

Tomato pasta sauce analyses

Nutrition figures Per 100g



foodwatch

	Riverina Grove 500g	Barilla Basilico 400g	Sacla Originale Cherry Tomato & Basil 420g	Paul Newman's Own Classic Tomato 375g	Coles Pasta Sauce Tomato 500g	Stromboli Pasta sauce Tomatoes, Onions & Garlic 700g	Bertolli Provista Sugo al Basilico 700g	La Gina Italian Pasta Sauce 700g
Energy	72cal 301kJ	54cal 228kJ	135cal 567kJ	50cal 210kJ	33cal 140kJ	43cal 180kJ	38cal 158kJ	35cal 146kJ
Protein	1.7	1.5g	2.0g	1.9g	1.2g	1.7g	1.4g	1.6g
Fat – total	4.5	2.3g	11.1g	1.8g	<1.0g	0.8g	<1.0g	0.2g
Fat - saturated	0.7	0.4g	1.3g	0.3g	0.0g	<0.1g	<1.0g	0.1g
Carb – total	6.2	6.9g	7.2g	6.0g	6.2g	7.0g	7.5g	6.5g
Carb – sugars	2.8	5.0g	6.6g	5.5g	5.7g	5.9g	4.7g	4.7g
Dietary fibre	n/a	n/a	n/a	n/a	n/a	n/a	1.6g	n/a
Sodium	280	600mg	490mg	475mg	431mg	260mg	400mg	500mg

As at Oct 2009

What to look for when shopping

Less than 400mg sodium per 100g AND less than 5g fat per 100g (which equals 5% fat)

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Nutrition figures Per serve

(figures in brackets show the manufacturer's serve size

– note how this varies considerably between brands)



foodwatch

	Riverina Grove 500g (125g)	Barilla Basilico (100g)	Sacla Originale Cherry Tomato & Basil (105g)	Paul Newman's Own Classic Tomato (187g)	Coles Pasta Sauce Tomato (125g)	Stromboli Pasta sauce Tomatoes, Onion & Garlic (140g)	Bertolli Provista Sugo al Basilico (100g)	La Gina Italian Pasta Sauce (125g)
Energy	90 cal 376 kJ	54cal 228kJ	142 cal 595kJ	93 cal 390kJ	42cal 175kJ	60cal 252kJ	38cal 158kJ	44 cal 183kJ
Protein	2.1	1.5g	2.1g	3.6g	1.5g	2.4g	1.4g	2.0g
Fat – total	5.6	2.3g	11.7g	3.4g	<1.0g	1.1g	<1.0g	0.2g
Fat - saturated	0.9	0.4g	1.4g	0.6g	0.0g	<0.1g	<1.0g	0.1g
Carb – total	7.8	6.9g	7.6g	11.2g	7.7g	9.8g	7.5g	8.1g
Carb – sugars	3.5	5.0	6.9g	10.3g	7.1g	8.3g	4.7g	5.9g
Dietary fibre	n/a	n/a	n/a	n/a	n/a	n/a	1.6g	n/a
Sodium	350	600mg	515mg	890mg	539mg	365mg	400mg	625mg

Figures taken from manufacturer's label. n/a – not available Oct 2009

Tomato pasta sauce analyses

Ingredient lists & jar sizes

Riverina Grove Pasta Sauce Tomato & Basil 500g

Diced tomato & tomato puree (87%), onion, extra virgin olive oil, canola oil, fresh basil (1%), salt, garlic, sugar, spice, food acid (330)

Barilla Basilico 400g

Chopped tomatoes 76%, tomato concentrate 12.1%, onions, basil 1.5%, sunflower seed oil, sugar, salt, extra virgin olive oil, garlic, natural flavourings

Sacila Originale Cherry Tomato & Basil 425g

Tomato, tomato triple concentrate, whole cherry tomatoes 12.5%, sunflower seed oil, onions, carrots, water, garlic, celery, basil, extra virgin olive oil, fructose, sea salt, modified corn starch, black pepper, acidity regulator (270)

Paul Newman's Own Classic Tomato 375g

Tomato paste, water, tomatoes (17%), onion, garlic, brown sugar, salt, extra virgin olive oil, soybean oil, basil, yeast extract, roasted garlic, parsley, oregano, food acid (citric), pepper, fennel, natural colour (paprika extract)

Coles Pasta Sauce Tomato 500g

Tomato (41%), water, tomato paste (21%), onion, sugar, thickener (1442, from maize), salt, garlic, vinegar, herbs & spices, acidity regulator (330)

Stromboli Pasta Sauce Tomatoes, Onions & Garlic 700g

Tomatoes 80%, onions 13%, sugar, water, canola oil, garlic 1%, salt, herbs & spices, food acid (330)

Bertolli Provvista Sugo al Basilico Traditional Italian Cooking Sauce 700g

Tomatoes (96%) (chopped, paste), onions, salt, sugar, basil (0.7%), food acid (citric)

La Gina Italian Pasta Sauce 700g

Tomatoes (78%), tomato paste, salt, onion powder, citric acid (E330)