

Brand and Crisps	Grams of salt / 100g
Walkers Ready Salted Crisps	1.4
Walkers Cheese and Onion Crisps	1.2
Walkers Salt and Vinegar Crisps	1.6
Walkers Prawn Cocktail Crisps	1.3
Walkers Baked Ready salted Crisps	1.2
Walkers Baked Salt and Vinegar Crisps	0.9
Walkers Baked Cheese and Onion Crisps	0.9
Kettle Lightly Salted Crisps	0.9
Kettle Sea Salt and Balsamic Vinegar Crisps	1.6
Kettle Source Cream and Sweet Onion	1.2
Sensations Thai Sweet Chilli Crisps	1.4
Sensations Onion and Balsamic Crisps	1.4
Skips Prawn Cocktail Crisps	0.3
Jacobs Mini Cheddars Original	2.5
Jacobs Mini Cheddars BBQ	1.9
Jacobs Mini Cheddars Red Leicester	2.7
Wotsits Really Cheesy Crisps	2
Hula Hoops BBQ Beef	2.2
Hula Hoops Spicy Crisps	2.3
Hula Hoops Original	1.4
Hula Hoops Puft Salted	1.8
Hula Hoops Puft Beef	2
McCoys Salt and Malt Vinegar Crisps	2
McCoys Cheddar and Onion Crisps	2
McCoys Flamed Grilled Steak Crisps	1.5
Doritos Cool Original Tortilla Chips	1.5

Doritos Chilli Heatwave Tortilla Chips	1.4	
Doritos Tangy Cheese Tortilla Chips	1.2	
Doritos Stax Ultimate Cheese	1.3	
Doritos Stax Chilli Salsa	1.5	
Doritos Stax Sour Cream and Onion	1.4	
Pringles Original	1.3	
Pringles Sour Cream	1.5	
Pringles Salt and Vinegar	2.3	
Walkers Sunbites Sweet Chilli	0.7	
Walkers Sunbites Sour Cream and Black Pepper	1.3	
Walkers Squares Salt and Vinegar	2.2	
Walkers Chip Stickers Salt and Vinegar	2.5	
Walkers Quavers Cheese	2.1	
Snack A Jacks Salt and Vinegar	2.8	
Snack A Jacks Sour Cream and Chive	2.8	
Pom Bears Original Crisps	1.7	
Monster Munch Mega Pickled Onion	1.6	
Monster Munch Roast Beef	1.7	
Popchips BBQ Popped Chips	2.1	
Popchips Seasalt and Vinegar Chips	2.1	
Popchips Sour Cream and Onion Chips	1.9	
Hippeas Organic Chickpea Puffs Sweet and Smokin	1.2	
Hippeas Organic Chickpea Puffs Salt and Vinegar	2.2	
Smiths Frazzles Bacon	2.8	
Average grams of salt per 100g	1.7	
		% less than category

		average
Graze Smoky BBQ Crunch	0.7	59%
Graze Sweet Chilli Crunch	1	41%
Graze Spicy Sriracha Crunch	1.2	29%
Graze Lightly Sea Salted Crunch	1.4	18%
Graze Salt & Vinegar Crunch	1.5	12%

Correct as of August 2020