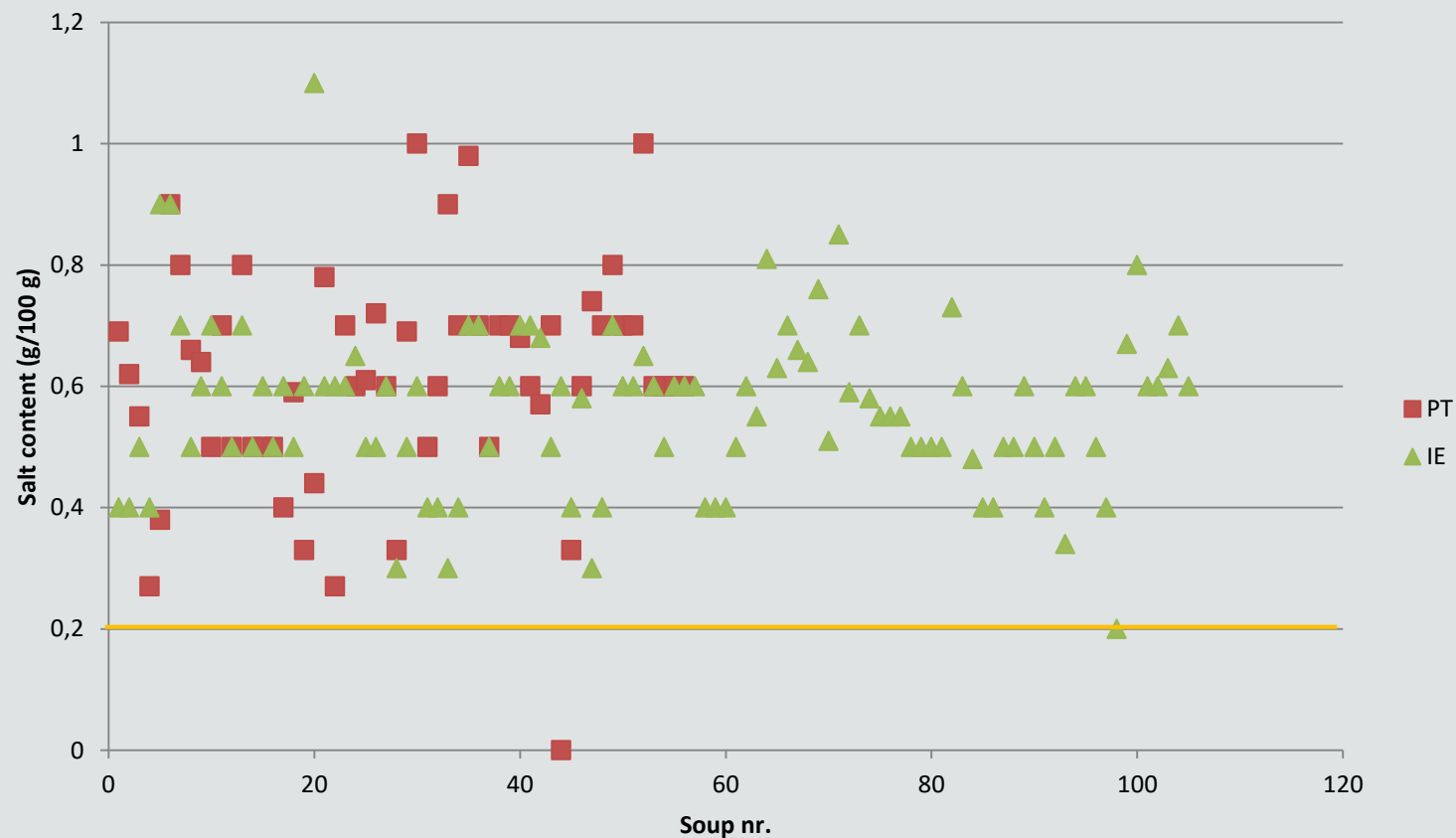
Methods

- The information on the labelling of ready to eat soups, available on Portuguese and Irish markets, independently of production country, was gathered and analysed.
- The labelling information was collected from the nutritional declaration transcription, available at online stores of supermarket chains.

Results

- A total of 161 soups from Portugal (n=56) and Ireland (n=105) were considered.

Salt content in ready to eat soups (PT and IE)



Results

- Salt content ranged from 0.0 to 1.1 g/100 g. No apparent differences were found between the distributions of the two countries.
- Only 2 soups presented a salt content within the 0.2 g/100 g limit, one from Ireland and one from Portugal, with a salt content of 0.0 g/100 g.

Conclusions

- 98.8% of all soups presented a salt content above EIPAS recommendation of 0.2 g/100 g, pointing out the need for a progressive reduction and involvement of food industry to obtain the desired values.
- Only 1 soup from each country complied with EIPAS.

Conclusions

- These values are self-reported by food business operators and this data analysis must be performed with caution.
- The unlikely lowest value found (0.0 g/100 g) needs further confirmation because of ingredients' naturally present sodium.

Thank you for your attention!

