



# What's in a bit of sauce or spread?

You can add flavour to your food with condiments, sauces and spreads. This may help to make your food more interesting and varied, which will help you keep on track with your diet. Many sauces and spreads are high in salt and can also contain a lot of sugar, which makes them high in calories. It is a good idea to know what you are adding to your food.

**Only mustard, horseradish sauce, yeast extract and mayonnaise are allowed on your restricted days.** The other sauces and spreads are fine to use on non-diet days, in small amounts. The best choices are to have low-sugar jam/marmalades and low-salt versions of sauces. Go easy on sweet pickles and chutneys as these can be quite heavy in kcal and salt.

*Assume all spoons are level.*

SWEET SAUCES & SPREADS	Allowed on Diet Days	Normal portion size	Kcal	SALT (g)
Reduced sugar jam		1 tablespoon (15g)	18	0.0
Reduced sugar marmalade		1 tablespoon (15g)	27	0.0
Jam		1 tablespoon (15g)	39	0.0
Marmalade		1 tablespoon (15g)	39	0.0
Honey		1 tablespoon (15g)	42	0.0

SWEET SAUCES & SPREADS	Allowed on Diet Days	Normal portion size	Kcal	SALT (g)	% of maximum recommended daily salt intake
Mustard - smooth*	✓	1 teaspoon (5 g)	6	0.4	3
Mustard - wholegrain*	✓	1 teaspoon (5 g)	7	0.2	6
Horseradish sauce*	✓	1 teaspoon (5 g)	8	0.1	2
Yeast extract *	✓	1 teaspoon (5 g)	8	0.6	9
Tomato ketchup, reduced sugar and salt		1 dessertspoon (12g)	10	0.2	4
Brown sauce, reduced sugar and salt		1 dessertspoon (12g)	10	0.1	4
Brown sauce		1 dessertspoon (12g)	10	0.2	1
Mint sauce		1 dessertspoon (10g)	10	0.2	3
Tomato ketchup		1 dessertspoon (12g)	14	0.3	5
Apple sauce		1 tablespoon (15g)	20	0	0
Redcurrant jelly		1 teaspoon (9g)	22	0	0
Sweet pickle		1 tablespoon (20g)	28	0.8	13
Cranberry sauce		1 tablespoon (20g)	30	0	0
Salad cream, reduced calorie		1 tablespoon (15g)	35	0.3	5
Mango chutney		1 tablespoon (20g)	36	0.7	11
Low fat mayonnaise *	✓	1 tablespoon (15g)	45	0.3	5
Sweet chilli sauce		1 tablespoon (20g)	48	0.7	12
Salad cream		1 tablespoon (15g)	51	0.4	7
Seafood sauce		1 tablespoon (15g)	54	0.3	5
Tartare sauce		1 tablespoon (15g)	55	0.3	5
Mayonnaise*	✓	1 dessertspoon (10g)	68	0.1	2