

SALT ASSAULT #7

Meat-like Burgers



Quorn¹
Meatless Gourmet
Burger

SODIUM 540 mg/100 g
WEIGHT PER BURGER 80 g

38% MORE
SODIUM
THAN



Gardein
Ultimate Beefless
Burger

SODIUM 390 mg/100 g
WEIGHT PER BURGER 80 g



Source: Data retrieved from company websites and in-store products between June 22, 2017, and July 12, 2017. Sample size: 14.

¹ **SAFETY WARNING:** The primary fungal ingredient in Quorn products is a known allergen and may cause nausea, vomiting, diarrhea, hives or difficulty breathing, and even death. Additional information available here: <https://cspinet.org/eating-healthy/foods-avoid/quorn>.

For more information, contact the Center for Science in the Public Interest at healthpromotion@cspinet.org.