



Noodles Survey 2016 - Full Data

Notes:

Data per 100g and per portion collected using CASH food and drink database, online and in store week commencing 18th March 2016 until 9th May.

Salt calculated from sodium where necessary

Salt per serving based on preparation as a whole snack/meal rather than as part of a meal

Colour coding according to DH FoP Guidance: **Salt** Green ≤0.30/100g, Amber 0.30-1.50g, red >1.50g /100g, >1.8g/portion

Colour coding according to DH FoP Guidance: **Total Sugars** Green ≤5.0/100g, Amber >5.0-22.5g, red >22.5g /100g, >27g/portion

Where values were only available per 100g, per portion information was calculated from pack weight and instructions

* Values are for salt/sugar per 100g as sold as stated on pack, and therefore not directly comparable to products values as prepared

†Free sugars – includes sugars that are added to food and drink, as well as sugars that are naturally present in honey, syrups, fruit juices and fruit concentrates, not sugars in milk products and whole fruit & vegetables. Some of the sugars in the instant noodles will be from fruit and vegetable but the majority will be added free sugars.

Brand	Product Name	Pack size (g)	Serving size when prepared (g or ml)	Salt/100g (g) as prepared	Salt/serving (g) as prepared	RI salt(%)	Total sugars/ 100g as prepared	Total sugars/serving (g) as prepared	†Free sugars (g) per serving (tsps)
Ko-Lee	Ko-Lee Instant Noodles Chicken Flavour	85	Pack + 320ml water	*6.44	5.83	97	*4.0	4.0	1
Nissin	Nissin Demae Ramen Chicken Flavour	100	500	1.10	5.50	92	0.40	2.0	1
Ko-Lee	Ko-Lee Instant Noodles Mixed Vegetable	85	Pack + 320ml water	*5.48	5.10	85	*3.5	4.0	1
Mama	Mama Pho Ga Rice Noodles With Artificial Chicken Flavour	65	485	1.00	5.00	83	0.70	3.2	1
Nissin	Nissin Demae Ramen Sesame Flavour	100	500	1.00	5.00	83	0.50	2.5	1
Nissin	Nissin Demae Ramen Spicy	100	500	1.00	5.00	83	0.50	2.5	1
Mama	Mama Pho Bo Rice Noodles With Artificial Beef Flavour	65	485	1.00	4.90	82	0.70	3.2	1
Nissin	Nissin Demae Ramen Beef	100	500	0.90	4.50	75	0.50	2.5	1
Kabuto	Kabuto noodles Chilli Chicken Ramen	85	450	1.00	4.30	72	3.40	15.3	4
Maggi	Maggi 2 Minute Noodles Chicken Flavour	77	Pack + 400ml water	0.71	3.93	66	0.40	2.2	1
Maggi	Maggi 2 Minute Noodles Assam Laksa	78	Pack + 400ml water	0.69	3.84	64	0.40	2.1	1
Kabuto	Kabuto Noodles Prawn Tom Yum	85	450	0.80	3.80	63	3.40	15.3	4
Nissin	Nissin Soba Classic	90	180	2.00	3.60	60	4.70	4.2	1
Koka	Koka Noodles Chicken Flavour	85	390	0.90	3.51	59	0.80	0.7	0
Kabuto	Kabuto Noodles Miso Ramen	100	450	0.80	3.50	58	1.50	6.7	2
Maggi	Maggi 2 Minute Noodles Curry	79	Pack + 400ml water	0.61	3.42	57	0.30	1.9	0
Mama	Mama Oriental Style Instant Noodles Cup Shrimp Tom Yum Flavour	70	375	0.90	3.38	56	1.30	0.9	0
Mama	Mama Oriental Style Instant Noodles Cup Chicken Flavour	70	375	0.90	3.38	56	1.10	0.8	0
Tiger Tiger	Tiger Tiger Guilt Free Pad Thai Rice Noodles	55	273	1.10	3.00	50	2.70	7.3	2
Naked Noodle	Naked Noodle Japanese Teriyaki	78	327	0.88	2.85	48	2.50	8.2	2
ASDA	Asda Chosen By You Rice Noodle Pot Beef Pho Ramen	74	375	0.73	2.80	47	2.80	10.0	3
Tiger Tiger	Tiger Tiger Guilt Free Thai Sweet Chilli Rice Noodles	55	264	0.80	2.60	43	3.90	10.3	3
Sainsbury's	Sainsbury's Beef Pho Rice Noodle Pot	74	352	0.73	2.55	43	1.80	6.3	2
ASDA	Asda Chosen By You Rice Noodle Pot Chilli Chicken Ramen	74	375	0.70	2.50	42	0.90	3.4	1
Naked Noodle	Naked Noodle Vietnamese Beef Pho Flavour Medium	78	334	0.73	2.44	41	1.30	4.3	1
Pot Noodle	Pot Noodle King Chicken and Mushroom	114	385	0.63	2.40	40	1.20	4.6	1
Kabuto	Kabuto Noodles Chicken Laksa	85	450	0.50	2.30	38	3.30	15.0	4
Aldi	Aldi Cup Shotz Noodle Snack Spicy Sweet and Sour Flavour	67	267	0.85	2.30	38	4.40	12.0	3
Batchelors	Batchelors Deli Box Noodles Chicken Flavour	77	297	0.77	2.28	38	1.10	3.4	1
Naked Noodle	Naked Noodle Chinese Chow Mein	78	323	0.70	2.26	38	1.60	5.2	1
Naked Noodle	Naked Noodle Singapore Curry	78	330	0.68	2.23	37	2.00	6.6	2
Pot Noodle	Pot Noodle King Beef and Tomato	114	385	0.58	2.20	37	1.50	5.8	1
Golden Wonder	Golden Wonder Normous Instant Noodles Chicken Flavour	127	394	0.55	2.16	36	0.90	3.6	1
Pot Noodle	Pot Noodle Chicken and Mushroom	305	305	0.68	2.10	35	1.30	4.0	1
Naked Noodle	Naked Noodle Cantonese Hoisin Duck Mild	78	323	0.63	2.03	34	3.00	9.7	2
Aldi	Aldi Snack Noodle Chicken & Mushroom Flavour	90	300	0.68	2.00	33	1.90	5.7	1
Golden Wonder	Golden Wonder Normous Instant Noodles BBQ Beef Flavour	127	392	0.50	1.96	33	0.80	3.2	1
Naked Noodle	Naked Noodle Malaysian Laksa Curry Mild	78	331	0.58	1.92	32	1.10	4.3	1
Naked Noodle	Naked Noodle Malaysian Laksa Curry Mild	78	331	0.58	1.92	32	1.10	4.3	1
Sainsbury's	Sainsbury's Chicken Laksa Rice Noodle Pot	74	364	0.53	1.91	32	1.40	5.1	1
Lidl	Lidl Newgate Instant Speedy Noodle Beef & Tomato Flavour	90	292	0.65	1.90	32	3.00	8.8	2
Tiger Tiger	Tiger Tiger Guilt Free Sweet & Sour Rice Noodles	55	273	0.70	1.90	32	2.90	7.8	2
Pot Noodle	Pot Noodle Chinese Chow Mein	305	305	0.63	1.90	32	1.50	4.6	1
Sainsbury's	Sainsbury's Tom Yum Rice Noodle Pot	74	356	0.53	1.87	31	3.00	10.7	3
Naked Noodle	Naked Noodle Thai Sweet Chilli	78	320	0.58	1.86	31	3.00	9.6	2

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Mug Shot	Mug Shot Oh Soy Saucy Chow Mein Noodles	45	235	0.78	1.83	31	0.50	1.2	0
Pot Noodle	Pot Noodle Sticky Rib Flavour	90	305	1.80	0.60	30	2.90	8.8	2
Blue Dragon	Blue Dragon Szechuan Tomato Noodles	55	100	0.74	1.80	30	2.20	5.3	1
Pot Noodle	Pot Noodle Beef & Tomato	305	305	0.60	1.80	30	1.60	4.9	1
Ko-Lee	Ko-Lee Go Noodles Roast Chicken	65	265	0.65	1.75	29	0.51	1.4	0
Ko-Lee	Ko-lee Go Cup Chicken Noodles	65	265	0.65	1.72	29	0.51	1.4	0
Pot Noodle	Pot Noodle King Original Curry	114	385	0.45	1.70	28	1.90	7.3	2
Golden Wonder	Golden Wonder Normous Pot Noodles Chicken & Mushroom Flavour XL	116	376	0.45	1.69	28	1.90	7.1	2
Mug Shot	Mug Shot Aromatic Thai Noodles	55	250	0.65	1.62	27	1.00	2.5	1
Pot Noodle	Pot Noodle Sausage Casserole	90	305	0.53	1.60	27	1.50	4.5	1
Pot Noodle	Pot Noodle Beef Chilli	90	305	0.53	1.60	27	1.20	3.7	1
Batchelors	Batchelors Deli Box Noodles Chow Mein Flavour	80	300	0.53	1.58	26	2.00	6.1	2
Golden Wonder	Golden Wonder Normous Pot Noodles Inferno Chilli Flavour XL	112	370	0.42	1.55	26	2.60	9.6	2
Batchelors	Batchelors Deli Box Noodles BBQ Beef Flavour	80	300	0.51	1.54	26	2.30	7.0	2
Ko-Lee	Ko-Lee Go Noodles Thai Hot & Spicy Tom Yum	65	265	*2.37	1.54	26	*3.4	2.2	1
Golden Wonder	Golden Wonder Normous Pot Noodle Beef & Tomato Flavour XL	116	377	0.40	1.51	25	1.90	7.2	2
Pot Noodle	Pot Noodle Chinese Sweet & Sour	90	305	0.48	1.50	25	4.40	13.0	3
Kabuto	Kabuto Rice Noodles Vegetable Laksa	65	410	0.30	1.50	25	2.60	11.7	3
Pot Noodle	Pot Noodle Original Curry Flavour	305	305	0.48	1.50	25	2.00	6.1	2
Batchelors	Batchelors Deli Box Noodles Mild Curry Flavour	78	298	0.50	1.50	25	1.60	4.9	1
Pot Noodle	Pot Noodle King Bombay Bad boy	114	385	0.40	1.50	25	0.90	3.5	1
Golden Wonder	Golden Wonder Chicken & Mushroom Flavour Noodles	90	296	0.50	1.48	25	0.90	2.7	1
Mug Shot	Mug Shot Snack Stop Noodles Chicken Flavour	46	243	0.60	1.46	24	0.50	0.7	0
Batchelors	Batchelors Super Noodles Low Fat Chilli Chicken Flavour	85	298	*1.67	1.42	24	*6.1	5.2	1
Lidl	Lidl Newgate Instant Snack Shots Noodles Spicy Sweet & Sour Flavour	67	261	0.53	1.40	23	5.20	14.0	4
Naked Noodle	Naked Noodle Ramen Noodles in Sauce Teriyaki Flavour	50	237	0.60	1.40	23	2.10	5.0	1
Mug Shot	Mug Shot Sweet & Sour Noodles	67	261	0.53	1.39	23	5.20	13.6	3
Naked Noodle	Naked Noodle Thai Tom Yum Hot	78	319	0.43	1.36	23	2.70	8.6	2
Sharwood's	Sharwood's Noodle Bowl Sweet Chilli Sauce	110	310	0.43	1.33	22	5.60	17.4	4
Golden Wonder	Golden Wonder Normous Pot Noodles Chip Shop Curry Flavour XL	112	376	0.35	1.32	22	3.20	12.0	3
Batchelors	Batchelors Super Noodles Chicken & Mushroom Flavour	100	300	0.44	1.32	22	1.50	4.6	1
Batchelors	Batchelors Super Noodles Peppered Steak Flavour	100	300	0.44	1.32	22	1.30	4.0	1
Batchelors	Batchelors Super Noodles Roast Beef & Onion Flavour	100	300	0.44	1.32	22	1.30	4.0	1
Batchelors	Batchelors Super Noodles Bacon Flavour	100	300	0.44	1.32	22	1.20	3.6	1
Batchelors	Batchelors Super Noodles BBQ Beef Flavour	100	300	0.44	1.32	22	1.00	3.0	1
Maggi	Maggi 3 Minute Noodles Pot Chicken Flavour	59	Pot + 250ml Water	0.36	1.31	22	0.30	1.2	0
Aldi	Aldi Snack Noodle Spicy Curry Flavour	90	300	0.43	1.30	22	2.90	8.7	2
Pot Noodle	Pot Noodle Brazilian BBQ Steak Flavour	90	305	0.43	1.30	22	2.40	7.3	2
Batchelors	Batchelors Super Noodles Chow Mein Flavour	100	300	0.43	1.30	22	1.50	4.6	1
Batchelors	Batchelors Super Noodles Southern Fried Chicken Flavour	100	300	0.43	1.30	22	1.40	4.2	1
Golden Wonder	Golden Wonder Chip Shop Curry Flavour Noodles	90	288	0.45	1.30	22	1.40	4.0	1
Batchelors	Batchelors Super Noodles Mild Curry Flavour	100	300	0.43	1.30	22	1.20	3.6	1
ASDA	Asda Smart Price Chicken Flavour Instant Noodles	65	265	0.50	1.30	22	0.50	1.3	0
Lidl	Lidl Newgate Instant Speedy Noodle Chicken & Mushroom Flavour	90	253	0.51	1.29	22	2.40	6.1	2
Batchelors	Batchelors Super Noodles Low Fat Chicken & Herb Flavour	85	298	*1.5	1.28	21	*5.4	4.6	1
Maggi	Maggi 3 Minute Noodles Pot Curry Flavour	59	Pot + 250ml water	0.34	1.26	21	0.30	1.2	0
Sainsbury's	Sainsbury's Chicken & Mushroom Flavour Noodles	90	not provided	0.48	1.25	21	2.20	5.8	1
Maggi	Maggi 3 Minute Noodles BBQ Beef Flavour	59	Pack + 250ml water	0.41	1.25	21	0.40	1.1	0
Maggi	Maggi 3 Minute Noodles Chicken Flavour	59	Pack + 250ml water	0.41	1.25	21	0.20	0.5	0
Lidl	Lidl Newgate Speedy Noodle Spicy Curry Flavour	90	258	0.48	1.24	21	3.20	8.3	2
Golden Wonder	Golden Wonder Normous Pot Noodles Sweet & Spicy BBQ Flavour XL	115	350	0.35	1.23	21	4.10	14.4	4
Batchelors	Batchelors Super Noodles Low Fat Sweet Thai Chilli Flavour	85	298	*1.43	1.20	20	*7.7	6.6	2
Pot Noodle	Pot Noodle Bombay Bad Boy	305	305	0.40	1.20	20	0.90	2.7	1
Maggi	Maggi 3 Minute Noodles Curry Flavour	59	Pack + 250ml Water	0.39	1.20	20	0.10	0.4	0
Batchelors	Batchelors Super Noodles Barbecue Beef Flavour	90	290	*1.23	1.18	20	*2.8	2.7	1
Batchelors	Batchelors Super Noodles Curry Flavour	90	290	*1.22	1.16	19	*3.4	3.2	1
Mug Shot	Mug Shot Snack Stop Noodles Sweet & Sour Flavour	60	255	0.45	1.15	19	5.50	14.0	4
Naked Noodle	Naked Noodle Ramen Noodles in Sauce Hoisin Duck Flavour	50	222	0.51	1.13	19	2.90	6.4	2
Morrisons	Morrisons Chicken & Mushroom Flavour Noodle Pot	90	276	0.40	1.10	18	2.00	5.5	1
ASDA	Asda Smart Price Curry Flavour Instant Noodles	65	265	0.40	1.10	18	0.50	1.3	0
Sainsbury's	Sainsbury's Basics Chicken Flavour Noodles Pot	90	not provided	0.38	1.07	18	3.90	11.2	3
Sainsbury's	Sainsbury's Beef & Tomato Flavour Noodles	90	not provided	0.40	1.07	18	2.90	7.7	2

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Pot Noodle	Pot Noodle Piri Piri Chicken	90	305	0.33	1.00	17	2.90	8.8	2
Morrisons	Morrisons Flavour Noodle Pot	90	275	0.40	1.00	17	3.10	8.5	2
Tesco	Tesco Everyday Value Chicken & Mushroom Flavour Noodles	70	254	0.40	1.00	17	1.10	2.8	1
Tesco	Tesco Everyday Value Chicken Flavour Instant Noodles	65	265	0.40	1.00	17	0.50	1.3	0
Golden Wonder	Golden Wonder Beef & Tomato Flavour Noodles	90	281	0.35	0.98	16	1.30	3.6	1
Sainsbury's	Sainsbury's Instant Noodles Vegetable Flavour	85	167	0.58	0.96	16	1.30	2.2	1
Batchelors	Deli Box Noodles Sweet & Sour Flavour	75	255	0.37	0.92	15	4.10	10.4	3
Sainsbury's	Sainsbury's Curry Flavour Noodles	90	not provided	0.33	0.88	15	4.40	11.9	3
Morrisons	Morrisons Beef & Tomato Flavour Noodle Pot	90	279	0.30	0.80	13	2.80	7.8	2
Morrisons	Morrisons Savers Chicken & Mushroom Flavour Noodle Pot	70	250	0.30	0.80	13	1.20	3.0	1
Batchelors	Batchelors Super Noodles Chicken Flavour	300	300	0.51	0.77	13	1.10	3.4	1
ASDA	Asda Chosen by You Chicken Flavour Noodles	85	167	0.43	0.72	12	<0.5	0.7	0
ASDA	Asda Chosen by You Beef Flavour Noodles	85	265	0.43	0.72	12	0.50	0.7	0
Sainsbury's	Sainsbury's Basics Chicken Flavour Instant Noodles	85	167	0.43	0.71	12	0.90	1.5	0
Tesco	Tesco Everyday Value Curry Flavour Instant Noodles	65	265	0.30	0.70	12	0.70	1.9	0
Aldi	Aldi Make in Minutes Instant Noodles Chow Mein Flavour	100	200	0.35	0.70	12	0.80	1.7	0
Aldi	Aldi Make in Minutes Instant Noodles BBQ Beef Flavour	100	200	0.35	0.70	12	0.60	1.1	0
Aldi	Aldi Make in Minutes Instant Noodles Curry Flavour	100	200	0.35	0.70	12	0.60	1.1	0
Aldi	Aldi Make in Minutes Instant Noodles Chicken Flavour	100	200	0.35	0.70	12	0.50	0.9	0
Tesco	Tesco Instant Noodles Chow Mein Flavour	85	167	0.40	0.60	10	0.60	1.0	0
Morrisons	Morrisons Bacon Flavour Noodles	85	167.5	0.40	0.60	10	0.00	0.0	0
Morrisons	Morrisons Mild Curry Flavour Noodles	85	167.5	0.30	0.50	8	0.00	0.0	0
Morrisons	Morrisons BBQ Beef Flavour Noodles	85	167.5	0.30	0.40	7	0.00	0.0	0
Morrisons	Morrisons Chicken Flavour Noodles	85	167.5	0.30	0.40	7	0.00	0.0	0