

SODIUM REDUCTION GUIDANCE BENCHMARKS

Sodium intake is a risk factor in hypertension. Hypertension is a risk factor for heart disease. As a result health groups recommend a reduction in the current average sodium intake of 3500 mg down to 2400 mg, which is the upper limit of what we should be consuming according to the Dietary Reference Intakes. In 2008, Health Canada formed the Sodium Working Group with industry and health representatives to explore ways to reduce sodium in the diet, specifically from processed foods.

The Sodium Working Group developed guidance for the reduction of sodium in the Canadian food supply. This [document](#) identified target levels for bread and baked goods to achieve by 2016, with two interim targets prior to 2016. The intent was that food industries reduce the sodium levels in their products on a voluntary basis. However, if continued efforts are not evident, health and advocacy groups are pushing for mandatory reductions and/or mandatory labelling if reductions are not met. The levels for baked goods is listed below.

Health Canada Guidance for the Food Industry on Reducing Sodium in Processed Foods – Data Table—Bakery Products

Group ID	Phase 1	Phase 2	Phase 3		Food Category (Food Category ID in the Summary Table)
	Sales-Weighted Average Level mg sodium per 100 g	Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Sales-Weighted Average Level mg sodium per 100 g	Dec 31, 2016 Maximum Level mg sodium per 100 g	
1.01	BAKERY PRODUCTS - BREAD PRODUCTS				
	340	300	260	400	ENGLISH MUFFINS AND RAISIN BREAD (1a)
1.0122					I-BREAD WITH RAISINS
1.0126					I-ENGLISH MUFFINS
	430	380	330	520	PANTRY BREAD AND ROLLS, BAGELS, CROISSANTS, AND FLATBREADS (1b)
1.0125					I-BAGELS
1.0130					I-CROISSANTS
1.0123					I-DIET BREAD
1.0129					I-FLATBREADS
1.0129					- LOW OR NO ADDED SODIUM CLAIM

1.0124					I-PANTRY BREAD
1.0127					I-PANTRY ROLLS AND BUNS
1.0142					II-PIZZA CRUST
	520	490	470	600	HEARTH BREAD (1c)
1.0121					I-HEARTH BREAD
1.0141					II-HEARTH AND NON-HEARTH BREAD WITH ADDITIONS
1.51 BAKERY PRODUCTS - COOKIES					
	320	280	240	390	COOKIES (1j)
1.5101					II-CHOCOLATE CHIP
1.5102					II-CHOCOLATE COVERED
1.5103					II-FRUIT FILLED COOKIES
1.5104					II-OTHER COOKIES
1.5105					II-SANDWICH COOKIES
1.5105					- LOW OR NO ADDED SODIUM CLAIM
1.5106					II-SHORTBREAD
1.5107					II-SOCIAL TEA/SUGAR TYPE
1.5107					- LOW OR NO ADDED SODIUM CLAIM
1.5108					II-SUGAR WAFER
1.52 BAKERY PRODUCTS - TOASTER PASTRIES					
	350	330	320	400	TOASTER PASTRIES (1l)
1.5201					II-TOASTER PASTRY
1.53 BAKERY PRODUCTS - TORTILLAS AND WRAPS					
	650	600	550	760	TORTILLAS AND WRAPS (1d)
1.5302					II-FLAVOURED TORTILLA
1.5301					II-PLAIN TORTILLA
1.56 BAKERY PRODUCTS - GRANOLA BARS					
	240	210	180	340	GRANOLA AND CEREAL TYPE BARS (1m)
1.5601					II-GRANOLA AND CEREAL TYPE BARS
1.5601					- LOW OR NO ADDED SODIUM CLAIM
	370	340	300	400	SWEET AND SALTY BARS (1n)
1.5603					II-SWEET AND SALTY BAR
1.57 BAKERY PRODUCTS - DOUGH AND PASTRY					
	350	300	250	530	PIE DOUGH AND SHELLS (1e)
1.5701					II-PIE DOUGH/SHELL
1.5701					- LOW OR NO ADDED SODIUM CLAIM
	660	590	510	790	REFRIGERATED DOUGH (1f)
1.5714					II-REFRIGERATED DOUGH
1.6 BAKERY PRODUCTS - CRACKERS					
	770	690	600	930	CRACKERS (1i)
1.6001					II-CRACKERS
1.6001					- LOW OR NO ADDED SODIUM CLAIM

1.62	BAKERY PRODUCTS - DRY BREAD				
	650	570	480	860	DRY BREAD (1g)
1.6201					II-DRY BREAD
1.63	BAKERY PRODUCTS - BREADCRUMBS, CROUTONS AND SALAD TOPPERS				
	840	760	670	1150	BREADCRUMBS, CROUTONS, AND SALAD TOPPERS (1h)
1.6301					II-BREADCRUMBS, CROUTONS, AND SALAD TOPPERS
1.6302					II-SEASONED BREADCRUMBS, CROUTONS, AND SALAD TOPPERS
1.65	BAKERY PRODUCTS - COMMERCIAL AND FROZEN BAKED DESSERTS				
	310	270	230	400	BAKED DESSERTS (1k)
1.6504					II-BROWNIES/SQUARES
1.6502					II-CAKE
1.6513					II-CAKES WITH PUDDING/MOUSSE
1.6501					II-CHEESECAKE
1.6506					II-DOUGHNUTS - CAKE
1.6505					II-DOUGHNUTS - YEAST
1.6509					II-MUFFINS/QUICK BREADS
1.6509					- LOW OR NO ADDED SODIUM CLAIM
1.6510					II-PASTRIES
1.6507					II-PIES/CRISPS
1.6503					II-SNACK CAKES
1.6511					II-SWEET BUNS
1.66	BAKERY PRODUCTS - BREAKFAST				
	530	490	440	650	PANCAKES, WAFFLES, AND FRENCH TOAST (1o)
1.6604					II-PANCAKES, WAFFLES, AND FRENCH TOAST
	730	630	530	790	TEA BISCUITS AND SCONES (1p)
1.6603					II-TEA BISCUITS AND SCONES