

# **Regional Report**

## **Monitoring sodium and industrially-produced trans-fatty acids content in packaged products in four Latin American countries**

Submitted by:  
Yahan Yang, MSc  
Nadia Flexner, MPH  
Alyssa Schermel, MSc  
Christine Mulligan, PhD  
Mary L'Abbe, CM, PhD

WHO Collaborating Centre on Nutrition Policy for Chronic Disease Prevention

Department of Nutritional Sciences, University of Toronto

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UNIVERSITY OF  
**TORONTO**



WHO Collaborating Centre on  
Nutrition Policy for  
Chronic Disease Prevention

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## Acknowledgement

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## Abbreviations

FIC Argentina	Fundación Interamericana del Corazón Argentina
FOPL	Front of Package Labelling
IDRC	International Development Research Centre (Canada)
INCAP	Instituto de Nutrición de Centroamérica y Panamá
INCIENSA	Instituto Costarricense de Investigación y Enseñanza en Nutrición y Salud
FLIP	Food Label Information and Price database
iTFA	Industrially Produced Trans-Fatty Acids
LAC	Latin America and the Caribbean
MOH	Minister of Health
NCDs	Noncommunicable Diseases
PAHO	Pan American Health Organization
SHAKE	Surveillance, Harness Industry, Adopt Standards for Labelling and Marketing, Knowledge, Environment
TAG	Technical Advisory Group
WHO	World Health Organization
WHO CC	World Health Organization Collaborating Centre

## 1. Introduction

The Pan American Health Organization (PAHO) supports Member States in their efforts to reduce population sodium intake to improve health outcomes and to meet the World Health Organization (WHO) global target for noncommunicable diseases (NCDs) of a 30% relative reduction in mean population intake of sodium by 2025 <sup>1</sup>. Accordingly, in 2009 PAHO launched the Regional Initiative “*Preventing Cardiovascular Disease by Reducing Dietary Salt Intake Population-Wide*”. This initiative was accompanied by a Regional Technical Advisory Group (TAG) comprised of public health authorities, researchers, and representatives from civil society aiming to translate evidence into policy and action <sup>2</sup>. The work of the PAHO TAG included three phases, focusing on policy development (2009-2011), policy awareness and support (2012-2015), and policy implementation and monitoring (2016–2018). In 2015, as part of the PAHO TAG activities, the first set of PAHO Regional Sodium Reduction Targets was developed and launched <sup>3</sup>. Since then, various studies have shown that most packaged products were already meeting Regional targets, demonstrating the need to update the PAHO Regional Sodium Reduction Targets <sup>4,5</sup>. Thus, in 2021, in collaboration with the WHO Collaborating Centre (WHO CC) on Nutrition Policy for Chronic Disease Prevention at the Department of Nutritional Sciences of the University of Toronto (Canada), Ontario Tech University (Canada), TAG members and Member States representatives, PAHO developed and launched the Updated PAHO Regional Sodium Reduction Targets <sup>6</sup>. These updated targets are comprised of 16 main food categories and 75 subcategories, and targets were set with a phase-wise approach (for 2022 and 2025). These sets of targets are also consistent with the WHO global sodium benchmarks for different food categories <sup>7</sup>.

Measuring and monitoring the sodium content of foods is one of the recommendations included in the WHO SHAKE technical package, as part of its Surveillance component <sup>8</sup>. Similarly, the WHO REPLACE technical package <sup>9</sup> and the PAHO Plan of Action for the Elimination of Industrially Produced Trans-Fatty Acids (iTFA) 2020-2025 <sup>10</sup>, recommend Member States have a monitoring and evaluation system in place to assess changes in iTFA in the food supply. Therefore, the purpose of this regional study is to monitor sodium and iTFA contents in packaged foods available in four Latin American countries (Argentina, Costa Rica, Panama, and Peru), as well as to provide a Regional update of the sodium content in packaged foods with respect to Regional <sup>6</sup> and Global <sup>7</sup> sodium reduction targets. This study provides critical evidence to support the adoption and implementation of the Updated Regional Sodium Reduction Targets <sup>6</sup>, WHO global sodium benchmarks <sup>7</sup>, and the WHO REPLACE technical package for iTFA elimination <sup>9</sup>. Main and specific objectives are detailed in **Table 1**.

Table 1. Overall and specific objectives

<p><b>Objective 1:</b> To monitor levels of sodium in packaged food products, in alignment with the 2021 PAHO targets and the WHO global sodium benchmarks</p> <ul style="list-style-type: none"> <li>• Summary and detailed statistical analyses (mean, median, standard deviation and percentiles, expressed as mg sodium per 100g and per kcal) at the country and regional level; according to 16 PAHO major categories and 75 sub categories of food.</li> <li>• Summary and detailed statistical analyses (mean, median, standard deviation and percentiles expressed as mg sodium per 100g) at the country and regional level; according to 18 WHO major categories and 97 sub categories of food.</li> </ul>
<p><b>Objective 2:</b> To assess progress with respect to the 2021 PAHO targets, WHO global sodium benchmarks and national sodium targets (where applicable)</p> <ul style="list-style-type: none"> <li>• Determine the number and proportion of packaged foods meeting the 2021 PAHO regional sodium reduction targets (mg/100g and mg/kcal) for each country and at the regional level.</li> <li>• Determine the number and proportion of packaged foods meeting the WHO global sodium benchmark (mg/100g) for each country and at the regional level.</li> <li>• Determine the number and proportion of packaged foods meeting the national sodium target (mg/100g) at the country level, where applicable.</li> </ul>
<p><b>Objective 3:</b> To monitor the changes in levels of sodium in packaged food products, using the 2015 PAHO sodium reduction targets</p> <ul style="list-style-type: none"> <li>• Summary and detailed statistical analyses for sodium content of packaged food products in 2015, 2018 vs 2022, at the country and regional levels; by 18 PAHO 2015 food categories included in the 2015 PAHO sodium targets.</li> <li>• Determine the number and proportion of packaged foods meeting the 2015 regional targets per mg/100g in 2015, 2018 and 2022, for each category for each country and at the regional level.</li> </ul>
<p><b>Objective 4:</b> To monitor levels of iTFA in packaged food products</p> <ul style="list-style-type: none"> <li>• Determine the number and proportion of packaged foods with the presence of iTFA information; by food category.</li> <li>• Summary and detailed statistical analyses (mean, median, standard deviation and percentiles expressed in g per 100g for the foods that declare TFA levels) at the country and regional level; by food category.</li> </ul>

## 2. Methods

### 2.1 Data Collection

#### 2.1.1 Food Label Information and Price (FLIP) database

The Food Label Information and Price (FLIP) database is a comprehensive Canadian brand-specific packaged and restaurant food composition database developed by the University of Toronto and updated every 3-4 years since 2010. FLIP, the only database of its kind in Canada, uses a systematic and comprehensive approach for industry-wide evaluation of the major national and private label brands of packaged and restaurant food and beverages available in Canada.

The development of the smartphone data collector app and web-based software has supported the establishment of FLIP databases in other countries in the Americas region, including Argentina, Costa Rica, Panama, Paraguay, Peru and Trinidad and Tobago, called Food Label Information Program (FLIP) for Latin American Countries or FLIP-LAC. Previous FLIP-LAC data collections were conducted in Argentina (n=3,724) between August 2017 and May 2018<sup>11</sup>; in Costa Rica (n=6,835) between January-August 2018<sup>12</sup>, in addition to pilot data collected in the Summer of 2017; in Paraguay (n=4,091) in 2018<sup>13</sup>; and in Peru (n=1,533) in 2017<sup>13</sup>. Canadian FLIP and the FLIP-LAC have been used for research in food supply monitoring, policy evaluation, and policy modelling scenarios<sup>14,15</sup>.

#### 2.1.2 Data collection in four Latin American countries (2022)

Data collection of food labels was conducted in four Latin American Countries (Argentina, Costa Rica, Panama, and Peru) during 2022 in collaboration with the WHO CC on Nutrition Policy for Chronic Disease Prevention at the Department of Nutritional Sciences of the University of Toronto (Canada) and with support of PAHO.

The University of Toronto team conducted various training sessions on the use of the FLIP data collector app and web-based software. Periodic meetings, led by PAHO, were held to discuss methodological aspects of the project, as well as to update on progress by each research team. Country teams obtained approval from stores' management and conducted in-person data collection between March and August 2022. Moreover, several meetings were conducted between the University of Toronto team and each country team to discuss the different food categorization criteria, and data entry and cleaning in order to ensure harmonization and comparability of results between countries. Optical character recognition (OCR) was utilized by the U of T research team in a pilot study to examine the feasibility of extracting nutrient and ingredient information from the food label photos, although the nutrition information reported in this report was based on manually extracted data, due to a delay in the project start date.

#### **Argentina**

The Fundación Interamericana del Corazón (FIC) Argentina research team led data collection and analysis in Argentina. In March 2022, data collection of foods labels of packaged food products was conducted in the City of Buenos Aires in two of the main supermarkets in the

country (n=4,740), one located in a middle and upper middle income neighborhood and the other in a low and low middle income neighbourhood.

FIC Argentina has vast experience in conducting data collection in supermarkets which facilitated in-person collection in stores. The team is also familiarized with the use of the FLIP app used in a previous similar study <sup>11</sup>. The FIC Argentina research team has been monitoring sodium and iTFA content in the food supply for more than ten years and has been successful disseminating findings to key stakeholders and in conducting advocacy.

### ***Costa Rica***

The Asociacion Costa Rica Saludable and the Instituto Costarricense de Investigación y Enseñanza en Nutrición y Salud (INCIENSA) led this study in Costa Rica. Data collection was conducted in two main supermarkets between July and August 2022 (n=7,000). The INCIENSA research team has extensive experience in monitoring sodium levels in the Costa Rican food supply using the FLIP app <sup>12,13</sup>.

### ***Panama***

The Instituto de Nutricion de Centro America y Panama (INCAP) led this study, which was the first FLIP-LAC study conducted in Panama. Data collection was conducted in two supermarkets in Panama City, in a low-income and middle-high-income neighborhood to guarantee a better sample of products targeting populations of all socioeconomic status (n=1400).

### ***Peru***

The Centro de Excelencia en Enfermedades Crónicas (CRONICAS), from the Universidad Peruana Cayetano Heredia Universidad Cayetano Heredia led this work in Peru. Data collection was conducted in June 2022 in the City of Lima in two supermarkets and one minimarket (n=5,529), in neighbourhoods with different socioeconomic status. The research team has vast experience in monitoring changes in the Peruvian food supply from collecting and analyzing food label data, and has previously used the FLIP app for their research <sup>13</sup>.

## **2.2 Food categorization and data validation**

Foods were classified by three category systems: 1) 18 commonly consumed packaged food categories, established by the Pan American Health Organization (PAHO) and endorsed by the multi-sectorial Salt Smart Consortium in 2015 (2015 PAHO targets<sup>3</sup>), 2) 16 major categories and 75 sub categories described in the updated PAHO regional sodium reduction targets for 2022 and 2025 (2021 PAHO targets<sup>6</sup>) and 3) WHO global sodium reduction benchmarks for different food categories (WHO sodium reduction benchmarks<sup>7</sup>). The 2021 PAHO target and WHO sodium reduction benchmark categorization was individually completed by each country. The U of T team validated the results and resolved discrepancies with country teams. An expanded and updated sodium category description file for the 2021 PAHO targets and WHO sodium benchmarks was created by the University of Toronto team to ensure consistency in categorization between countries (Appendix A).



For iTFA analysis, the WHO sodium categories were used since they contained a broader range of food categories in comparison to the PAHO categories (e.g. chocolate and confectionaries, beverages). Foods that could not be categorized into WHO sub categories were still categorized into the major category (e.g. unsalted butter was excluded from 15a. 'salted butter, margarine, and butter blends' but was included in 15. 'Fats and oils').

## 2.3 Analyses

The sodium content in foods was obtained from the nutrient declarations in mg/serving and was standardized to mg/100g. Sodium (mg) per kcal was calculated for foods that declared both energy and sodium. To execute the mathematical operation in the analyses for sodium per kcal, different methodologies were utilized by country teams. Products with 0 calories were excluded in the sodium per/kcal analyses for Costa Rica (n=1). Products that declared sodium content but had 0 kcal were attributed 1 kcal in Peru and Argentina (n=12 and 17, respectively). Products that declared sodium content but had 0 kcal were attributed 1.5 kcal in Panama (n=26).

Median, mean, standard deviation, min, 25<sup>th</sup>, 50<sup>th</sup>, 75<sup>th</sup> and max percentiles were calculated for sodium as mg per 100g and mg per kcal (where applicable), by country and by food categories. The number and proportion of products meeting sodium targets (in comparison to the 2021 PAHO targets and the WHO sodium reduction benchmarks) were calculated, by country and by food category. The aforementioned analyses as well as the comparison with respect to targets were completed by each country team. The U of T team validated the results and completed a regional summary by combining data from the four countries.

The number and proportion of products that declared TFA information were calculated. The median, mean, standard deviation, min, 25<sup>th</sup>, 50<sup>th</sup>, 75<sup>th</sup> and max percentiles were calculated for TFA per 100g for foods that declare TFA information. As many foods contained low levels of TFA, an additional analysis reporting on the % of products containing >0.2g TFA/100 g was conducted to indicate the proportion of products with significant amounts of TFA.

Foods collected by Argentina, Costa Rica and Peru in 2015 and 2018 (previous research funded by International Development Research Center (IDRC)) were used in the longitudinal assessment<sup>4</sup>. Products collected in 2022 were re-categorized by the U of T team, based on the eighteen 2015 PAHO categories. Statistical summaries of sodium (mg per 100g) and the number/proportion of food products meeting the 2015 PAHO targets were compared for 2015, 2018 and 2022.

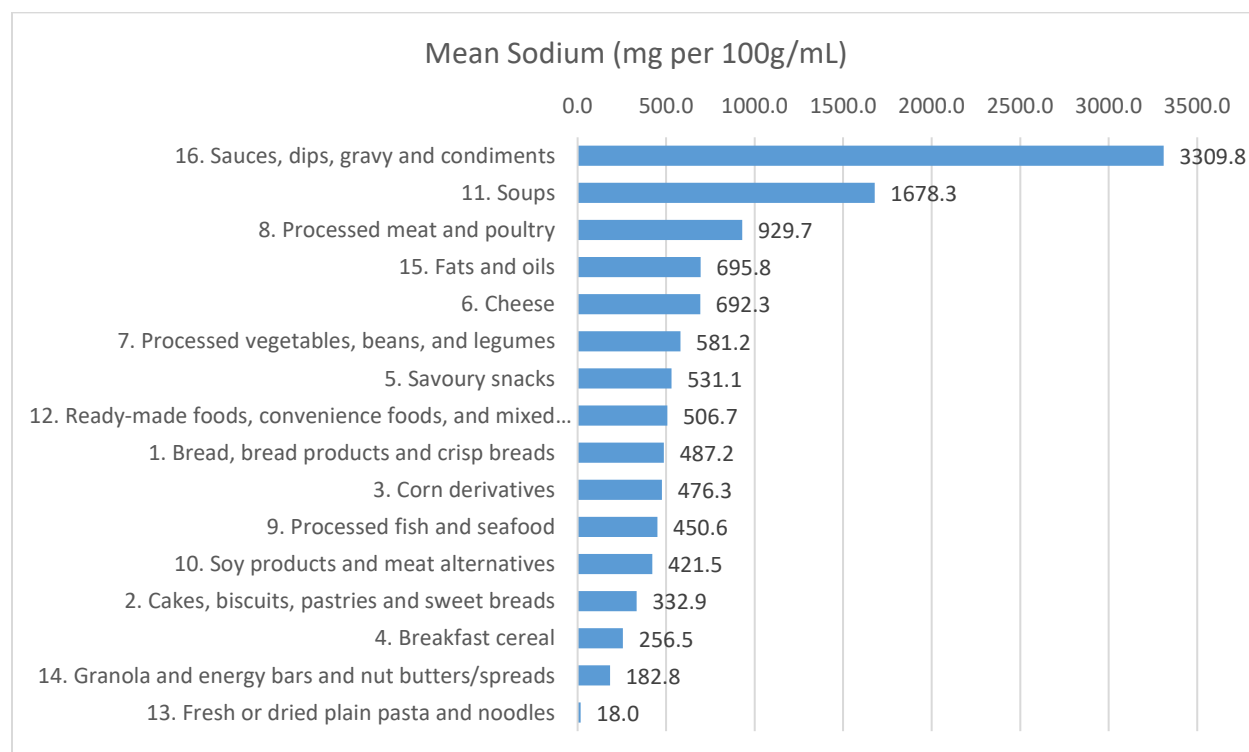
### 3. Results

The following section provides a summary of key regional findings, accompanied by high-level data visualizations. Detailed results are tabulated in ‘**Appendix B – Tables of Results, by food category, overall, and by country**’. Table numbers referred to in this section correspond to those in Appendix B.

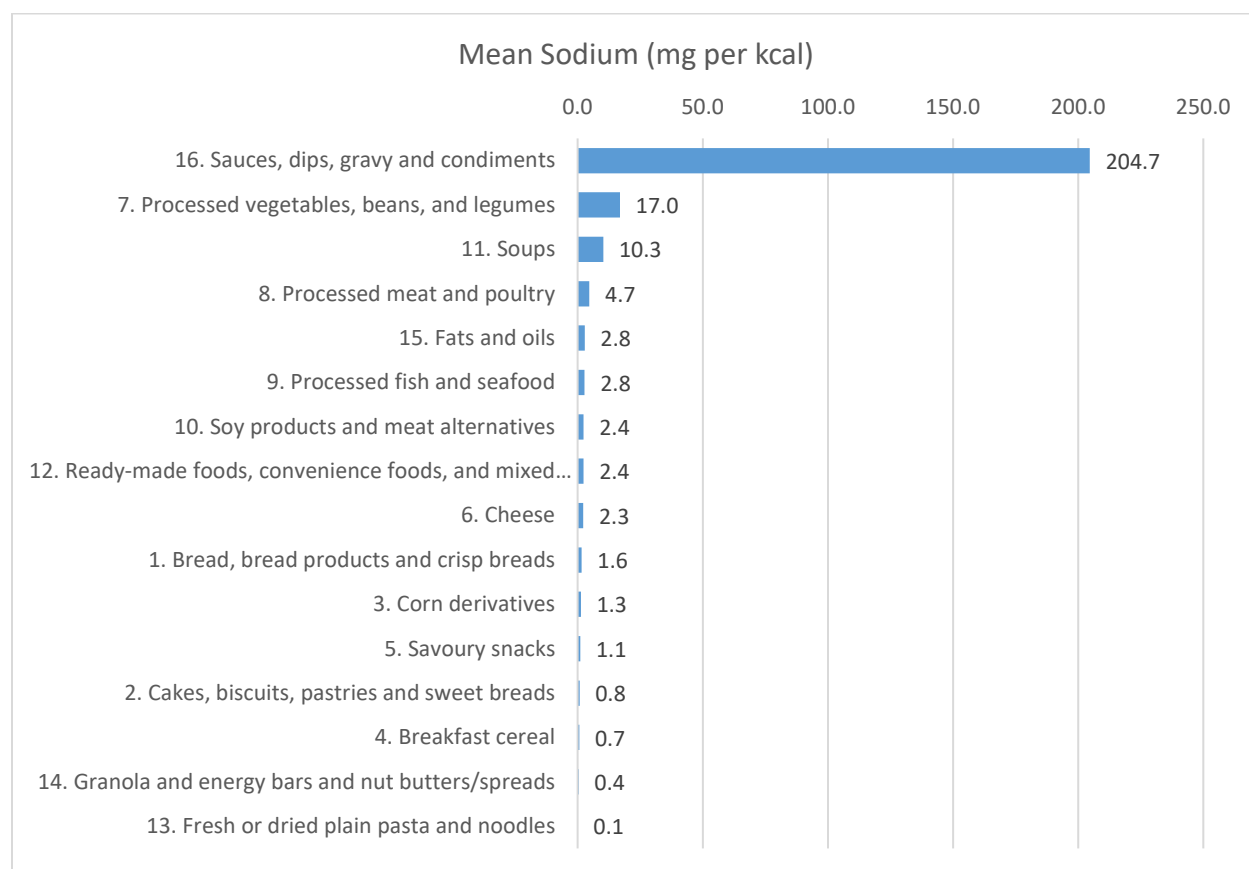
#### 3.1 Regional sodium levels by PAHO food category

Mean sodium (mg per 100g/mL) at the regional level ranged from 18.0 mg in ‘fresh or dried pasta and noodles’, to 3309.8 mg in ‘sauces, dips, gravy and condiments’ (**Figure 1**). Similarly, mean sodium (mg per kcal) at the regional level ranged from 0.1 mg in ‘fresh or dried pasta and noodles’, to 204.7 mg in ‘sauces, dips, gravy and condiments’ (**Figure 2**). Tables 3.1.1 and 3.1.2 show the distribution of sodium content per 100g/ mL and per kcal by PAHO food category, both at the regional and country level.

**Figure 1. Mean regional sodium levels (mg per 100 mg/mL), by PAHO category**



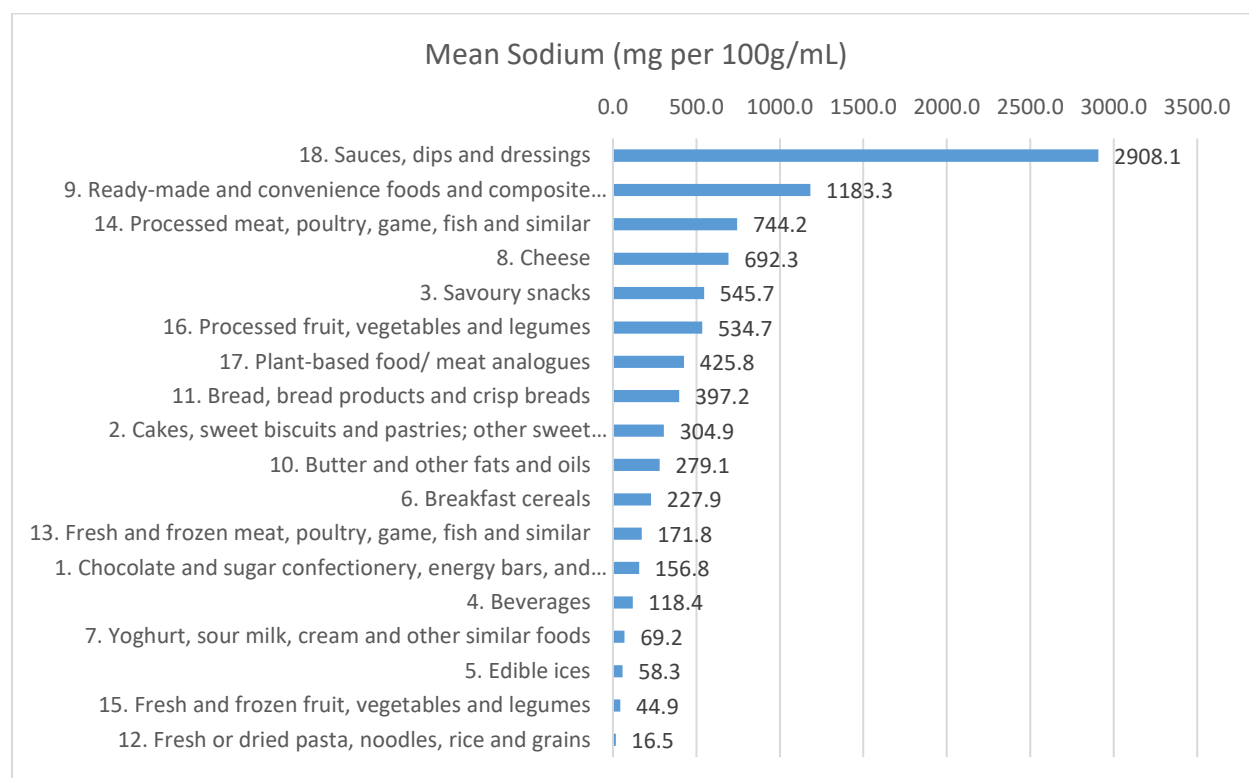
**Figure 2. Mean regional sodium levels (mg per kcal), by PAHO category**



### 3.2 Regional sodium levels by WHO food category

Mean sodium (mg per 100g/mL) at the regional level ranged from 16.5 mg in 'fresh or dried pasta and noodles', to 2908.1 mg in 'sauces, dips, gravy and condiments' (**Figure 3**). Table 3.1.3 shows the distribution of sodium content per 100g/mL by WHO food category, both at the regional and country level.

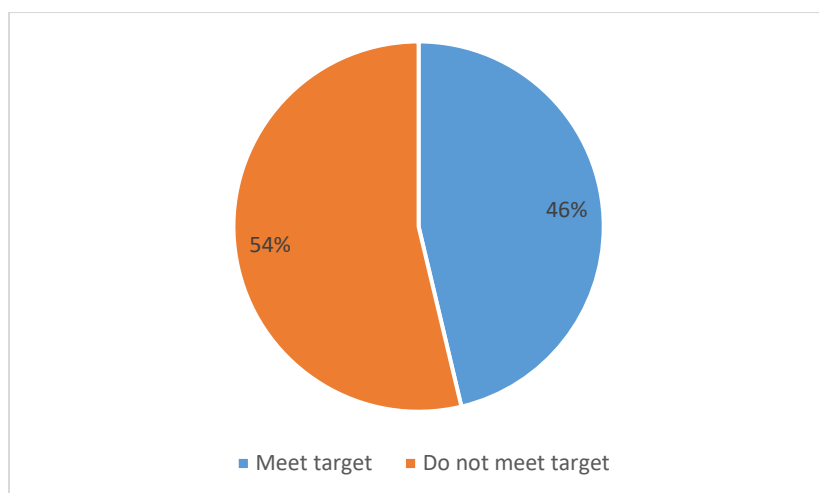
**Figure 3. Mean regional sodium level (mg per 100g/mL), by WHO category**



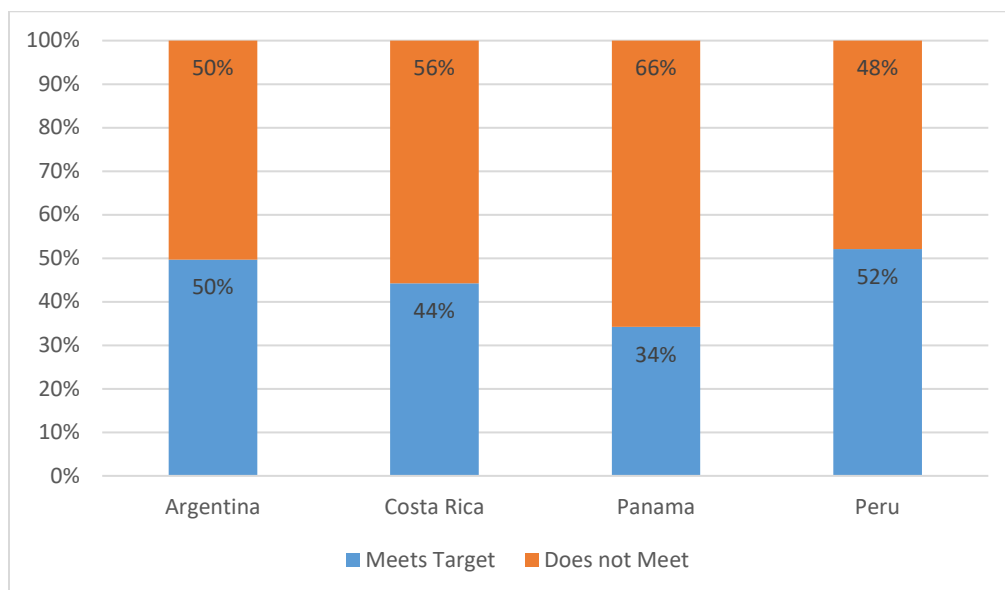
### 3.3 Regional summary of PAHO sodium targets

Overall, 46% of products across the region met the 2022 PAHO targets (**Figure 4**). The proportion of products meeting the targets varied by country, with Peru having 52%, Argentina having 50%, Costa Rica having 44% and Panama having 34% (**Figure 5**). The proportion of products meeting the targets at the regional level also varied by PAHO food category, from 74% meeting the targets in 'ready-made foods, convenience food, and mixed dishes' to 27% in 'soups' (**Figure 6**). **Tables 3.2.1 and 3.2.2.** show the proportion of products meeting the 2022 PAHO Sodium targets (per 100mg/mL and per kcal) at the regional and country level, and by PAHO food category. **Table 3.2.3** shows the proportion of products meeting the WHO Sodium Target at the regional and country level.

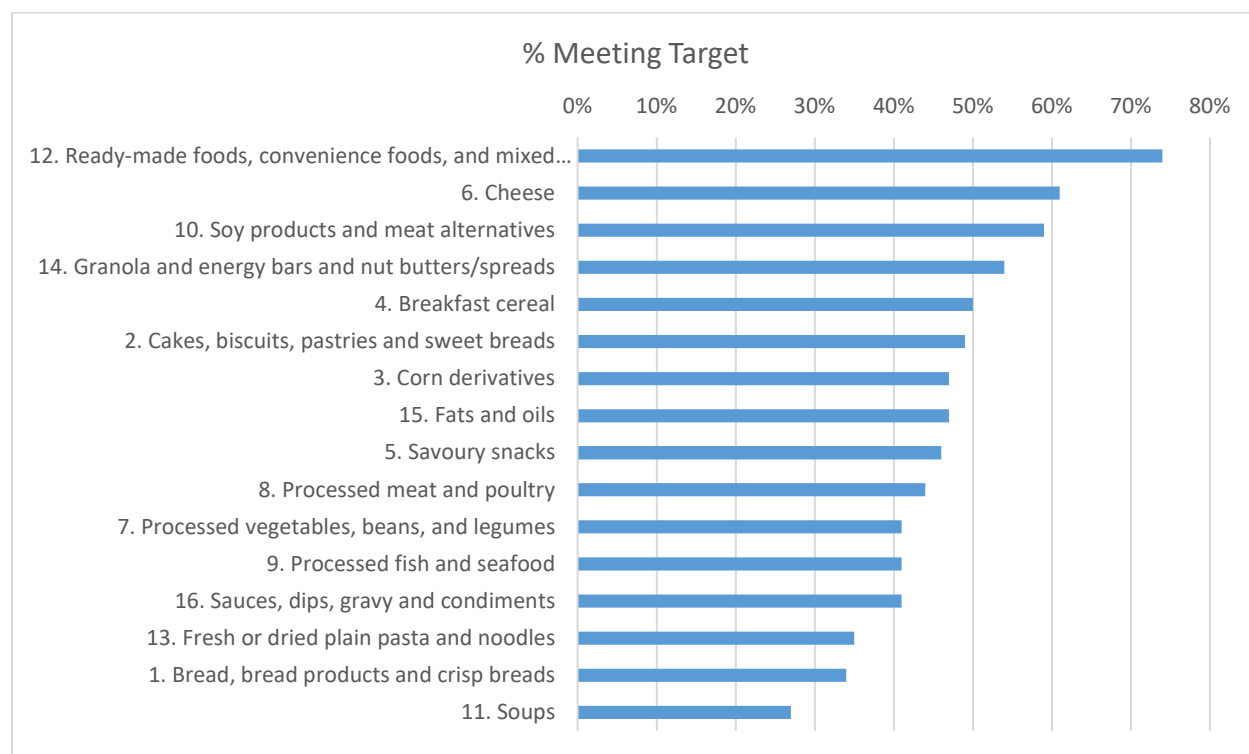
**Figure 4. Regional summary of the overall proportion of products meeting the 2022 PAHO Sodium Targets**



**Figure 5. Country-level summary of the overall proportion of products meeting the 2022 PAHO Sodium Targets**



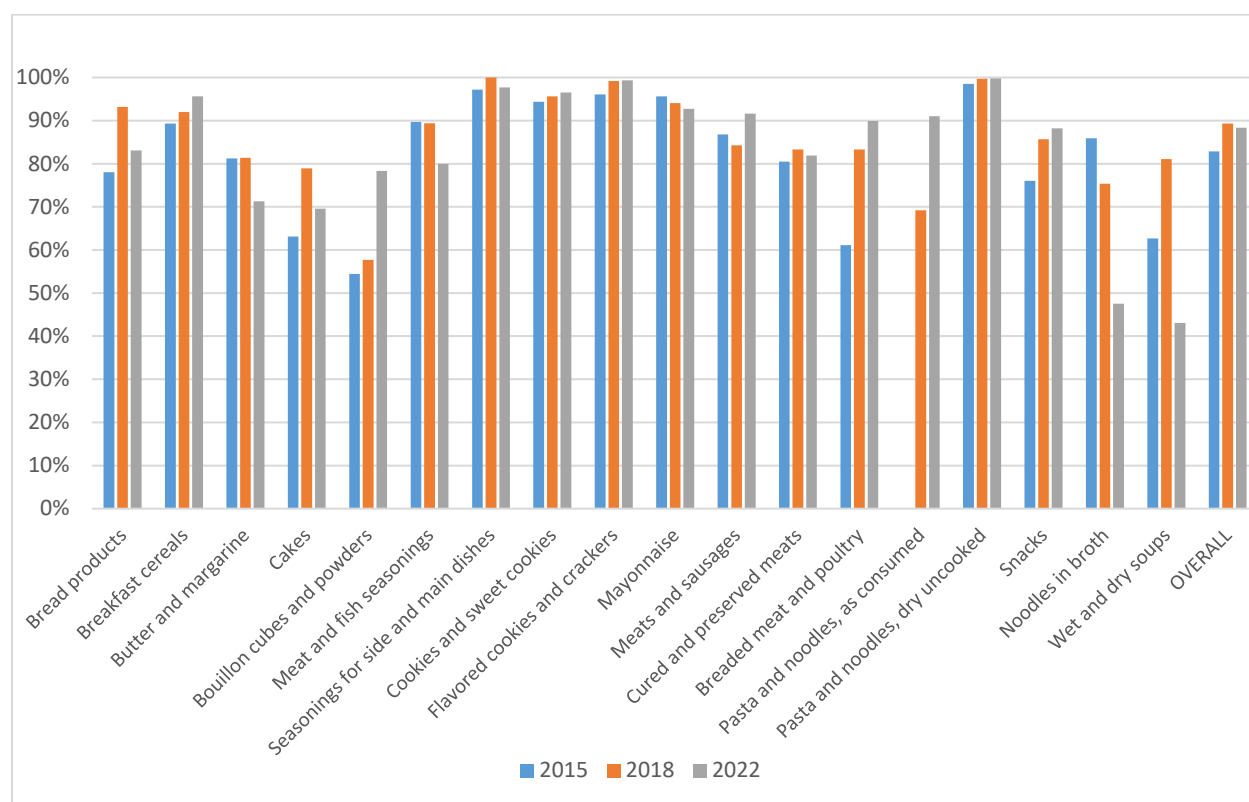
**Figure 6. Regional summary of the proportion of products meeting the 2022 PAHO Sodium Targets, by PAHO food category**



### 3.4 Longitudinal regional summary of sodium content and 2015 PAHO sodium targets, 2015-2016, 2017-2018 and 2022

Overall, at the regional level, the proportion of products meeting the 2015 PAHO Sodium targets changed from 83% in 2015-2016, to 89% in 2017-2018, to 88% in 2022 (**Figure 7**). Sodium contents and the proportion of products meeting the targets varied at the country and food category level, presented in **Table 3.3.1 and 3.3.2**.

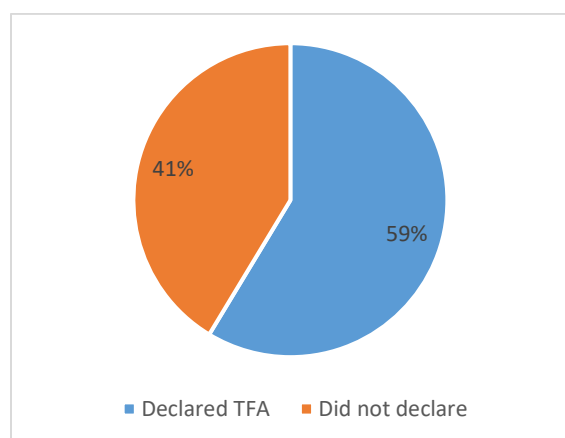
**Figure 7. Longitudinal regional summary of the proportion of products that meet the 2015 sodium targets, overall and by food category**



### 3.5 Regional summary of TFA analyses

Overall, 9,740 of 16,605 products (58.7%) declared TFA information (**Figure 8**), with the highest prevalence in ‘plant-based food/meat analogues’ (**Table 3.4.1**). Of the 9,740 products that declared TFA, the average TFA content was 0.1g per 100g. Only 380 of the 9,740 (4%) of products contained >0.2g TFA, mainly among the ‘cheese’, ‘cakes, sweet biscuits and pastries’ and ‘Chocolate and sugar confectionery, energy bars, and sweet toppings and desserts’ categories.

**Figure 8. Regional summary of the overall proportion of products that declared TFA information**



#### 4. Limitations and Strengths

This study established a large and comprehensive database for packaged foods in four Latin American countries, including nutrient, ingredient and labelling information. This database will allow for future research into other nutrients of concern in addition to sodium and TFA, such as calories, saturated fat and sugars. Considering Peru and Argentina, but not the other two countries, have mandatory front-of-pack labelling policies implemented on declaring high saturated fat, sodium and sugar content<sup>11</sup>, this dataset can be used in evaluating the impact of these policies. Additionally, these data can also be used for assessing levels of these other nutrients of public health concern and provide evidence for adopting nutrition policies and initiatives by more countries.

This study is also the first to examine the declaration of TFA in Nutrition Facts tables and TFA content in packaged foods across four Latin American countries. Since TFA declaration is not mandatory in all countries, this information is useful for future TFA-related guidelines and interventions.

Furthermore, this study provides a longitudinal assessment of sodium content in packaged foods and the progress of foods in meeting the regional targets since 2015. This comparison provides researchers and policymakers with longitudinal data in support of updated and more effective strategies in improving the nutritional quality of the food supply.

There are several limitations to this study. Since no specific TFA food categorization was available and the generation of a comprehensive category list for trans fat was beyond the



scope of this execution, the WHO sodium categories were used in the TFA analysis, since they were more inclusive of products that were not included in the PAHO categories (e.g. beverages). Future studies should reconcile TFA-related categories based on various guidelines so that a more appropriate grouping of products can be conducted in future TFA analyses. Also, optical character recognition (OCR) was developed in this study to help reduce the amount of manual work involved. Although the accuracy of OCR for nutrition and ingredient information was not high enough to replace manual extraction, due to limited image quality and nonstandardized nutrition information, it provides a potential for future automated collections and points to the need and importance of standardized nutrition information on food labels. More advanced OCR models will be needed to extract information from such labels. The research team was not able to re-categorize the 2015 and 2018 food products using the updated 2021 PAHO targets, as this requires country specific expertise of the local food supply. However, the University of Toronto team was able to re-categorize the 2022 data according to the 2015 PAHO targets to provide a longitudinal assessment of progress during the last 7-10 years.

## 5. Conclusions and recommendations

In conclusion, monitoring the processed and ultra-processed food supply helps countries and PAHO understand the effectiveness of the previously developed guidelines and provides insight into potential initiatives that aim at improving population health. The sodium content of some packaged foods were high in sodium and have remained high, particularly among the sauces categories, while in other categories, sodium reduction progress has continued (e.g., breaded meat and poultry). Overall, less than half of the products collected in 2022 meet their respective PAHO or WHO sodium targets, with Peru having the highest compliance and Panama having the lowest. Comparing the sodium content across 2015, 2018 and 2022, the percentage of products meeting the 2015 PAHO targets increased slightly from 2015 to 2018, but has shown little further progress since then for most categories. Overall, about 60% of products declare TFA information, with an average of 0.1g trans fat per 100g for those that declare TFA. The category that contains the highest amount of TFA (i.e. cheese) likely has mostly naturally-occurred TFA. Although the presence of TFA was low on average, these data should be interpreted with caution, as 40% of products did not disclose TFA content on the NFT. TFA declaration would be necessary for fully understanding the prevalence of TFA in packaged foods in Latin American countries. Also, since ingredient information was not available in this study, it is difficult to distinguish the naturally-presented TFA from the iTFA. Therefore, more explicit TFA information including the origin of the TFA needs to be declared in the ingredient lists and on the NFT for policymakers to target the elimination of iTFA. In addition, standardization in the presentation of nutritional information is important for providing improved transparency in nutrition information to consumers, researchers and policymakers, as well as facilitating the use of OCR technology to extract nutrition information from food labels.

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# **Technical Report**

## **Monitoring sodium and industrially-produced trans-fatty acids content in packaged products in four Latin American countries**

Submitted by:  
Yahan Yang, MSc  
Nadia Flexner, MPH  
Alyssa Schermel, MSc  
Christine Mulligan, PhD  
Mary L'Abbe, CM, PhD

WHO Collaborating Centre on Nutrition Policy for Chronic Disease Prevention

Department of Nutritional Sciences, University of Toronto

Date of Submission: December 5, 2022



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## **1. Introduction**

### **1.1 Summary of the LOA objective**

The purpose of this collaboration is to provide technical support to Latin American Countries Argentina, Costa Rica, Panama and Peru (LACs) in the collection and analysis of sodium and trans fats (iTFA) contents in processed and ultra-processed food products, and conduct a regional update of the sodium content in food products with respect to the multiple sodium reduction targets: (1) 2021 PAHO targets; and (2) WHO global sodium benchmarks, which together will support the implementation of the Updated Regional Sodium Reduction Targets; and (3) the WHO REPLACE package for iTFA elimination.

### **1.2 Participation of U of T research team in the execution of the LOA**

This study was conducted with the use of the Food Label Information Program (FLIP) application developed by the University of Toronto (U of T). The U of T research team conducted video trainings, prepared a user manual, and provided a statistical analysis plan and analysis tools in R studio for LAC teams. R studio was chosen as it is open source and free to use and is becoming the standard statistical package in research. The team also conducted a pilot study using Optical Character Recognition (OCR) technology to extract Nutrition Facts tables (NFT) and ingredient list information from the collected food products. Machine learning used product names and ingredients to predict the Canadian Table of Reference Amount (TRA) categories. The U of T research team validated the PAHO and WHO sodium categorizations completed by countries to ensure consistency and based on this work, provided an updated categorization methodology (i.e. a category dictionary) to countries. The U of T team created an R Studio package for use in the statistical summary and target evaluations, and training sessions on its use were provided.

Sodium contents and iTFA levels of packaged foods were analyzed by each country, and the U of T team validated the results and provided a regional summary which included data for all four countries. Sodium targets published by PAHO and WHO were used to assess the progress of sodium reduction at the country and regional levels. The U of T team re-categorized the food products collected in 2022 according to the 2015 sodium reduction categories (4) and used these data to determine longitudinal changes from 2015 to 2022 at the regional and country level.

### **1.3 Problems and shortcoming encountered during the LOA execution**

#### Project execution timelines:

- U of T could not officially start the project until July 12, 2022, past the original proposed start date of February 2022, as we had to wait for the LOA to be fully executed by both PAHO and U of T.
- There was limited time to execute the project since the countries had delays in data collection, cleaning, categorization and analysis, resulting in a major workload for U of T in the later stages of the project.

#### Food categorization:

- Since the documentation of PAHO/WHO categories were not described with extensive

details, there was ambiguity in the way countries categorized foods. Multiple meetings were held with each country to resolve the discrepancies. Based on this work, a more detailed category description document was prepared with country specific examples added (Appendix A attached).

#### Trans fatty acid categories:

- Even though WHO published the REPLACE package, specific trans fat food categorization for packaged products was not available. To generate a comprehensive category list for trans fat was beyond the scope of this execution and therefore the WHO sodium categories were used in the trans fat analysis, since they were more inclusive of products that were not included in the PAHO categories (e.g. beverages).

#### OCR technical concerns:

- Due to delay in the project start date, the U of T IT team was not able to use OCR for extracting nutrition facts information and ingredients; therefore, LAC teams manually extracted the data. The U of T IT team conducted a pilot method to use OCR for ingredient extraction in Spanish, which was then translated into English. However, not all of the country food labels showed the correct or complete ingredients information from the manual extraction (e.g. some products had 'CONTIENE LECHE' (CONTAINS MILK) or the word 'INGREDIENT' extracted but not the rest of the ingredient information, even though they were present on the product package). We estimated that at least 60% of all products had the proper ingredients information manually extracted by LACs. When the U of T IT team applied OCR on the packages, accuracy ranging from 59% to 68% was achieved, when compared to the manual extracted nutrient values. The quality of some images was not high enough (e.g., where the texts were on uneven surfaces, photos were of low contrast, or labels used non-standard font, etc.). Development of advanced OCR models will be required to overcome these challenges with the labels on LAC foods.

#### Re-categorization of 2018 data into 2021 PAHO categories:

- For longitudinal analysis, data collected from Argentina, Panama and Peru in 2015-2016 and 2017-2018 (5-6) were to be re-categorized based on the 2021 PAHO categories. However, due to the limited time in execution and the large sample size in the current collection (n=16,804), re-categorizing 3,350 products from 2015-2016 and 11,376 products from 2017-2018 was not feasible.
- Instead, longitudinal analyses were conducted by re-categorizing 2022 data according to the 2015 targets.

#### Data validation:

- We used machine learning models based on Health Canada's Table of Reference Amounts (TRA) categorizations to predict the TRA categories for products from Argentina (pilot study) using product name and ingredients. A challenge with this model is that the most common ingredients in Canadian food products and Argentina food products have low overlap (<30%), which could be a result of different food

characteristics or translations. This likely compromised the predictions based on ingredients. Further improvement will be required using country specific ingredient lists. Thus, we were not able to use the predicted TRA categories for sodium category validation since the PAHO and WHO categories are very detailed and specific, and therefore we conducted manual validation.

#### Data analysis:

- Although an R Studio analysis package was built for country teams and a user manual with video training sessions were provided, country teams that had already been using other software (e.g. SPSS, STATA) reported a steep learning curve regarding the coding system in R Studio. Therefore, the data analysis was completed individually in each country and U of T used this package to validate the country results and to generate results at the regional level.

## **2 Results**

### **2.1 Main activities carried out**

- Provided virtual access for the FLIP data collector iPhone App and the FLIP database for use by participating countries for the collection and analysis of information on food labels.
- Conducted web-based training, and provided manuals and technical support for data collection and data processing using FLIP.
- OCR of the ingredients list and nutritional information from the Nutrition Facts table was completed and cross-validated with the data collected manually.
- A protocol for data cleaning (Atwater calculation, as-prepared calculation, etc.) was circulated to the country teams.
- Validated PAHO and WHO categorizations for each country (with >80% agreements in categorization) and revisions made to ensure consistency across countries before final calculations were conducted.
- Created a more detailed and expanded dictionary for the categories, with country specific examples added, based on the above work.
- Provided a detailed statistical analysis plan, which listed the outcome tables aligned with each LOA objective.
- Developed and prepared an R package Nutrient Analysis Tool (NAT) that was available for countries to use for descriptive statistical analysis and target comparison calculations. Video instruction was provided and training sessions were arranged upon the request of country teams. The package was used by the UofT team to validate results against the individually completed analyses conducted by each country and to prepare the regional analyses.
- Validated data analysis results that were provided by country teams.
- Analyzed sodium and iTFA data at the regional level.
- Organized and attended country team and regional meetings.

### **2.2 Main results**



The following is a summary of the main results stemming from the analysis. Fully detailed tables are presented in **Appendix B**. Table numbers correspond to those in Appendix B and are listed below at the end of the results section.

From the 2022 data collection, mean sodium varied across PAHO food categories, with “Sauces, Dips and Gravies,” “Soups,” and “Processed Meat and Poultry” containing the highest mean levels of sodium ( $3,310 \pm 6,308$  mg/100g,  $1,678 \pm 2,152$  mg/100g, and  $930 \pm 679$  mg/100g, respectively) (**Table 3.1.1**). **Table 3.1.2**. presents these results as values of mg of sodium per kcal.

Overall, 46% of products (n=3879/8381) exceeded the PAHO sodium targets for 2022 (evaluated using sodium in mg per 100g/mL) (**Table 3.2.1**). The food categories with the highest proportion of products exceeding the 2022 targets were: “Soups” (73%; n=168), “Bread, bread products and crisp bread” (66%; n=360), “Fresh or Dried Plain Pasta and Noodles” (65%; n=350), “Sauces, dips, gravies and condiments” (59%; n=539), “Processed Fish and Seafood” (59%; n=217) and “Processed vegetables, beans and legumes (59%; n=428).

Longitudinal analysis, presented in **Tables 3.3.1. and 3.3.2**, included a total of n=14,133 products (n=3859 collected in 2015-2016, n=5312 collected in 2017-2018, and n=4942 collected in 2022) from four LAC countries (Argentina, Peru and Costa Rica, Paraguay (2015-2016, 2017-2018) and Panama (2022)). Longitudinal analyses were completed using the 2015 PAHO Food Categories. In 16 of 18 categories, fewer foods declared sodium on the nutrition label in 2022 compared to 2015/2018. For example, in “Meats and Sausages,” 100%, 88.1% and 55.4% of products declared sodium data in 2015, 2018, and 2022, respectively. Similarly, in “Bread Products,” 100%, 87.5% and 77.3% of products declared sodium in 2015, 2018, and 2022, respectively (**Table 3.3.1**).

Changes in sodium levels between data collection years varied by country and by food category, but at the regional level, compared to 2015, in 2022 13/18 food categories had lower sodium content and 5/18 food categories had higher sodium content (**Table 3.3.1**).

The proportion of packaged foods meeting the regional targets varied between 2015, 2018 and 2022, depending on the food category (**Table 3.3.2**). For example, the proportion meeting regional targets was lowest in 2022 in “Wet and Dry Soups” (43.1% in 2022 compared to 81.1% in 2018 and 62.7% in 2015) and “Noodles and Broth” (47.5% in 2022 compared to 75.4% in 2018 and 85.9% in 2015). On the other hand, the proportion meeting regional targets was highest in 2022 in other categories such as “Breaded Meat and Poultry” (89.9% in 2022 compared to 83.3% in 2018 and 61.1% in 2015) and “Bouillon Cubes and Powders” (78.3% in 2022 compared to 57.7% in 2018 and 54.4% in 2015).

Of the total sample considered in 2022 (n=16,605), 59% (n=9740) of the products declared iTFA (**Table 3.4.1**). This proportion varied by WHO major category from 5% in “Fresh and Frozen Meat, Poultry, Game, Fish and Similar” (n=280) to 86% in “Plant-based Food/Meat Analogues” (n=159). The mean iTFA content for all major categories was similar, varying from 0 to 0.2g/100g, with the highest maximum content observed in the “Sauces, Dips and Dressings” (145.7g/100g) followed by “Processed Meat, Poultry, Game, Fish and Similar” (14.8g/100g).

## **List of Tables**

### **3.1 Objective 1**

Table 3.1.1 Distribution of sodium content per 100g/ml of packaged foods per PAHO food category at the regional level and by country

Table 3.1.2 Distribution of sodium content per kcal of packaged foods, by PAHO category at the regional level and by country

Table 3.1.3 Distribution of sodium content per 100g/ml of packaged foods by WHO global sodium benchmark categories at the regional level and by country

### **3.2 Objective 2**

Table 3.2.1 Proportion of products meeting the 2022 PAHO Sodium Targets (mg per 100g/mL), at the regional and country level (2022 data collection)

Table 3.2.2 Proportion of products meeting the 2022 PAHO Sodium Targets (mg/100kcal), at the regional and country level (2022 data collection)

Table 3.2.3 Proportion of products meeting the 2022 PAHO Sodium Targets (mg/100kcal), at the regional and country level (2022 data collection)

### **3.3 Objective 3**

Table 3.3.1 Changes in the sodium content per 100 g/ml of packaged foods in PAHO countries between 2015-2016, 2017-2018 and in 2022.

### **3.4 Objective 4**

Table 3.4.1 Number and proportion of products with trans fat data; Distribution of trans fat content per 100g/ml of packaged foods per WHO food category at the regional level and by country

## **2 Evaluation Statements**

### **2.1 Information on other donors**

The FLIP data collector app and FLIP cloud infrastructure and OCR/ML/AI programming was developed for use in Canada with funding from the Canadian Institutes of Health Research (CIHR).

### **2.2 Summary**

What was accomplished:

- A large and representative database on processed and ultra-processed foods was established for the four Latin American countries.
- An updated category dictionary was created for future consistency in PAHO and WHO categorizations.
- An analysis tool was created for statistical analysis and target evaluation.
- We were able to assess data from 2015, 2018 and 2022 for a longitudinal comparison.

What was not accomplished:

- Due to limited time, we were not able to re-categorize the 2015 and 2018 food products

using the updated 2021 PAHO targets, as this requires knowledge of the local food supply, which limits the longitudinal assessment. Instead, we were able to re-categorize the 2022 data according to the 2015 PAHO targets to provide a longitudinal assessment of progress during the last 7-10 years.

- The accuracy of OCR was not high enough for the use in extracting nutrient values from food labels in LAC.
- Automation in categorization of LAC foods based on Canadian data was not accomplished due to the large differences in ingredients (<30% overlap), but the current 2022 LAC data can provide a good training data set for future LAC collections.

### **2.3 Lessons learned**

- There is good potential for OCR to be used in collecting Spanish ingredient information from the product packages. There is also potential to recognize Nutrition Facts tables, both of which can save manual extraction effort in future data collections.
- There is good future potential for machine learning models to categorize food products into PAHO and WHO sodium categories, based on the manual categorizations that have been completed for the 2022 dataset, which can be used as a training data set for future collections. This will reduce manual categorization efforts in future data collections.
- Regarding the categorization of packaged products in our sample according to the categories defined by PAHO and WHO: a more thorough and detailed description of categories with specific examples from each country were necessary, since similar products can be consumed in different ways between countries. The dictionary created in this study can be used for better clarification of categories in the future collections.
- A large proportion of products have no respective sodium categories and therefore could not be categorized properly. A more comprehensive PAHO categorization system that captures all food categories, rather than just the priority sodium categories will be necessary to capture these foods.
- This execution validates the NAT package created by the U of T team, which has the potential to be used in future PAHO analyses, where it can save manual work and provides flexibility in various output formats. An easier user training system should be developed for better user experiences.
- One major limitation of this execution was the limited time. With various levels of execution feasibilities in different countries (e.g. political situation in Panama delayed the data collection due to safety concerns), future collaboration should aim at allowing enough time for the country teams and schedule more frequent meetings to closely track progress.

### **2.4 Conclusions**

Considering the importance of sodium and trans fats in the development of non-communicable diseases, it is concerning that the Latin American population is overconsuming these nutrients of concern as well as ultra-processed foods (1,3,7,8). Results from this collaboration show that packaged foods in the 4 countries were high in sodium, and only about half of the products met the respective PAHO and WHO current targets. Although a statistical test was not completed, the longitudinal analyses did not show large differences (<10%) in the sodium content and proportion of products meeting the sodium targets. TFA was declared in about 60% of the products and the average levels

of TFA were low. Monitoring processed and ultra-processed foods in the food supply helps to understand the effectiveness of the previously developed guidelines and to provide insight into potential initiatives that aim at improving population health.

## **2.5 Recommendations**

- Standardization in the presentation of nutritional information is important for improved transparency in nutrition information to consumers, researchers and policymakers.
- Mandate the declaration of trans fats and provision of labels that show the origin of trans fat for better understanding of iTFA in the Latin America food supply.

## 4 References

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## Appendix A

**Table 1. 2021 PAHO Sodium Categories with Additional Detailed Descriptions**

Category		Official Description	Updated Description	mg sodium/100 g		mg sodium/kcal	
				2022 Target	2025 Target	2022 Target	2025 Target
<b>1. Bread, bread products and crisp breads</b>							
<b>1a</b>	Pantry and hearth bread, rolls and buns	Includes whole grain, whole wheat, wholemeal, white bread and buns.	Yolk bread, hamburger buns with sesame, hot dog bread, petit pan, special keto bread, rice flour bread, bread with seeds	340	280	1.2	1
<b>1b</b>	Tortillas (wheat), wraps, naan, roti	Includes plain or flavored flatbread, pita, roti, wheat-based tortillas, wraps or naan. Excludes tortillas made with corn (3a) and bread with additions (1c).	Pita bread, Arabic bread, chapla bread, wheat tortillas, wraps, ciabatta	550	450	1.8	1.7
<b>1c</b>	Bread with additions	Includes breads with additions that contain sodium e.g., olives, onion, pieces of ham, raisins, tomatoes, butter/garlic, cheese, pandebono.	Pizza bread, bread with olives, bread with butter, cheese bread, focaccias, exclude sweet bread with chocolate chips (e.g. ID162001 panettone, 2c)	420	350	1.5	1.2
<b>1d</b>	Other bread products	Includes bread products not captured in 1a-c, e.g., English muffins, bagels, dry bread, croutons, croissants, pizza crusts, etc.	Pizza doughs, puff pastry doughs (e.g. empanadas), ground bread, toast, breadsticks, breadcrumbs and breadcrumbs without seasoning (only salt is ok), exclude breading mixtures with seasonings (16m). Exclude kid's items	400	350	1.3	1.1
<b>2. Cakes, biscuits, pastries and sweet breads</b>							
<b>2a</b>	Savory biscuits and crackers	Plain or flavored crackers, sandwich crackers, puffed cakes, and graham crackers e.g., cheese crackers, soda crackers, and rice cakes. Excludes dry bread (1d).	Crackers and light cookies, whole grain cookies, chrysins (sticks) , rice cracker, *Exclude puff rice cakes that have sweet coating and fillings (2b)	640	580	1.5	1.3

<b>2b</b>	Cookies and sweet biscuits	Includes filled/coated and unfilled/uncoated sweet cookies and biscuits. Excludes graham crackers (2a) and crackers/savory biscuits (2a).	Sweet cookies, wafers, alfajores, Turrón de doña pepa, whole grain cookies with honey or with sweet additives, puff rice with sweet coating, rice or other grain bars with sweet filling (e.g. yogurt bars) and are marketed as snacks (based on size, usually small multi-packages, e.g. FLIP-LAC ID 154407)	225	200	0.5	0.4
<b>2c</b>	Pastries, squares, and quick/sweet breads	Filled/unfilled pastries, danishes, sweet buns, tea biscuits/scones, muffins, squares, brownies, quick/sweet breads.	Queques, brownies, muffins, panetón, chancay, waffles and pancakes, rolled, pastries that are frozen (e.g. frozen churros) *Premixes for the final product (e.g. pancake premix)	260	215	0.7	0.6
<b>2d</b>	Cakes	Cakes, cheesecakes, snack cakes. Includes prepared products and dry cake mixes (as consumed).	cupcakes	300	240	0.7	0.6
<b>3. Corn derivatives</b>							
<b>3a</b>	Tortillas (corn)	Tortillas made from nixtamalized corn flour or cornmeal. Excludes tortillas made with wheat (1b).	Corn wraps, thin tortillas, excluded arepas that are named 'tortillas' (e.g. ID 164103, 164107)	35	30	0.9	0.7
<b>3b</b>	Biscuits (bizcochos)	Flavored and unflavored salty biscuits and crackers made of corn flour, salt and cheese. Excludes extruded corn products.	Corn flour-based elaborated biscuits	825	800	1.6	1.5
<b>3c</b>	Tostadas	Chips or crisp-type products, made from corn tortillas, flavored and unflavored, that have been either oil fried, air fried, oven fried or baked.	Exclude tortilla chips (5b)	720	600	2.6	2.1

<b>3d</b>	Arepas	Plain or savory flat (usually round), unleavened patty of soaked, ground kernels of corn, corn meal or corn flour that can be grilled, baked, fried, boiled or steamed. It may be savory.	Bollos, buns made with cornmeal (some are named tortillas, e.g. ID164103)	50	40	0.5	0.4
<b>4. Breakfast cereal</b>							
<b>4a</b>	Ready to eat and hot instant breakfast cereals	Granola, muesli, shredded, flaked, puffed, extruded, and high-fibre compact cereals. Includes plain and flavored hot instant cereals (dry mix, as sold) e.g. oatmeal. Excludes plain oatmeal and other traditional cereals cooked from scratch.	Breakfast cereals UP, granola, flavored oats, instant flavored oats. They are included if they have sweeteners (stevia). Oat-based beverage mix.	260	220	0.6	0.5
<b>5. Savoury snacks</b>							
<b>5a</b>	Nuts, seeds, and kernels, seasoned and candied	Seasoned, salted, and candied nuts, seeds, and kernels e.g. salted sunflower seeds, BBQ peanuts, beer nuts, and trail mixes. Excludes unsalted products.	Nuts, seeds, mixtures of nuts with seeds or nuts that include salt in the list of ingredients	265	220	0.9	0.8
<b>5b</b>	Chips, popcorn, and/or extruded snacks	Potato, corn, tortilla, rice, and vegetable chips; extruded and puffed corn snacks; microwave and stovetop ready popcorn, and seasoned or candied ready to eat popcorn. Excludes unseasoned dry popcorn kernels.	French fries, corn snack (Tortees, chizitos, cheesemakers), tortilla chips, popcorn, greaves. Any snack that is described as extruded	530	470	1.4	1.2
<b>5c</b>	Pretzels and snack mixes	Hard pretzels, candied pretzels, sesame sticks, and assorted salty snack mixes. Excludes trail mix (5a).	Pretzels and mixtures of various snacks, pretzel stick-style snacks (e.g. FLIP-LAC ID154321), crissino	800	670	1.8	1.7
<b>5d</b>	Other savory snacks	Includes savory snacks not captured in 5a-c. e.g., plantain/yucca chips, kale chips, chips made with tropical root products.	Chifles, tostones (fried plantain), fried sweet potato, fried cassava, banana chips, pork rinds (Chicharritos),yuquitas	525	430	0.9	0.8
<b>6. Cheese</b>							



<b>6a</b>	Fresh cheese (i.e., fresh mozzarella and others)	Includes fresh Mozzarella, turrialba and palmito (Costa Rica) and quesillo, queso de hebra, queso oaxaca (Mexican cheese), cheese curds.	Fresh cheese with or without flavorings. Cabaña cheese, ricotta cheese, fresh or unripe mozzarella cheese, feta cheese, plant-based cheese that resembles fresh cheeses	480	400	1.1	0.9
<b>6b</b>	Soft cheese (i.e., unripened goat cheese, cream cheese)	Plain and flavored (sweet or savory) cream cheese, cream cheese spreads, cream cheese-style products and soft unripened goat cheese. Excludes processed cheese (6e) and cream cheese-based dips (16h).	Cream cheese with or without flavorings,	420	380	0.7	0.6
<b>6c</b>	Semi-hard cheese (e.g., mozzarella, cheddar and others)	Includes semi-hard cheese such as mozzarella (including pasta filata), mild, medium and old cheddar, Swiss, Monterey Jack, brick, colby, gouda, brie, camembert, manchego, string cheese, and shredded mixed cheese. Excludes fresh mozzarella and cheese curds (6a).	Mozzarella cheese, cheddar, gouda, camembert, Edam, Swiss, paria cheese, Andean cheese, dambo cheese, manchego, brie, goya, maasdam, blue cheese, fontal cheese, hard goat cheese	650	590	1.7	1.5
<b>6d</b>	Hard cheese, grated and ungrated	Shelf stable and refrigerated hard cheese (moisture content <35%) e.g. parmesan, manchego, pecorino, asiago, romano.	Parmesan, Pecorino, Roman cheese	1300	1200	2	1.6
<b>6e</b>	Processed cheese	Processed cheese products made from an emulsified blend of natural cheese. Includes processed cheese spreads, blocks, and slices with or without added ingredients. Excludes string cheese (6c) and cream cheese spreads (6b).	Melted cheese with a mixture of vegetable ingredients. Cheese-based or cheese-type creams	1000	900	5.4	4.5
<b>7. Processed vegetables, beans, and legumes</b>							
<b>7a</b>	Tomato paste with additions	Tomato paste with added ingredients e.g. tomato paste with herbs or garlic. Excludes plain tomato paste with no added salt.	Tomato paste with herbs or garlic that are described as such or the first ingredient is not water (in contrast to tomato puree which would be in 16d).	400	320	3.3	2.7

[illegible]

<b>8a</b>	Packaged deli meats – fully cooked	Cooked deli meat, e.g., smoked meat, pastrami, mortadella, bologna, corned beef, ham, sliced chicken and turkey, luncheon meat loaf, roast beef, cooked pepperoni, and cooked back bacon..	Mortadella, ham york, pastrami, blood sausage, ham, cooked meat	900	800	6.6	5.7
<b>8b</b>	Packaged dry-cured deli meats – dry cured, fermented, no thermal process	Dry cured, fermented deli meats which have not been thermally processed, e.g., salami and dried pepperoni. Excludes prosciutto (8g).	Cured sausages without heat treatment (raw): Salame, dried pepperoni, cabanossi. Exclude raw or cooked chorizo that are not dried (8c/8d)	1350	1200	3.6	3.5
<b>8c</b>	Sausages - uncooked	Uncooked breakfast and dinner sausages e.g. pork, chicken and turkey. Excludes hot dogs and wieners (8d).	Raw chorizo, raw huachana sausage	600	500	2.5	2.4
<b>8d</b>	Sausages - cooked	Cooked breakfast and dinner sausages e.g., pork, chicken and turkey. Includes salchichon, wieners (hot dogs) and smoked or unsmoked sausages with or without cheese.	Smoked sausages, frankfurt, sausage, Viennese, blood sausages, bologna	840	770	3	2.7
<b>8e</b>	Uncooked bacon – belly	Uncooked belly bacon. Excludes back bacon, bacon substitutes, and pre-cooked shelf stable bacon.	Raw bacon	700	590	1.4	1.2
<b>8f</b>	Burgers, meatballs, meatloaf and breaded meat and poultry	Meat and poultry burgers, meatballs and meatloaf, and breaded meat products e.g. products with cheese, breaded and unbreaded burgers, strips, nuggets/fingers, chicken burgers, chicken balls, schnitzel, and cutlets.	Apanados: Burgers, breaded, milanesas, nuggets, breaded chicken wings	540	500	2	1.7
<b>8g</b>	Ham, canned meat and poultry, and uncooked, pickled, cured and smoked meats that are not deli meats	Picnic and roast ham, cottage rolls, prosciutto, back bacon, peameal bacon and turkey-bacon strips. Also includes uncooked pickled, corned, cured or smoked meats. Includes canned meat and poultry. Excludes canned fish (9a), uncooked belly bacon (8e) and deli meats (8a and 8b).	Serrano hams, Iberian, raw, smoked sirloin, smoked jerky. Exclude raw fresh meat.	915	790	4.1	3.4

<b>8h</b>	Patés and meat spreads	Patés and spreads e.g., creton and liverwurst. Excludes fish patés and spreads.	Ham spread	720	600	2.4	2.1
<b>9. Processed fish and seafood</b>							
<b>9a</b>	Canned fish	Canned fish or shellfish packed in water, oil or sauce e.g., salmon, tuna, sardines, mackerel, shrimp, crab, clams, smoked oysters, anchovies, fish salad.	Include snails	320	280	2.2	1.9
<b>9b</b>	Frozen plain fish and seafood with added sodium phosphate	Frozen plain fish and seafood with added sodium phosphate.	*Doesn't have to include sodium phosphate , cooked shrimp	350	300	3.1	2.5
<b>9c</b>	Fish and seafood cakes, fingers or burgers, seasoned, and breaded or battered or with sauces	Fish and seafood cakes and burgers, seasoned, with sauce or seasoning, breaded or battered, and stuffed fish.	Fish burgers, breaded prawns, fish milanesas	310	280	1.7	1.5
<b>9d</b>	Smoked, salted, pickled and kippered fish	Smoked fish e.g., smoked salmon, smoked rainbow trout; pickled fished; salted fish, and; kippered fish e.g., kippered herring, dried and salted cod.		540	440	2.6	2.1
<b>10. Soy products and meat alternatives</b>							
<b>10a</b>	Seasoned tofu and tempeh	Savory, marinated, and seasoned tofu and tempeh. Excludes plain tofu, tofu-based desserts and plain tempeh.		350	320	2	1.7
<b>10b</b>	Meat analogues and other meat alternatives	Frozen and refrigerated meat analogues e.g. veggie patties, burgers, veggie dogs, meatballs, and deli-style slices.	Veggie burgers, albondigas, pure soy protein that served as meat alternatives (textured soy protein),	410	370	2.5	2.2
<b>11. Soups</b>							

<b>11a</b>	Wet and dry soups (as consumed)	Canned condensed, ready-to-serve, or dry cream and broth-based soups, broth, stock and consommé. As consumed. Excludes bouillon (16a).	Reconstituted vegetable creams. Soups or broths as consumed, chicken noodle soup, minestrone soup (where noodles are not the main ingredient). Dry soup mixes that will require preparation (calculation required, otherwise it will be excluded)	260	230	9.2	7.7
<b>11b</b>	Noodles in broth (as consumed)	Includes fresh and instant noodles with soup, broth or seasoning e.g. instant oriental noodle soups. Excludes shelf stable pasta with sauce or seasonings (12c)	Dried instant noodle packs that require preparation calculation	330	275	5.2	4.9
<b>12. Ready-made foods, convenience foods, and mixed dishes</b>							
<b>12a</b>	Canned chili	Shelf stable vegetarian and meat chili.		260	250	2.5	2.4
<b>12b</b>	Canned stew and meatballs	Shelf stable stew, meatballs, and curries.	Wicked cooked meat that can be consumed with starchy mains (e.g. ID167795),	470	440	3.2	2.7
<b>12c</b>	Pasta, noodles, rice or grains with sauce or seasonings (as consumed)	As consumed. Shelf stable pasta (dry mix, as consumed) and ready-to-eat, noodles, and rice or grain mixes with sauce or seasonings, as consumed e.g. macaroni with cheese sauce, noodles in tomato sauce, and teriyaki noodles. Excludes refrigerated or frozen pasta dishes (12h), noodles in broth (11b) and plain dry or cooked pasta without additions (13a), and frozen pasta dishes (12h)	Ready-to-eat pasta that doesn't need refrigeration	330	300	1.9	1.7
<b>12d</b>	Pasta, noodles, rice or grains with sauce or seasonings (dry mix, as sold)	Dry mixes, as sold. Shelf stable pasta, noodles, and rice or grain mixes with sauce or seasonings e.g. macaroni with cheese sauce, noodles in tomato sauce, and teriyaki noodles. Excludes noodles in broth (11b) and plain dry or cooked pasta without additions (13a).	Instant flavored or seasoned pasta (dry mixtures), instant flavored rice (dry mixtures)	870	800	2.6	2.5

<b>12e</b>	Stuffing mixes (as consumed)	Shelf stable stuffing mixes, as consumed. Excludes refrigerated stuffing.		470	430	N/A	N/A
<b>12f</b>	Pizza and pizza snacks	Frozen and refrigerated pizza, pizza snacks, calzones.		500	470	1.9	1.8
<b>12g</b>	Sandwiches	Fresh or frozen sandwiches with or without meat. Includes sandwich wraps and burritos.	Sandwiches, triples, ready-to-eat burritos	500	470	1.9	1.8
<b>12h</b>	Refrigerated or frozen appetizers, sides and entrees	Refrigerated or frozen entrées, meal sides, meal centers, frozen pasta mains/sides, and appetizers. Includes empanadas. Excludes pizza and pizza snacks (12f) and sandwiches (12g).	Ready-to-eat preparations, marinated meat (e.g. ID172622), cooked and seasoned/bacon stewed, precooked blood, flavored and seasoned frozen seafood, stuffed ready pasta (e.g. ravioli) and atypical pasta (e.g. potato based gnocchi ID162847)	575	480	1.7	1.5
<b>13. Fresh or dried plain pasta and noodles</b>							
<b>13a</b>	Plain pasta and noodles (as consumed or dry, uncooked)	Plain dry or uncooked pasta, as consumed. Excludes pasta with sauce or seasonings (12c) and noodles in broth (11b).	Exclude rice, flour	0	0	0	0
<b>14. Granola and energy bars, and nut butters/spreads</b>							
<b>14a</b>	Granola, cereal and energy bars	Granola bars (plain and coated), energy bars, sweet and salty bars, fruit filled bars, and muffin-type bars. Excludes sweet and salty bars (see 1n), and infant and toddler snack bars.	Cereal bars, exclude snack type bars (chocolate rice bar) (2b)	170	150	0.5	0.4
<b>14b</b>	Nut butters and nut spreads	Nut butters and nut spreads e.g., peanut, almond, cashew, soy, hazelnut cocoa spread. Excludes unsalted nut butters and tahini.		330	300	0.3	0.2
<b>15. Fats and oils</b>							
<b>15a</b>	Salted butter, margarine, and butter blends	Plain and flavored butter, margarine and butter blends. Excludes unsalted butter and margarine.	Butters and margarines that declare salt in the description or include salt in the list of ingredients, including vegetable shortenings	510	460	0.8	0.7

<b>15b</b>	Mayonnaise	Plain and flavored mayonnaise and mayonnaise-type spreads and dressings. Includes low fat and fat-free versions, and oil-based sandwich spreads.	Mayonnaise, flavored mayonnaise (mayoqueso, mayopalta, aceitunesa), tartar sauce, acevichada sauce, mayonnaise-type vegetable dressing	670	600	2.3	1.9
<b>15c</b>	Salad dressing & vinaigrette	Refrigerated and shelf stable oil and vinegar-based dressings, creamy dressings. Includes dry mix salad dressing, as consumed. Includes low fat and fat-free versions.	Vinaigrette with and without flavorings, creamy dressings need to be based on the use (e.g. ranch sauce for dressing vs. for cooking)	800	730	2.3	1.9
<b>16. Sauces, dips, gravy and condiments</b>							
<b>16a</b>	Bouillon cubes and powders (as sold)	Bouillon cubes and powders, as sold.	Soup bouillons, exclude dry soup mix (11a)	18000	16000	68	56
<b>16b</b>	Pasta sauce	Shelf stable, refrigerated, frozen, and dry mix pasta sauces including those that are tomato, cream or cheese-based (e.g., alfredo sauce). As consumed. Includes pizza sauce.	Bologñesa sauce, Neapolitan, four cheeses, alfredo, tuco (with meat)	330	300	4.5	4
<b>16c</b>	Pesto	Shelf stable and refrigerated pesto e.g., basil or sun-dried tomato pesto.	Pesto, Peruvian green sauce	800	640	1.9	1.5
<b>16d</b>	Tomato sauce	Shelf stable plain or flavored tomato sauce. Excludes tomato-based pasta sauces (16b) and tomato paste (7a).	Tomato sauces, with and without additives based on description, tomato purees, tomato sauce with chili peppers	300	240	5.7	4.7
<b>16e</b>	Ketchup and similar tomato-type condiments (as consumed)	Shelf stable condiments e.g., ketchup, tomato-based chili sauce, seafood sauce, BBQ sauce, steak sauce, chutney. Excludes relish (7g), mustard (16f) and mayonnaise (15b).	Spicy BBQ sauce	800	780	7.1	6.8
<b>16f</b>	Mustard	Mustards including yellow, Dijon, honey mustard, spicy brown mustard.		1000	890	10.2	8.6

<b>16g</b>	Spicy sauce	Red, green, ranchera sauces, pepper sauce, chilero, salsa picante, sriracha, chili picante, salsa de aji/rocoto.	Chili sauces (huancaína, uchucuta, ocopa, etc.) ready to eat, rocoto sauce, Tabasco sauce, curry paste (e.g. ID168363,157634), paprika relish. Exclude curry with meat (12b). Sauces to reconstitute	1100	900	21.4	17.7
<b>16h</b>	Gravy, cooking sauces, dips, and salsa (as consumed)	Shelf stable, refrigerated and dry mix gravy, cooking sauces, as consumed e.g., hollandaise, curry, and stir-fry sauces, and salsa. Includes vegetable, legume, and dairy-based dips (i.e., cream cheese and sour cream-based dips). As consumed. Excludes curry paste.	Chili sauces or creams for cooking, chimichurri, Mexican sauce, hummus, English sauce	350	300	3.5	2.8
<b>16i</b>	Sweet oriental sauces	Sweet oriental sauces e.g. plum sauce, cherry sauce, pineapple sauce, and sweet and sour sauce. Excludes salty oriental sauces (16j).	Tamarind sauce	220	180	1.3	1.1
<b>16j</b>	Soya and other salty oriental sauces	Oriental sauces e.g. soya, teriyaki, black bean, fish, hoisin, peanut sauce. Excludes stir-fry sauce (16h), marinades (16k), and sweet oriental sauces (16i).	Sillau, salty oriental sauces, oyster sauces	2900	2400	9.9	8.1
<b>16k</b>	Marinades (as consumed)	Shelf stable and dry marinade mixes. As consumed.	Ready-to-use meat and main course dressings	1800	1500	14.2	11.7
<b>16l</b>	Dry seasoning mixes for rice and side dishes	Dry seasoning mixes for side and main dishes, as sold e.g. chili, stew, fajita, and salad seasoning. Includes popcorn seasoning.	Condiments for preparations. Artificial condiments, tuco tallarin, chopstick, seasoning (special dry aji)	10000	8000	13.1	10.8
<b>16m</b>	Dry seasoning mixes for meat and fish	Dry seasoning for meat, poultry and fish e.g., steak spice.	Specific dry seasonings for meats, breading mixtures (e.g. ID 171795)	10000	8000	27.9	23

Note: Official descriptions are in *Updated PAHO Regional Sodium Reduction Targets*<sup>6</sup>.



**Table 2. WHO Sodium Reduction Benchmark Categories with Additional Detailed Descriptions**

Main food category	Subcategory	Subcategory description	Additional Notes	Global benchmark (mg / 100 g)
<b>1. Chocolate and sugar confectionery, energy bars, and sweet toppings and desserts</b>	1a. Granola and cereal type bars	Granola bars (plain and coated), fruit filled bars and muffin-type bars	include protein bars, rice crispies	No target
	1b. Nut butters	Nut butters (e.g. peanut, almond, cashew and soy). Excludes unsalted nut butters and tahini.		No target
<b>2. Cakes, sweet biscuits and pastries; other sweet bakery wares; and dry-mixes for making such</b>	2a. Cookies/sweet biscuits	Shelf-stable, frozen and refrigerated products. Filled and unfilled sweet cookies, biscuits, tea biscuits and dough. Excludes crackers/savoury biscuits (see 3a). Excludes dry-mixes (see 2g).	wafer	265
	2b. Cakes and sponges	Shelf-stable, frozen and refrigerated products. Cakes, snack cakes (cupcakes), doughnuts (yeast and cake types), brownies and squares, muffins and pastry dough. Excludes dry-mixes (see 2g).		205
	2c. Pies and pastries	Shelf-stable, frozen and refrigerated products. Pies, fruit crisps, pastries, toaster pastries with fruit or other fillings, Danish pastry, cinnamon rolls and pastry dough. Excludes dry-mixes (see 2g).	puff pastries for savoury pies (e.g. empanadas), exclude dough for pizza crust (11b)	120
	2d. Baked and cooked desserts	Shelf-stable, frozen and refrigerated products. Puddings, custards, crème brûlée, flans and cheesecakes. Includes non-baked cheesecakes. Excludes dry-mixes (see 2g).	Include puddings, flans	100
	2e. Pancakes, waffles and French toast	Shelf-stable, frozen and refrigerated products. Includes crumpets. Excludes dry-mixes (see 2g).		330

	2f. Scones and soda bread	Shelf-stable, frozen and refrigerated products. Scones (including US biscuits), soda bread and dough.		475
	2g. Dry-mixes for making cakes, sweet biscuits, pastries and other sweet bakery wares	Dry-mixes for cookies/sweet biscuits, cakes, sponges, pies, pastries, baked and cooked desserts, pancakes, waffles, French toast, scones and soda bread. Excludes ready-made products (see 2a-2f).		No target
<b>3. Savoury snacks</b>	3a. Crackers/savoury biscuits	Plain (i.e. flavoured only with salt) or flavoured crackers, sandwich crackers, puffed cakes (e.g. cheese crackers, soda crackers and rice cakes). Includes dry breads such as Melba toast, rusks, breadsticks, pita or baguette chips, and other crisp breads. Excludes unsalted products.		600
	3b. Nuts, seeds and kernels	Popcorn, nuts, peanuts and seeds (seasoned with salt or flavour). Excludes unsalted products.		280
	3c. Potato, vegetable and grain chips	Chips made of potato, vegetables and grains (e.g. corn, wheat, multigrain and rice). Includes all flavours (including salt and vinegar flavours). Includes both reformed chips/crisps and sliced chips.	Lentil chips, quinoa trips	500
	3d. Extruded snacks	Sheeted, reformed, puffed or pelleted snacks made from starch-rich materials (e.g. corn, maize, wheat, rice or potato flour) or legume flours. Includes all flavours (including salt and vinegar flavours). Excludes chips (see 3c) and pretzels (3e).	Lentil chips, quinoa trips	520

	3e. Pretzels	Salted hard pretzels. Includes sweet and savoury flavoured, filled and unfilled pretzel snacks (e.g. chocolate covered pretzels and pretzels filled with cheese).	Sesame stick, salted stick snacks (e.g. crissino)	760
<b>4. Beverages</b>			Cocoa powders that can be used for hot chocolate	
<b>5. Edible ices</b>				
<b>6. Breakfast cereals</b>	6a. Minimally processed breakfast cereals (includes all types – prepared, ready-made and dry-mixes)	Prepared, ready-made or dry-mix minimally processed cereals, such as steel-cut, rolled or instant oats for preparing oatmeal, and muesli (i.e. made with oats and a mixture of unsalted nuts and seeds and/or dried fruit) with no added sodium, fat or sugars (or non-sugar sweeteners). May or may not require cooking. Includes porridge mix and hot instant cereals. Excludes highly processed cereals including granola (see 6b).		100
	6b. Highly processed breakfast cereals	Highly processed, ready-to-eat breakfast cereals including shredded, flaked, puffed or extruded cereals, and cereals with added nutrients such as sodium, fat, sugars (or non-sugar sweeteners), fibre or various vitamins and minerals. Includes granola.		280
<b>7. Yoghurt, sour milk, cream and other similar foods</b>			Includes all dairy beverage products, condensed milk, evaporated milk, cultured milk, milk powder as prepared	

<b>8. Cheese</b>	8a. Fresh unripened cheese	Unripened cheese (e.g. cream cheese, mozzarella, ricotta and cottage cheese)		190
	8b. Soft to medium ripened cheese	All soft to medium firm textured ripened cheese, often with a relatively short ripening period (e.g. Emmental, Colby, Monterey Jack, young Gouda and mild Cheddar).	Camembert cheese	520
	8c. Semi-hard ripened cheese	All semi-hard to hard-textured ripened cheese, often with a relatively long ripening period (e.g. matured Gouda, matured Cheddar, Gruyere and Provolone).	fontal cheese,	625
	8d. Extra-hard ripened cheese	All extra-hard-textured ripened cheese (e.g. Parmesan, Romano and Pecorino).		No target
	8e. Mould ripened cheese, white and red	All white and red mould cheese such as white and red surface-mould cheese (e.g. Brie and Munster).		510
	8f. Mould ripened cheese, blue	All blue mould cheese (e.g. Roquefort and Gorgonzola).		No target
	8g. Processed cheese	All processed and melt cheese, cheese analogues (including plant-based), dairy-free cheese and spreads.		720
	8h. Brine-stored cheese	Cheese stored in brine (e.g. feta and halloumi).		No target
<b>9. Ready-made and convenience foods and composite dishes</b>	9a. Canned foods	Shelf-stable vegetarian and meat chilli, stew, meatballs and curries; and baked beans and refried beans. Excludes canned vegetables and legumes (see 16a).	Canned beans with pork/bacon	225

9bi. Pasta, noodles, and rice or grains with sauce or seasoned (prepared)	Shelf-stable, frozen and refrigerated products. Ready-to-serve pasta, noodles, and rice or grain mixes with sauce or seasonings (e.g. macaroni with cheese sauce, noodles in tomato sauce and teriyaki noodles).		230
9bii. Pasta, noodles, and rice or grains with sauce or seasoned (dry-mix, concentrated)	Dry-mixes for shelf-stable pasta, noodles, and rice or grain mixes with sauce or seasonings sold in concentrated form (e.g. macaroni with cheese sauce, noodles in tomato sauce and teriyaki noodles). Includes instant noodle with soup or seasonings.		770
9c. Pizza and pizza snacks	Frozen and refrigerated pizza, pizza snacks and calzones. Excludes sandwiches and wraps (see 9d)		450
9d. Sandwiches and wraps	Frozen and refrigerated sandwiches, wraps, burritos, tacos, enchiladas, hamburgers and hot dogs.		430
9e. Prepared salads	Frozen and refrigerated prepared salads (e.g. potato salad, coleslaw, pasta salad, vegetable salad, bean salad, couscous and rice salad)		390
9f. Ready-to-eat meals composed of a combination of carbohydrate and either vegetable or meat, or all three combined	Frozen and refrigerated dinner entrées, meal sides, meal centres and appetizers. Excludes all other items listed in the main category 9.		250
9gi. Soups (ready-to-serve, canned and refrigerated soups)	Canned and refrigerated, ready-to-serve broth and broth-based soup. Excludes ready-made noodles with sauce (see 9bi), dry soups (9gii), and bouillon and soup stock (not concentrated) (see 18ai).	chicken noodle soup	235

	9gii. Soups (dry soup only) (concentrated)	Dried broth and broth-based soup (concentrated). Excludes instant noodles with soup or seasonings (see 9bii), ready-to-serve soups (9gi), and bouillon and soup stock (concentrated) (see 18aai).		1200
<b>10. Butter and other fats and oils</b>	10a. Salted butter, butter blends, margarine and oil-based spreads	Flavoured butter, butter blends and margarine. Includes vegetable oil spreads such as olive oil spreads. Excludes unsalted butter		400
<b>11. Bread, bread products and crisp breads</b>	11a. Sweet and raisin breads	All types of sweetened bread (e.g. brioche, sweet buns, and raisin breads/toast – i.e. breads with dried fruit and/or nut inclusions). Includes refrigerated and frozen dough.	panettone	310
	11b. Leavened bread	All types of yeast-leavened breads, including sourdough breads. Includes breads made with all types of cereal flours (e.g. white or whole grain wheat, spelt and rye). Includes all types of shapes and baking traditions (e.g. pan baked, hearth baked, large loafs, baguettes, rolls and buns). Includes all types of artisanal, pre-packaged sliced breads, par-baked bread and rolls, bagels, English muffins, pizza crusts, and diet or low-calorie breads. Includes breads with and without additions (e.g. herbs, nuts, olives, onion and cheese). Also includes refrigerated and frozen dough. Excludes dough for cookies (see 2a), cakes and sponges (see 2b), pastries (see 2c) and scones (see 2f). Excludes flatbreads that are leavened such as naan (see 11c)	pie crust	330

	11c. Flatbreads	All types of leavened and nonleavened flat breads. Fresh baked, refrigerated and shelf-stable plain (i.e. flavoured only with salt) or flavoured tortillas, wraps, pita, Greek flatbreads or naan. Includes refrigerated and frozen dough. Excludes pancakes (see 2e)	ciabatta	320
<hr/>				
<b>12. Fresh or dried pasta, noodles, rice and grains</b>				
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<b>13. Fresh and frozen meat, poultry, game, fish and similar</b>				
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<b>14. Processed meat, poultry, game, fish and similar</b>	14a. Canned fish	Canned tuna, canned salmon, water and oil packed fish, sauce packed fish, fish/seafood salad and shellfish (e.g. sardines, mackerel, shrimp, crab, clams and smoked oysters). Includes retort packed products. Excludes canned anchovies (see 14c)	tuna pate, include snails	360
	14b. Processed fish and seafood products, raw	Unprepared fish and seafood products, cakes and burgers; and seasoned (with sauce or seasoning), breaded, battered and stuffed fish. Includes restructured, simulated or imitation seafoods such as surimi. Also includes fish and seafood-based mousse, spread and dips.	fish ceviche	270
	14c. Processed fish and seafood products, nonheat-treated	Fish and seafood products with nonheat preservation methods, such as brining, fermenting and air drying (e.g. smoked fish, kippered fish, salmon jerky, anchovies and dried fish).		800
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14d. Raw meat products and preparations	Unprepared meat products and burgers, and fresh sausages. Includes marinated, flavoured, moisture enhanced and breaded meat products.	Chicken nuggets, chicken fingers, breaded wings, chicken fillet with sauces, seasoned pork cuts, marinated whole chicken, exclude raw meat with no process	230
14ei. Whole muscle meat products, heat treated (frozen and canned products)	Frozen and canned whole muscle (e.g. beef, lamb, chicken and turkey).		270
14eii. Whole muscle meat products, heat treated (refrigerated products)	Refrigerated whole muscle (e.g. beef, lamb, chicken and turkey).	Cooked shrimp (E.g. ID164846), cooked chicken	600
14f. Whole muscle meat products, non-heat preservation	Air-dried, cured, entire meat pieces (e.g. Parma and Serrano ham). Brined meat products (e.g. pastrami and bacon).		950
14g. Comminuted meat products, heat treated (cooked)	Cooked sausages (including hotdogs), cooked meatloaf balls, corned beef, luncheon meats and pâté. Includes canned sausages and luncheon meats.	bologna, chicken ham, meat spread	540
14h. Comminuted meat products, non-heat preservation	Air-dried, cured and/or fermented sausages (e.g. salami, jerky and biltong).	pepperoni	830
<b>15. Fresh and frozen fruit, vegetables and legumes</b>			



<b>16. Processed fruit, vegetables and legumes</b>	16a. Canned vegetables and legumes	Canned vegetables and legumes (e.g. potatoes, tomatoes, corn, peas, green beans, mushrooms, mixed vegetables, beets [plain and pickled], kidney beans, chickpeas, lentils and bean salads), tomato puree.		50
	16b. Pickled vegetables	Shelf-stable sour pickled vegetables (e.g. cucumbers, onions, peppers, sauerkraut and other vegetables) and shelf-stable sweet pickled vegetables (e.g. cucumbers, onions, relish and other vegetables).		550
	16c. Olives and sundried tomatoes	Shelf-stable unstuffed and stuffed olives, tapenade and sundried tomatoes.		780
	16d. Vegetable juice and cocktail	Vegetable juice and vegetable juice cocktail (e.g. tomato juice, carrot juice, and tomato and clam juice). Excludes vegetable and fruit juice blends.		200
	16e. Frozen vegetables and legumes	Frozen vegetables and legumes in sauce and/or seasoning. Excludes frozen French fries (see 16f).		180
	16f. Frozen potatoes and other potato products (ready-to-eat)	Plain (i.e. flavoured only with salt) and seasoned French fries/chips, sweet potato fries, hash browns and potato patties.	Mashed potatoes	260
<b>17. Plant-based food/ meat analogues</b>	16g. Battered or breaded vegetables	Fried or baked vegetables (e.g. onion rings, fried jalapeños and fried green beans).	fried plantain	510
	17a. Tofu and tempeh	Savoury, marinated and seasoned tofu and tempeh. Excludes plain tofu, tofubased desserts and plain tempeh.		280

	17b. Meat analogues	Frozen and refrigerated meat analogues (e.g. veggie patties, burgers, veggie dogs, meatballs and deli-style slices). Excludes dairy-free cheese (see 8g).		250
<b>18. Sauces, dips and dressings</b>	18ai. Bouillon and soup stock (not concentrated)	Liquid broth and soup stock. Includes gravy stock. Excludes soups (ready-to-serve, canned and refrigerated soups) (see 9gi).		350
	18aii. Bouillon and soup stock (concentrated)	Bouillon cubes and soup stock powders. Includes gravy stock. Excludes concentrated, dry soups (see 9gii).	Dry seasoning mixes, breaders with salt and seasoning	15000
	18b. Cooking sauces including pasta sauces and tomato sauces (not concentrated)	All cooking sauces (e.g. pasta sauce, curry and Mexican). These are major characterizing components of a meal and are designed to be added to foods during preparation, rather than at the table. Also includes gravies and finishing sauce products which are designed to be added to food upon serving or as food finishes cooking. Products in this category do not require reconstitution or the addition of liquids. Excludes condiments including pesto (see 18e), soy sauce and fish sauce (see 18f), other Asianstyle cooking sauces (see 18g), and marinades and thick pastes (see 18h).	buffalo wing sauce,	330

18c. Dips and dipping sauces	All dips (e.g. salsa, chutney and guacamole, bean-based dips such as hummus, and sweet sauces such as plum sauce, cherry sauce and pineapple sauce). Excludes cream- and cheese-based dips (see 18d) and fish and seafood-based mousse, spread and dips (see 14b).	jams	360
18d. Emulsion-based dips, sauces and dressings	Cream or cheese dips and sauces, standardized salad dressing (including mayonnaise-based dressing, refrigerated and shelf-stable oil and vinegar-based dressings, and creamy dressings), and mayonnaise. Includes mayo-type spreads. Includes low-fat and fat-free versions.	tartar sauce	500
18e. Condiments	Tomato ketchup, brown sauce (e.g. BBQ sauce, Worcestershire sauce, steak sauce and curry-flavoured sauces), chilli sauce including Sriracha chilli sauce, sweet chilli sauce and mustard. Also includes pesto.		650
18f. Soy sauce and fish sauce	Soy sauce, fish sauce and other fermented sauces.		4840
18g. Other Asian-style sauces	Asian-style sauces and condiments (e.g. teriyaki, black bean, hoisin, stirfry, duck and oyster sauces). Excludes sweet sauces (see 18c) and chilli sauce including Sriracha chilli sauce and sweet chilli sauce (see 18e) and soy sauce and fish sauce (see 18f).	Tamarine sauce	680
18h. Marinades and thick pastes	Shelf-stable marinades, and thick pastes such as curry pastes (e.g. Thai and Indian).		1425

Note: Official descriptions are in *WHO global sodium benchmarks for different food categories*<sup>7</sup>.

## Appendix B – Tables of results, by food category, overall and by country

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## Objective 1

**Table 3.1.1 Distribution of sodium content per 100g/ml of packaged foods per PAHO food category at the regional level and by country**

PAHO Categories	Country	Products with sodium data	Sodium (mg per 100g/ml)		Percentiles (mg per 100g/ml)				
		<i>n</i>	Mean	SD	Min	25th	50 <sup>th</sup>	75 <sup>th</sup>	Max
<b>1. Bread, bread products, and crisp breads</b>	<b>Regional</b>	<b>544</b>	<b>487</b>	<b>416</b>	<b>0</b>	<b>333</b>	<b>440</b>	<b>600</b>	<b>5300</b>
	Argentina	226	476	288	0	365	457	608	2902
	Costa Rica	187	553	616	0	294	475	662	5300
	Panama	44	527	154	240	444	500	592	1040
	Peru	87	354	113	40	311	365	396	676
<b>a) Pantry and hearth bread, rolls and buns</b>	<b>Regional</b>	<b>248</b>	<b>397</b>	<b>172</b>	<b>0</b>	<b>346</b>	<b>413</b>	<b>481</b>	<b>1040</b>
	Argentina	102	439	139	66	388	435	500	1030
	Costa Rica	84	322	211	0	119	367	464	720
	Panama	23	511	156	240	424	501	562	1040
	Peru	39	382	62	289	350	383	396	676
<b>b) Tortillas (wheat), wraps, naan, roti</b>	<b>Regional</b>	<b>74</b>	<b>539</b>	<b>258</b>	<b>13</b>	<b>365</b>	<b>526</b>	<b>699</b>	<b>1120</b>
	Argentina	6	530	102	454	481	496	519	732
	Costa Rica	42	631	266	13	525	653	784	1120
	Panama	12	540	186	282	430	502	630	875
	Peru	14	269	106	120	175	286	365	385
<b>c) Bread with additions</b>	<b>Regional</b>	<b>29</b>	<b>737</b>	<b>282</b>	<b>310</b>	<b>549</b>	<b>680</b>	<b>914</b>	<b>1200</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	19	864	258	310	680	880	1120	1200
	Panama	4	528	62	459	490	525	563	603
	Peru	6	471	144	333	345	449	601	634
<b>d) Other bread products</b>	<b>Regional</b>	<b>193</b>	<b>546</b>	<b>624</b>	<b>0</b>	<b>268</b>	<b>484</b>	<b>648</b>	<b>5300</b>
	Argentina	118	506	375	0	260	521	698	2902
	Costa Rica	42	796	1144	0	337	513	607	5300
	Panama	5	573	133	469	478	490	666	760
	Peru	28	333	132	40	230	341	400	624
<b>2. Cakes, biscuits, pastries and sweet breads</b>	<b>Regional</b>	<b>1501</b>	<b>333</b>	<b>250</b>	<b>0</b>	<b>160</b>	<b>273</b>	<b>417</b>	<b>2110</b>
	Argentina	626	316	254	0	129	251	430	2110

	Costa Rica	511	353	255	0	179	280	443	1214
	Panama	99	415	313	34	201	354	537	1667
	Peru	265	303	190	0	179	267	367	1063
<b>a) Savory biscuits and crackers</b>	<b>Regional</b>	<b>273</b>	<b>605</b>	<b>297</b>	<b>0</b>	<b>447</b>	<b>650</b>	<b>803</b>	<b>2110</b>
	Argentina	144	606	311	0	485	647	803	2110
	Costa Rica	64	682	272	109	505	745	875	1167
	Panama	9	668	133	403	625	708	733	837
	Peru	56	505	282	0	349	513	754	1063
<b>b) Cookies and sweet biscuits</b>	<b>Regional</b>	<b>855</b>	<b>237</b>	<b>144</b>	<b>0</b>	<b>137</b>	<b>221</b>	<b>317</b>	<b>967</b>
	Argentina	342	210	151	0	110	176	290	967
	Costa Rica	294	243	132	0	152	234	319	775
	Panama	64	331	202	34	198	294	414	962
	Peru	155	247	97	0	175	250	321	444
<b>c) Pastries, squares, and quick/sweet breads</b>	<b>Regional</b>	<b>215</b>	<b>372</b>	<b>286</b>	<b>0</b>	<b>187</b>	<b>297</b>	<b>469</b>	<b>1667</b>
	Argentina	80	279	126	23	205	268	343	660
	Costa Rica	85	455	309	0	236	388	536	1214
	Panama	22	600	481	59	217	584	895	1667
	Peru	28	205	91	107	135	173	235	416
<b>d) Cakes</b>	<b>Regional</b>	<b>158</b>	<b>328</b>	<b>203</b>	<b>6</b>	<b>181</b>	<b>304</b>	<b>430</b>	<b>1116</b>
	Argentina	60	279	152	22	141	269	410	570
	Costa Rica	68	387	247	42	191	331	498	1116
	Panama	4	178	122	100	102	126	202	358
	Peru	26	310	139	6	214	304	359	612
<b>3. Corn derivatives</b>	<b>Regional</b>	<b>58</b>	<b>476</b>	<b>447</b>	<b>0</b>	<b>103</b>	<b>349</b>	<b>834</b>	<b>1600</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	43	513	487	0	75	396	847	1600
	Panama	8	348	336	15	115	272	479	983
	Peru	7	399	270	63	343	344	368	960
<b>a) Tortillas (corn)</b>	<b>Regional</b>	<b>15</b>	<b>99</b>	<b>103</b>	<b>20</b>	<b>40</b>	<b>103</b>	<b>112</b>	<b>436</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	13	93	109	20	40	43	104	436
	Panama	2	141	1	140	141	141	141	141
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>b) Biscuits (bizcochos)</b>	<b>Regional</b>	<b>27</b>	<b>783</b>	<b>435</b>	<b>48</b>	<b>390</b>	<b>840</b>	<b>1045</b>	<b>1600</b>

	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	20	918	404	48	755	853	1172	1600
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	7	399	270	63	343	344	368	960
<b>c) Tostadas</b>	<b>Regional</b>	<b>9</b>	<b>382</b>	<b>297</b>	<b>40</b>	<b>250</b>	<b>272</b>	<b>556</b>	<b>983</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	8	307	207	40	217	261	375	656
	Panama	1	983	N/A	983	983	983	983	983
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>d) Arepas</b>	<b>Regional</b>	<b>7</b>	<b>222</b>	<b>261</b>	<b>0</b>	<b>23</b>	<b>40</b>	<b>414</b>	<b>640</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	2	15	21	0	8	15	23	30
	Panama	5	304	269	15	40	402	425	640
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>4. Breakfast cereal</b>	<b>Regional</b>	<b>472</b>	<b>257</b>	<b>202</b>	<b>0</b>	<b>79</b>	<b>260</b>	<b>361</b>	<b>1307</b>
	Argentina	87	232	177	0	77	240	323	810
	Costa Rica	195	285	209	0	113	275	375	1307
	Panama	48	342	215	0	220	350	408	1133
	Peru	142	202	187	0	18	183	347	775
<b>5. Savory snacks</b>	<b>Regional</b>	<b>730</b>	<b>531</b>	<b>362</b>	<b>0</b>	<b>280</b>	<b>467</b>	<b>733</b>	<b>2491</b>
	Argentina	143	602	250	0	429	604	780	1292
	Costa Rica	336	516	390	0	202	445	720	2467
	Panama	92	646	467	27	358	532	842	2491
	Peru	159	434	276	19	266	359	577	1434
<b>a) Nuts, seeds, and kernels, seasoned and candied</b>	<b>Regional</b>	<b>201</b>	<b>380</b>	<b>274</b>	<b>6</b>	<b>188</b>	<b>325</b>	<b>500</b>	<b>1960</b>
	Argentina	36	567	204	145	392	566	762	856
	Costa Rica	95	334	300	6	145	268	404	1960
	Panama	26	297	173	27	164	290	396	833
	Peru	44	376	251	19	240	320	394	1090
<b>b) Chips, popcorn, and/or extruded snacks</b>	<b>Regional</b>	<b>398</b>	<b>577</b>	<b>293</b>	<b>0</b>	<b>383</b>	<b>567</b>	<b>760</b>	<b>1900</b>
	Argentina	101	613	262	0	512	604	772	1292
	Costa Rica	172	555	306	0	390	548	720	1900
	Panama	48	674	294	67	453	607	908	1467
	Peru	77	516	287	111	339	393	640	1434



<b>c) Pretzels and snack mixes</b>	<b>Regional</b>	<b>63</b>	<b>756</b>	<b>440</b>	<b>148</b>	<b>387</b>	<b>720</b>	<b>982</b>	<b>2200</b>
	Argentina	3	701	351	296	599	903	903	903
	Costa Rica	38	854	449	161	528	775	1074	2200
	Panama	4	1163	432	667	970	1136	1329	1714
	Peru	18	469	269	148	266	369	684	1107
<b>d) Other savory snacks</b>	<b>Regional</b>	<b>68</b>	<b>503</b>	<b>617</b>	<b>0</b>	<b>123</b>	<b>213</b>	<b>636</b>	<b>2491</b>
	Argentina	3	518	328	307	328	350	623	896
	Costa Rica	31	440	611	0	89	160	440	2467
	Panama	14	1052	781	33	447	765	1560	2491
	Peru	20	214	95	67	145	203	299	377
<b>6. Cheese</b>	<b>Regional</b>	<b>645</b>	<b>692</b>	<b>478</b>	<b>0</b>	<b>403</b>	<b>640</b>	<b>893</b>	<b>7143</b>
	Argentina	256	642	425	0	346	577	877	3300
	Costa Rica	213	720	583	0	506	643	893	7143
	Panama	68	898	423	32	634	780	1253	1800
	Peru	108	629	348	10	398	608	800	1800
<b>a) Fresh cheese (i.e., fresh mozzarella and others)</b>	<b>Regional</b>	<b>116</b>	<b>547</b>	<b>423</b>	<b>0</b>	<b>290</b>	<b>500</b>	<b>684</b>	<b>3300</b>
	Argentina	62	566	504	0	240	508	700	3300
	Costa Rica	30	486	324	23	221	463	639	1321
	Panama	3	1020	261	732	911	1089	1165	1240
	Peru	21	510	227	10	380	480	670	865
<b>b) Soft cheese (i.e., unripened goat cheese, cream cheese)</b>	<b>Regional</b>	<b>113</b>	<b>428</b>	<b>700</b>	<b>0</b>	<b>157</b>	<b>340</b>	<b>480</b>	<b>7143</b>
	Argentina	59	384	354	0	150	277	455	1500
	Costa Rica	23	660	1423	30	271	429	476	7143
	Panama	11	389	229	32	304	333	442	786
	Peru	20	312	215	44	53	366	480	760
<b>c) Semi-hard cheese (e.g., mozzarella, cheddar and others)</b>	<b>Regional</b>	<b>234</b>	<b>676</b>	<b>324</b>	<b>0</b>	<b>520</b>	<b>643</b>	<b>783</b>	<b>2000</b>
	Argentina	64	627	312	80	443	537	785	1800
	Costa Rica	97	676	327	0	590	643	717	2000
	Panama	27	812	356	182	622	679	853	1667
	Peru	46	665	305	120	520	636	796	1800
<b>d) Hard cheese, grated and ungrated</b>	<b>Regional</b>	<b>98</b>	<b>952</b>	<b>379</b>	<b>0</b>	<b>688</b>	<b>896</b>	<b>1140</b>	<b>2190</b>
	Argentina	52	953	325	217	820	928	1110	2190
	Costa Rica	29	906	465	0	607	750	1000	1800
	Panama	6	1353	379	893	1019	1450	1600	1800

	Peru	11	850	251	550	666	840	945	1317
<b>e) Processed cheese</b>	<b>Regional</b>	<b>84</b>	<b>991</b>	<b>328</b>	<b>314</b>	<b>722</b>	<b>964</b>	<b>1237</b>	<b>1763</b>
	Argentina	19	886	274	427	703	847	1108	1440
	Costa Rica	34	933	339	314	617	917	1206	1524
	Panama	21	1126	307	628	950	1070	1333	1669
	Peru	10	1104	346	747	880	960	1275	1763
<b>7. Processed vegetables, beans, and legumes</b>	<b>Regional</b>	<b>728</b>	<b>581</b>	<b>646</b>	<b>0</b>	<b>200</b>	<b>333</b>	<b>755</b>	<b>4400</b>
	Argentina	151	677	875	0	73	240	1148	2885
	Costa Rica	390	562	551	0	240	351	714	3500
	Panama	109	521	657	0	232	280	460	4400
	Peru	78	577	536	4	200	360	929	2300
<b>a) Tomato paste with additions</b>	<b>Regional</b>	<b>90</b>	<b>442</b>	<b>375</b>	<b>0</b>	<b>285</b>	<b>388</b>	<b>508</b>	<b>3200</b>
	Argentina	2	3	5	0	2	3	5	7
	Costa Rica	78	467	391	0	300	396	549	3200
	Panama	6	384	167	61	374	452	477	508
	Peru	4	247	76	200	200	214	261	360
<b>b) Canned vegetables</b>	<b>Regional</b>	<b>225</b>	<b>241</b>	<b>202</b>	<b>0</b>	<b>135</b>	<b>240</b>	<b>280</b>	<b>1646</b>
	Argentina	74	190	160	4	43	185	250	920
	Costa Rica	85	274	251	0	175	242	300	1646
	Panama	38	243	58	56	232	246	255	444
	Peru	28	276	242	4	127	220	313	930
<b>c) Canned beans, chickpeas and lentils</b>	<b>Regional</b>	<b>77</b>	<b>287</b>	<b>200</b>	<b>5</b>	<b>181</b>	<b>279</b>	<b>351</b>	<b>1078</b>
	Argentina	10	138	82	12	101	149	180	291
	Costa Rica	44	339	229	5	223	333	369	1078
	Panama	17	285	120	29	224	315	340	489
	Peru	6	158	96	55	99	127	211	310
<b>d) Baked and refried beans (mashed)</b>	<b>Regional</b>	<b>26</b>	<b>395</b>	<b>81</b>	<b>270</b>	<b>345</b>	<b>395</b>	<b>455</b>	<b>531</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	20	400	79	270	345	422	460	531
	Panama	6	377	92	281	313	362	415	530
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>e) Frozen potatoes and similar products</b>	<b>Regional</b>	<b>34</b>	<b>126</b>	<b>171</b>	<b>10</b>	<b>21</b>	<b>49</b>	<b>156</b>	<b>729</b>
	Argentina	11	136	152	19	52	64	131	432
	Costa Rica	7	102	122	15	28	40	138	329

	Panama	11	177	236	15	18	40	330	729
	Peru	5	25	16	10	16	25	25	52
<b>f) Dry mashed or scalloped potatoes (as consumed)</b>	<b>Regional</b>	<b>29</b>	<b>650</b>	<b>821</b>	<b>0</b>	<b>37</b>	<b>131</b>	<b>1643</b>	<b>2143</b>
	Argentina	9	74	99	14	29	32	44	320
	Costa Rica	15	1059	887	0	205	1565	1798	2143
	Panama	4	489	834	37	68	89	510	1739
	Peru	1	360	N/A	360	360	360	360	360
<b>g) Pickled vegetables</b>	<b>Regional</b>	<b>109</b>	<b>863</b>	<b>779</b>	<b>0</b>	<b>360</b>	<b>607</b>	<b>1033</b>	<b>4400</b>
	Argentina	10	1353	730	326	1009	1162	1837	2593
	Costa Rica	70	739	680	0	313	534	943	3500
	Panama	11	1247	1371	0	336	467	2000	4400
	Peru	18	842	541	337	520	660	950	2200
<b>h) Sundried tomatoes</b>	<b>Regional</b>	<b>4</b>	<b>897</b>	<b>329</b>	<b>438</b>	<b>822</b>	<b>967</b>	<b>1042</b>	<b>1218</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	4	897	329	438	822	967	1042	1218
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>i) Olives</b>	<b>Regional</b>	<b>117</b>	<b>1486</b>	<b>595</b>	<b>0</b>	<b>1120</b>	<b>1400</b>	<b>1700</b>	<b>2885</b>
	Argentina	35	2034	564	1065	1490	2045	2460	2885
	Costa Rica	51	1235	444	0	950	1286	1586	2200
	Panama	15	1333	501	395	1067	1400	1550	2600
	Peru	16	1232	347	796	1023	1160	1360	2300
<b>j) Vegetable juice</b>	<b>Regional</b>	<b>17</b>	<b>119</b>	<b>177</b>	<b>0</b>	<b>6</b>	<b>15</b>	<b>186</b>	<b>505</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	16	94	151	0	6	14	109	505
	Panama	1	505	N/A	505	505	505	505	505
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>8. Processed meat and poultry</b>	<b>Regional</b>	<b>566</b>	<b>930</b>	<b>679</b>	<b>5</b>	<b>565</b>	<b>799</b>	<b>1076</b>	<b>5460</b>
	Argentina	178	962	747	46	593	753	1036	5460
	Costa Rica	184	1071	759	5	722	908	1225	4800
	Panama	91	790	394	96	626	769	969	2495
	Peru	113	763	546	198	335	600	900	2640
<b>a) Packaged deli meats – fully cooked</b>	<b>Regional</b>	<b>126</b>	<b>959</b>	<b>518</b>	<b>198</b>	<b>757</b>	<b>900</b>	<b>1107</b>	<b>4700</b>
	Argentina	41	845	219	310	740	885	950	1280

	Costa Rica	56	1105	697	345	785	980	1160	4700
	Panama	10	984	196	675	831	982	1149	1263
	Peru	19	760	342	198	397	790	900	1468
<b>b) Packaged dry-cured deli meats</b>	<b>Regional</b>	<b>61</b>	<b>1668</b>	<b>747</b>	<b>217</b>	<b>1400</b>	<b>1536</b>	<b>1740</b>	<b>4570</b>
	Argentina	21	1762	899	365	1350	1490	1780	4295
	Costa Rica	30	1591	753	217	1400	1536	1706	4570
	Panama	1	1357	N/A	1357	1357	1357	1357	1357
	Peru	9	1738	212	1440	1655	1695	1800	2200
<b>c) Sausages - uncooked</b>	<b>Regional</b>	<b>39</b>	<b>913</b>	<b>371</b>	<b>314</b>	<b>723</b>	<b>866</b>	<b>1035</b>	<b>2495</b>
	Argentina	6	885	355	580	711	789	866	1574
	Costa Rica	11	951	206	695	842	895	976	1440
	Panama	17	942	455	352	730	758	1100	2495
	Peru	5	768	431	314	366	790	1069	1300
<b>d) Sausages - cooked</b>	<b>Regional</b>	<b>69</b>	<b>913</b>	<b>289</b>	<b>324</b>	<b>756</b>	<b>875</b>	<b>1053</b>	<b>2000</b>
	Argentina	16	901	260	440	694	885	1083	1468
	Costa Rica	24	938	175	727	793	900	1043	1388
	Panama	13	895	385	378	688	850	975	2000
	Peru	16	904	378	324	796	804	1234	1500
<b>e) Uncooked bacon – belly</b>	<b>Regional</b>	<b>5</b>	<b>1704</b>	<b>603</b>	<b>1000</b>	<b>1471</b>	<b>1500</b>	<b>1947</b>	<b>2600</b>
	Argentina	1	2600	N/A	2600	2600	2600	2600	2600
	Costa Rica	3	1639	267	1471	1485	1500	1724	1947
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	1	1000	N/A	1000	1000	1000	1000	1000
<b>f) Burgers, meatballs, meatloaf and breaded meat and poultry</b>	<b>Regional</b>	<b>180</b>	<b>505</b>	<b>232</b>	<b>38</b>	<b>330</b>	<b>517</b>	<b>669</b>	<b>1100</b>
	Argentina	66	586	164	46	472	605	687	850
	Costa Rica	43	543	292	38	358	611	781	969
	Panama	21	412	311	96	141	338	621	1100
	Peru	50	404	157	222	292	333	515	741
<b>g) Ham, canned meat and poultry, and uncooked, pickled, cured and smoked meats that are not deli meats</b>	<b>Regional</b>	<b>63</b>	<b>1411</b>	<b>1177</b>	<b>5</b>	<b>722</b>	<b>929</b>	<b>2019</b>	<b>5460</b>
	Argentina	14	2067	1586	274	626	2294	3033	5460
	Costa Rica	14	1717	1504	5	929	1185	2232	4800
	Panama	26	843	299	400	723	811	934	2071
	Peru	9	1556	841	480	547	2000	2000	2640
<b>h) Patés and meat spreads</b>	<b>Regional</b>	<b>23</b>	<b>726</b>	<b>184</b>	<b>260</b>	<b>654</b>	<b>750</b>	<b>838</b>	<b>990</b>

	Argentina	13	734	226	260	750	750	850	990
	Costa Rica	3	678	44	640	654	668	697	727
	Panama	3	828	112	733	767	800	876	952
	Peru	4	660	124	560	590	620	690	840
<b>9. Processed fish and seafood</b>	<b>Regional</b>	<b>368</b>	<b>451</b>	<b>639</b>	<b>0</b>	<b>255</b>	<b>350</b>	<b>463</b>	<b>5938</b>
	Argentina	54	541	1085	0	205	303	457	5913
	Costa Rica	176	475	680	22	272	346	491	5938
	Panama	72	366	178	10	271	360	446	985
	Peru	66	403	227	70	269	350	450	1152
<b>a) Canned fish</b>	<b>Regional</b>	<b>300</b>	<b>441</b>	<b>686</b>	<b>27</b>	<b>261</b>	<b>350</b>	<b>442</b>	<b>5938</b>
	Argentina	36	648	1301	101	255	322	450	5913
	Costa Rica	159	456	698	27	257	346	480	5938
	Panama	62	349	118	109	283	360	445	582
	Peru	43	343	149	70	269	350	390	740
<b>b) Frozen plain fish and seafood with added sodium phosphate</b>	<b>Regional</b>	<b>24</b>	<b>364</b>	<b>342</b>	<b>0</b>	<b>55</b>	<b>345</b>	<b>540</b>	<b>1204</b>
	Argentina	11	207	259	0	46	55	320	810
	Costa Rica	3	547	602	22	218	413	809	1204
	Panama	8	468	332	56	281	388	722	910
	Peru	2	540	0	540	540	540	540	540
<b>c) Fish and seafood cakes, fingers or burgers, seasoned, and breaded or battered or with sauces</b>	<b>Regional</b>	<b>28</b>	<b>372</b>	<b>225</b>	<b>10</b>	<b>241</b>	<b>332</b>	<b>472</b>	<b>955</b>
	Argentina	4	244	140	87	168	235	310	419
	Costa Rica	9	506	269	75	336	520	657	955
	Panama	1	10	N/A	10	10	10	10	10
	Peru	14	349	167	128	250	324	410	801
<b>d) Smoked, salted, pickled and kippered fish</b>	<b>Regional</b>	<b>16</b>	<b>901</b>	<b>349</b>	<b>345</b>	<b>732</b>	<b>919</b>	<b>1038</b>	<b>1786</b>
	Argentina	3	884	200	653	827	1000	1000	1000
	Costa Rica	5	982	542	345	758	824	1200	1786
	Panama	1	985	N/A	985	985	985	985	985
	Peru	7	838	289	379	673	887	1051	1152
<b>10. Soy products and meat alternatives</b>	<b>Regional</b>	<b>158</b>	<b>422</b>	<b>199</b>	<b>0</b>	<b>341</b>	<b>390</b>	<b>498</b>	<b>1375</b>
	Argentina	77	382	120	0	328	376	433	784
	Costa Rica	50	547	236	5	400	539	678	1375
	Panama	5	204	276	6	12	24	360	620
	Peru	26	339	177	15	301	360	386	680

<b>a) Seasoned tofu and tempeh</b>	<b>Regional</b>	<b>10</b>	<b>245</b>	<b>295</b>	<b>5</b>	<b>15</b>	<b>34</b>	<b>547</b>	<b>673</b>
	Argentina	1	602	N/A	603	603	603	603	603
	Costa Rica	6	301	308	5	31	266	547	673
	Panama	3	14	9	6	9	12	18	24
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>b) Meat analogues and other meat alternatives</b>	<b>Regional</b>	<b>148</b>	<b>433</b>	<b>187</b>	<b>0</b>	<b>345</b>	<b>393</b>	<b>498</b>	<b>1375</b>
	Argentina	76	379	118	0	328	376	431	784
	Costa Rica	44	580	207	310	408	572	686	1375
	Panama	2	490	184	360	425	490	555	620
	Peru	26	339	177	15	301	360	386	680
<b>11. Soups</b>	<b>Regional</b>	<b>230</b>	<b>1678</b>	<b>2152</b>	<b>14</b>	<b>299</b>	<b>473</b>	<b>2238</b>	<b>13600</b>
	Argentina	45	319	138	32	259	285	341	702
	Costa Rica	83	2152	2478	14	270	725	4228	13600
	Panama	48	3204	2361	318	987	2480	5470	7940
	Peru	54	727	776	97	328	405	953	4538
<b>a) Wet and dry soups (as consumed)</b>	<b>Regional</b>	<b>130</b>	<b>2295</b>	<b>2616</b>	<b>14</b>	<b>252</b>	<b>658</b>	<b>4904</b>	<b>13600</b>
	Argentina	18	238	74	32	208	252	280	336
	Costa Rica	68	2278	2674	14	221	721	4593	13600
	Panama	29	4500	2117	543	3609	5258	5636	7940
	Peru	15	576	1098	170	265	296	344	4538
<b>b) Noodles in broth (as consumed)</b>	<b>Regional</b>	<b>100</b>	<b>877</b>	<b>805</b>	<b>97</b>	<b>327</b>	<b>461</b>	<b>1215</b>	<b>3250</b>
	Argentina	27	373	145	98	279	335	375	702
	Costa Rica	15	1578	1156	298	327	1186	2633	3250
	Panama	19	1226	867	318	338	1215	1944	3062
	Peru	39	785	619	97	355	473	1160	3062
<b>12. Ready-made foods, convenience foods, and mixed dishes</b>	<b>Regional</b>	<b>349</b>	<b>507</b>	<b>460</b>	<b>0</b>	<b>287</b>	<b>400</b>	<b>586</b>	<b>5470</b>
	Argentina	144	412	174	31	286	397	519	973
	Costa Rica	116	547	400	0	241	469	755	1900
	Panama	24	713	1062	0	323	443	807	5470
	Peru	65	570	589	85	317	380	530	3000
<b>b) Canned stew and meatballs</b>	<b>Regional</b>	<b>4</b>	<b>539</b>	<b>405</b>	<b>300</b>	<b>326</b>	<b>356</b>	<b>569</b>	<b>1145</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

	Peru	4	539	405	300	326	356	569	1145
<b>c) Pasta, noodles, rice or grains with sauce or seasonings (as consumed)</b>	<b>Regional</b>	<b>15</b>	<b>467</b>	<b>273</b>	<b>148</b>	<b>297</b>	<b>340</b>	<b>670</b>	<b>1040</b>
	Argentina	2	288	12	280	284	288	293	297
	Costa Rica	6	499	282	326	343	354	523	1040
	Panama	3	671	299	326	577	829	843	857
	Peru	4	356	276	148	202	259	414	760
<b>d) Pasta, noodles, rice or grains with sauce or seasonings (dry mix, as sold)</b>	<b>Regional</b>	<b>76</b>	<b>863</b>	<b>807</b>	<b>0</b>	<b>306</b>	<b>744</b>	<b>1088</b>	<b>5470</b>
	Argentina	24	302	66	162	272	288	334	460
	Costa Rica	37	947	397	0	731	920	1120	1900
	Panama	3	2405	2656	800	872	944	3207	5470
	Peru	12	1340	1014	158	658	1166	1695	3000
<b>f) Pizza and pizza snacks</b>	<b>Regional</b>	<b>41</b>	<b>471</b>	<b>244</b>	<b>89</b>	<b>312</b>	<b>475</b>	<b>594</b>	<b>990</b>
	Argentina	22	463	285	89	158	514	652	973
	Costa Rica	13	505	228	203	349	487	635	990
	Panama	3	476	47	423	458	494	503	512
	Peru	3	381	18	364	372	380	390	399
<b>g) Sandwiches</b>	<b>Regional</b>	<b>15</b>	<b>342</b>	<b>225</b>	<b>37</b>	<b>155</b>	<b>388</b>	<b>488</b>	<b>698</b>
	Argentina	3	644	51	598	617	637	667	698
	Costa Rica	12	267	181	37	65	267	424	517
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>h) Refrigerated or frozen appetizers, sides and entrees</b>	<b>Regional</b>	<b>198</b>	<b>392</b>	<b>194</b>	<b>0</b>	<b>272</b>	<b>384</b>	<b>505</b>	<b>1200</b>
	Argentina	93	423	147	31	313	411	510	765
	Costa Rica	48	325	211	8	152	308	491	753
	Panama	15	430	350	0	248	372	555	1200
	Peru	42	387	180	85	311	374	406	1136
<b>13. Fresh or dried plain pasta and noodles</b>	<b>Regional</b>	<b>540</b>	<b>18</b>	<b>103</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>10</b>	<b>2040</b>
	Argentina	202	16	35	0	9	10	11	216
	Costa Rica	128	32	193	0	0	0	5	2040
	Panama	39	7	10	0	0	4	11	36
	Peru	171	12	62	0	0	2	5	770
<b>14. Granola and energy bars, and nut butters/spreads</b>	<b>Regional</b>	<b>231</b>	<b>183</b>	<b>156</b>	<b>0</b>	<b>59</b>	<b>167</b>	<b>281</b>	<b>893</b>
	Argentina	33	137	119	0	58	104	208	429
	Costa Rica	117	188	170	0	60	182	280	893

	Panama	31	285	138	56	156	281	391	500
	Peru	50	138	122	0	34	83	280	391
<b>a) Granola, cereal and energy bars</b>	<b>Regional</b>	<b>196</b>	<b>167</b>	<b>130</b>	<b>0</b>	<b>60</b>	<b>148</b>	<b>253</b>	<b>571</b>
	Argentina	33	137	119	0	58	104	208	429
	Costa Rica	101	186	139	0	67	188	271	571
	Panama	18	213	101	65	140	200	275	400
	Peru	44	125	117	0	22	80	232	370
<b>b) Nut butters and nut spreads</b>	<b>Regional</b>	<b>35</b>	<b>273</b>	<b>238</b>	<b>0</b>	<b>35</b>	<b>297</b>	<b>407</b>	<b>893</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	16	195	307	0	9	30	320	893
	Panama	13	384	121	56	356	391	469	500
	Peru	6	237	119	87	139	272	297	391
<b>15. Fats and oils</b>	<b>Regional</b>	<b>352</b>	<b>696</b>	<b>668</b>	<b>0</b>	<b>400</b>	<b>700</b>	<b>884</b>	<b>11000</b>
	Argentina	86	542	472	0	110	629	806	2520
	Costa Rica	144	735	929	0	415	673	900	11000
	Panama	48	835	235	383	692	817	972	1867
	Peru	74	708	334	0	400	700	884	1571
<b>a) Salted butter, margarine, and butter blends</b>	<b>Regional</b>	<b>108</b>	<b>624</b>	<b>378</b>	<b>0</b>	<b>383</b>	<b>673</b>	<b>864</b>	<b>1571</b>
	Argentina	16	262	323	12	86	190	245	1310
	Costa Rica	45	528	326	0	361	607	714	1067
	Panama	17	765	126	593	643	750	886	980
	Peru	30	881	367	0	704	760	996	1571
<b>b) Mayonnaise</b>	<b>Regional</b>	<b>96</b>	<b>708</b>	<b>209</b>	<b>247</b>	<b>599</b>	<b>733</b>	<b>825</b>	<b>1333</b>
	Argentina	31	753	153	275	672	742	825	1225
	Costa Rica	21	728	245	247	595	667	843	1333
	Panama	16	772	176	500	619	767	903	1067
	Peru	28	608	226	339	400	600	768	1110
<b>c) Salad dressing &amp; vinaigrette</b>	<b>Regional</b>	<b>148</b>	<b>740</b>	<b>962</b>	<b>0</b>	<b>333</b>	<b>709</b>	<b>1000</b>	<b>11000</b>
	Argentina	39	489	606	0	87	120	904	2520
	Costa Rica	78	857	1220	0	464	757	1025	11000
	Panama	15	984	315	383	850	972	1067	1867
	Peru	16	558	297	4	400	400	714	1167
<b>16. Sauces, dips, gravy and condiments</b>	<b>Regional</b>	<b>909</b>	<b>3310</b>	<b>6308</b>	<b>0</b>	<b>378</b>	<b>788</b>	<b>2400</b>	<b>34667</b>
	Argentina	203	1946	3974	0	275	483	1283	24000



	Costa Rica	330	3595	6541	0	472	1000	3113	32750
	Panama	153	4533	7137	0	528	1110	4550	34667
	Peru	223	3290	6874	0	362	681	1413	32660
<b>a) Bouillon cubes and powders (as sold)</b>	<b>Regional</b>	<b>47</b>	<b>7065</b>	<b>10522</b>	<b>17</b>	<b>280</b>	<b>352</b>	<b>15345</b>	<b>30640</b>
	Argentina	35	1951	5076	17	257	316	363	24000
	Costa Rica	1	1000	N/A	1000	1000	1000	1000	1000
	Panama	5	21089	2396	17764	20000	21044	22702	23938
	Peru	6	26221	3372	22209	23408	27022	27929	30640
<b>b) Pasta sauce</b>	<b>Regional</b>	<b>89</b>	<b>848</b>	<b>1377</b>	<b>0</b>	<b>315</b>	<b>398</b>	<b>681</b>	<b>6400</b>
	Argentina	25	268	127	0	188	290	315	480
	Costa Rica	28	1689	2221	240	359	436	1724	6400
	Panama	5	608	222	385	413	583	758	903
	Peru	31	595	291	147	364	508	720	1309
<b>c) Pesto</b>	<b>Regional</b>	<b>24</b>	<b>732</b>	<b>420</b>	<b>0</b>	<b>456</b>	<b>698</b>	<b>990</b>	<b>1600</b>
	Argentina	2	37	52	0	18	37	55	73
	Costa Rica	17	879	377	394	480	812	1120	1600
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	5	509	217	345	390	410	520	880
<b>d) Tomato sauce</b>	<b>Regional</b>	<b>76</b>	<b>315</b>	<b>225</b>	<b>0</b>	<b>148</b>	<b>339</b>	<b>453</b>	<b>1210</b>
	Argentina	26	187	286	0	29	66	198	1210
	Costa Rica	5	325	82	230	240	385	385	385
	Panama	26	425	132	61	346	421	464	638
	Peru	19	339	174	0	200	339	425	653
<b>e) Ketchup and similar tomato-type condiments (as consumed)</b>	<b>Regional</b>	<b>105</b>	<b>912</b>	<b>574</b>	<b>18</b>	<b>600</b>	<b>869</b>	<b>1094</b>	<b>4524</b>
	Argentina	29	859	386	18	592	817	1000	1890
	Costa Rica	41	997	562	69	647	900	1250	2595
	Panama	12	1005	1141	80	527	719	942	4524
	Peru	23	777	317	19	633	900	980	1117
<b>f) Mustard</b>	<b>Regional</b>	<b>57</b>	<b>1330</b>	<b>635</b>	<b>0</b>	<b>887</b>	<b>1200</b>	<b>1667</b>	<b>2700</b>
	Argentina	21	1181	631	0	650	1167	1617	2317
	Costa Rica	19	1765	603	900	1200	1700	2250	2700
	Panama	4	1307	536	660	990	1350	1667	1867
	Peru	13	941	314	316	700	1020	1080	1400
<b>g) Spicy sauce</b>	<b>Regional</b>	<b>118</b>	<b>1339</b>	<b>1378</b>	<b>0</b>	<b>463</b>	<b>797</b>	<b>1985</b>	<b>8060</b>

	Argentina	14	1811	2015	0	661	1467	2023	8060
	Costa Rica	57	1538	1431	0	642	967	2200	6133
	Panama	14	1410	1240	180	575	920	1900	4200
	Peru	33	766	762	1	346	680	767	3818
<b>h) Gravy, cooking sauces, dips, and salsa (as consumed)</b>	<b>Regional</b>	<b>159</b>	<b>1149</b>	<b>1546</b>	<b>0</b>	<b>393</b>	<b>633</b>	<b>1194</b>	<b>11300</b>
	Argentina	23	924	523	335	515	800	1100	2200
	Costa Rica	65	893	1164	0	345	523	760	5200
	Panama	34	1963	2535	0	607	815	1738	11300
	Peru	37	989	1103	3	347	633	1208	4000
<b>i) Sweet oriental sauces</b>	<b>Regional</b>	<b>16</b>	<b>1158</b>	<b>1365</b>	<b>3</b>	<b>294</b>	<b>429</b>	<b>1615</b>	<b>4000</b>
	Argentina	2	472	111	393	433	472	511	550
	Costa Rica	10	1653	1536	198	321	1082	3182	4000
	Panama	1	390	N/A	390	390	390	390	390
	Peru	3	225	232	3	105	207	336	465
<b>j) Soya and other salty oriental sauces</b>	<b>Regional</b>	<b>54</b>	<b>4248</b>	<b>2159</b>	<b>95</b>	<b>2800</b>	<b>4100</b>	<b>5940</b>	<b>8400</b>
	Argentina	6	4037	1163	2239	3445	4160	4793	5453
	Costa Rica	19	4603	2427	95	3520	4067	6550	8400
	Panama	17	3571	1960	1180	2073	3293	4720	7733
	Peru	12	4748	2321	387	3698	5510	5940	7679
<b>k) Marinades (as consumed)</b>	<b>Regional</b>	<b>31</b>	<b>1395</b>	<b>1445</b>	<b>0</b>	<b>68</b>	<b>700</b>	<b>2365</b>	<b>5280</b>
	Argentina	2	2140	368	1880	2010	2140	2270	2400
	Costa Rica	12	2081	1451	0	1400	2133	2533	5280
	Panama	4	175	350	0	0	0	175	700
	Peru	13	1022	1428	20	20	210	2365	4018
<b>l) Dry seasoning mixes for rice and side dishes</b>	<b>Regional</b>	<b>41</b>	<b>15227</b>	<b>8955</b>	<b>0</b>	<b>9160</b>	<b>15000</b>	<b>19600</b>	<b>34667</b>
	Argentina	3	3889	6736	0	0	0	5833	11667
	Costa Rica	9	16478	7043	5769	11600	16000	21556	26100
	Panama	15	16571	9577	3778	9080	15800	23656	34667
	Peru	14	15413	8808	286	12300	14000	18700	32660
<b>m) Dry seasoning mixes for meat and fish</b>	<b>Regional</b>	<b>92</b>	<b>12303</b>	<b>9995</b>	<b>0</b>	<b>4263</b>	<b>9262</b>	<b>21311</b>	<b>32750</b>
	Argentina	15	11845	5359	445	8208	13500	16160	17120
	Costa Rica	47	13277	11273	0	2450	10146	23583	32750
	Panama	16	9995	7866	349	4455	7375	12155	26400
	Peru	14	12165	11708	333	2095	8667	22205	31667

**Table 3.1.2 Distribution of sodium content per kcal of packaged foods, by PAHO category at the regional level and by country**

PAHO Categories	Country	Products with sodium data	Sodium (mg per kcal)		Percentiles (mg per kcal)				
		<i>n</i>	Mean	SD	Min	25th	50 <sup>th</sup>	75 <sup>th</sup>	Max
<b>1. Bread, bread products, and crisp breads</b>	<b>Regional</b>	<b>545</b>	<b>1.6</b>	<b>1.3</b>	<b>0.0</b>	<b>1.1</b>	<b>1.6</b>	<b>2.0</b>	<b>17.7</b>
	Argentina	226	1.6	0.8	0.0	1.3	1.7	2.0	5.0
	Costa Rica	187	1.8	2.0	0.0	0.9	1.6	2.2	17.7
	Panama	45	1.8	0.7	0.8	1.5	1.7	2.1	4.7
	Peru	87	1.2	0.5	0.1	0.9	1.3	1.5	2.4
<b>a) Pantry and hearth bread, rolls and buns</b>	<b>Regional</b>	<b>248</b>	<b>1.5</b>	<b>0.7</b>	<b>0.0</b>	<b>1.2</b>	<b>1.6</b>	<b>1.9</b>	<b>5.0</b>
	Argentina	102	1.8	0.6	0.2	1.5	1.7	1.9	5.0
	Costa Rica	84	1.2	0.8	0.0	0.5	1.3	1.7	3.4
	Panama	23	1.7	0.6	0.8	1.4	1.7	2.0	3.5
	Peru	39	1.5	0.4	1.1	1.3	1.4	1.5	2.4
<b>b) Tortillas (wheat), wraps, naan, roti</b>	<b>Regional</b>	<b>74</b>	<b>1.9</b>	<b>1.0</b>	<b>0.1</b>	<b>1.3</b>	<b>1.9</b>	<b>2.5</b>	<b>4.7</b>
	Argentina	6	1.8	0.3	1.5	1.7	1.7	1.8	2.4
	Costa Rica	42	2.2	1.0	0.1	1.7	2.3	2.6	4.5
	Panama	12	1.9	1.0	0.8	1.2	1.9	2.1	4.7
	Peru	14	1.0	0.5	0.4	0.6	1.1	1.4	1.7
<b>c) Bread with additions</b>	<b>Regional</b>	<b>29</b>	<b>1.8</b>	<b>0.6</b>	<b>0.6</b>	<b>1.4</b>	<b>1.8</b>	<b>2.1</b>	<b>3.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	19	1.9	0.7	0.6	1.5	1.9	2.6	3.0
	Panama	4	1.9	0.3	1.6	1.6	1.9	2.1	2.1
	Peru	6	1.4	0.5	0.8	1.1	1.2	1.7	1.9
<b>d) Other bread products</b>	<b>Regional</b>	<b>194</b>	<b>1.7</b>	<b>2.0</b>	<b>0.0</b>	<b>0.8</b>	<b>1.5</b>	<b>2.0</b>	<b>17.7</b>
	Argentina	118	1.5	0.9	0.0	0.8	1.7	2.2	3.4
	Costa Rica	42	2.5	3.8	0.0	0.9	1.5	2.0	17.7
	Panama	6	1.9	0.3	1.7	1.7	1.8	1.8	2.4
	Peru	28	0.9	0.3	0.1	0.6	0.9	1.0	1.6
<b>2. Cakes, biscuits, pastries and sweet breads</b>	<b>Regional</b>	<b>1500</b>	<b>0.8</b>	<b>0.7</b>	<b>0.0</b>	<b>0.4</b>	<b>0.6</b>	<b>1.1</b>	<b>5.0</b>
	Argentina	625	0.8	0.6	0.0	0.3	0.6	1.1	4.6
	Costa Rica	511	0.9	0.7	0.0	0.4	0.7	1.2	3.5

	Panama	99	1.0	0.9	0.1	0.5	0.8	1.3	5.0
	Peru	265	0.7	0.4	0.0	0.4	0.6	0.9	2.3
<b>a) Savory biscuits and crackers</b>	<b>Regional</b>	<b>273</b>	<b>1.5</b>	<b>0.7</b>	<b>0.0</b>	<b>1.1</b>	<b>1.5</b>	<b>1.9</b>	<b>4.6</b>
	Argentina	144	1.5	0.7	0.0	1.1	1.5	1.9	4.6
	Costa Rica	64	1.6	0.7	0.3	1.2	1.7	1.9	3.5
	Panama	9	1.5	0.3	1.0	1.4	1.5	1.7	1.8
	Peru	56	1.2	0.6	0.0	0.9	1.1	1.7	2.3
<b>b) Cookies and sweet biscuits</b>	<b>Regional</b>	<b>854</b>	<b>0.5</b>	<b>0.4</b>	<b>0.0</b>	<b>0.3</b>	<b>0.5</b>	<b>0.7</b>	<b>3.6</b>
	Argentina	341	0.5	0.4	0.0	0.2	0.4	0.7	3.6
	Costa Rica	294	0.6	0.3	0.0	0.3	0.5	0.7	2.3
	Panama	64	0.7	0.5	0.1	0.4	0.7	0.9	2.3
	Peru	155	0.5	0.2	0.0	0.4	0.5	0.7	1.3
<b>c) Pastries, squares, and quick/sweet breads</b>	<b>Regional</b>	<b>215</b>	<b>1.1</b>	<b>0.9</b>	<b>0.0</b>	<b>0.5</b>	<b>0.8</b>	<b>1.3</b>	<b>5.0</b>
	Argentina	80	0.8	0.4	0.1	0.6	0.7	0.9	2.1
	Costa Rica	85	1.4	0.9	0.0	0.6	1.1	2.1	3.4
	Panama	22	1.8	1.3	0.4	0.6	1.9	2.4	5.0
	Peru	28	0.6	0.3	0.3	0.4	0.5	0.7	1.3
<b>d) Cakes</b>	<b>Regional</b>	<b>158</b>	<b>1.0</b>	<b>0.6</b>	<b>0.0</b>	<b>0.6</b>	<b>0.9</b>	<b>1.4</b>	<b>2.8</b>
	Argentina	60	1.1	0.5	0.2	0.7	1.1	1.5	2.1
	Costa Rica	68	1.1	0.7	0.1	0.5	0.9	1.6	2.8
	Panama	4	0.4	0.3	0.2	0.3	0.3	0.5	0.9
	Peru	26	0.9	0.4	0.0	0.6	0.9	1.0	1.6
<b>3. Corn derivatives</b>	<b>Regional</b>	<b>58</b>	<b>1.3</b>	<b>1.2</b>	<b>0.0</b>	<b>0.5</b>	<b>1.0</b>	<b>2.0</b>	<b>6.3</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	43	1.2	1.0	0.0	0.2	0.8	2.0	3.2
	Panama	8	2.0	2.1	0.1	0.5	1.3	2.7	6.3
	Peru	7	1.1	0.4	0.9	0.9	1.0	1.0	2.1
<b>a) Tortillas (corn)</b>	<b>Regional</b>	<b>15</b>	<b>0.5</b>	<b>0.4</b>	<b>0.0</b>	<b>0.2</b>	<b>0.5</b>	<b>0.6</b>	<b>1.9</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	13	0.5	0.5	0.0	0.2	0.2	0.6	1.9
	Panama	2	0.6	0.1	0.6	0.6	0.6	0.6	0.7
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>b) Biscuits (bizcochos)</b>	<b>Regional</b>	<b>27</b>	<b>1.8</b>	<b>0.8</b>	<b>0.1</b>	<b>1.0</b>	<b>1.9</b>	<b>2.5</b>	<b>3.2</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

	Costa Rica	20	2.0	0.8	0.1	1.6	2.1	2.6	3.2
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	7	1.1	0.4	0.9	0.9	1.0	1.0	2.1
<b>c) Tostadas</b>	<b>Regional</b>	<b>9</b>	<b>0.8</b>	<b>0.7</b>	<b>0.1</b>	<b>0.5</b>	<b>0.6</b>	<b>1.4</b>	<b>2.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	8	0.7	0.5	0.1	0.4	0.5	0.9	1.6
	Panama	1	2.0	N/A	2.0	2.0	2.0	2.0	2.0
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>d) Arepas</b>	<b>Regional</b>	<b>7</b>	<b>1.8</b>	<b>2.4</b>	<b>0.0</b>	<b>0.1</b>	<b>0.2</b>	<b>3.1</b>	<b>6.3</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	2	0.1	0.1	0.0	0.0	0.1	0.1	0.2
	Panama	5	2.5	2.6	0.1	0.1	2.4	3.7	6.3
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>4. Breakfast cereal</b>	<b>Regional</b>	<b>473</b>	<b>0.7</b>	<b>0.5</b>	<b>0.0</b>	<b>0.2</b>	<b>0.7</b>	<b>1.0</b>	<b>3.1</b>
	Argentina	87	0.6	0.5	0.0	0.2	0.6	0.9	2.2
	Costa Rica	195	0.7	0.5	0.0	0.3	0.7	1.1	2.5
	Panama	49	0.9	0.6	0.0	0.5	0.9	1.1	3.1
	Peru	142	0.5	0.5	0.0	0.0	0.5	0.9	2.1
<b>5. Savory snacks</b>	<b>Regional</b>	<b>731</b>	<b>1.1</b>	<b>0.8</b>	<b>0.0</b>	<b>0.5</b>	<b>0.9</b>	<b>1.4</b>	<b>5.4</b>
	Argentina	143	1.2	0.6	0.0	0.8	1.2	1.7	2.9
	Costa Rica	336	1.1	0.9	0.0	0.4	0.9	1.4	5.4
	Panama	93	1.2	0.9	0.0	0.7	1.0	1.6	4.4
	Peru	159	0.9	0.6	0.0	0.5	0.7	1.1	3.2
<b>a) Nuts, seeds, and kernels, seasoned and candied</b>	<b>Regional</b>	<b>201</b>	<b>0.7</b>	<b>0.6</b>	<b>0.0</b>	<b>0.3</b>	<b>0.6</b>	<b>0.9</b>	<b>4.7</b>
	Argentina	36	1.1	0.5	0.3	0.7	1.1	1.4	2.0
	Costa Rica	95	0.6	0.7	0.0	0.2	0.4	0.7	4.7
	Panama	26	0.5	0.3	0.1	0.3	0.5	0.7	1.4
	Peru	44	0.7	0.4	0.0	0.5	0.6	0.9	1.8
<b>b) Chips, popcorn, and/or extruded snacks</b>	<b>Regional</b>	<b>399</b>	<b>1.2</b>	<b>0.6</b>	<b>0.0</b>	<b>0.8</b>	<b>1.1</b>	<b>1.5</b>	<b>3.5</b>
	Argentina	101	1.3	0.6	0.0	1.0	1.3	1.7	2.9
	Costa Rica	172	1.1	0.6	0.0	0.7	1.1	1.5	3.5
	Panama	49	1.3	0.6	0.0	0.9	1.2	1.7	3.0
	Peru	77	1.1	0.7	0.2	0.6	0.9	1.3	3.2
	<b>Regional</b>	<b>63</b>	<b>1.7</b>	<b>1.0</b>	<b>0.3</b>	<b>1.1</b>	<b>1.5</b>	<b>2.3</b>	<b>5.4</b>

<b>c) Pretzels and snack mixes</b>	Argentina	3	1.5	0.7	0.7	1.3	1.9	1.9	1.9
	Costa Rica	38	2.0	1.1	0.3	1.2	1.6	2.5	5.4
	Panama	4	2.5	1.3	1.3	1.8	2.1	2.8	4.4
	Peru	18	1.1	0.6	0.3	0.6	1.1	1.4	2.8
<b>d) Other savory snacks</b>	<b>Regional</b>	<b>68</b>	<b>0.9</b>	<b>1.0</b>	<b>0.0</b>	<b>0.2</b>	<b>0.4</b>	<b>1.0</b>	<b>4.6</b>
	Argentina	3	1.3	1.1	0.6	0.6	0.7	1.6	2.5
	Costa Rica	31	0.8	1.1	0.0	0.2	0.4	0.9	4.6
	Panama	14	1.7	1.2	0.1	0.7	1.3	2.8	4.1
	Peru	20	0.4	0.2	0.1	0.2	0.4	0.6	0.8
<b>6. Cheese</b>	<b>Regional</b>	<b>644</b>	<b>2.3</b>	<b>1.8</b>	<b>0.0</b>	<b>1.4</b>	<b>1.9</b>	<b>2.8</b>	<b>25.0</b>
	Argentina	256	2.1	1.3	0.0	1.3	1.9	2.6	9.7
	Costa Rica	213	2.4	2.4	0.0	1.5	1.9	2.7	25.0
	Panama	68	3.0	1.7	0.2	1.7	2.4	4.1	7.5
	Peru	107	2.1	1.2	0.0	1.3	1.8	2.8	6.4
<b>a) Fresh cheese (i.e., fresh mozzarella and others)</b>	<b>Regional</b>	<b>116</b>	<b>2.1</b>	<b>1.5</b>	<b>0.0</b>	<b>1.1</b>	<b>1.8</b>	<b>2.9</b>	<b>9.7</b>
	Argentina	62	1.9	1.6	0.0	0.7	1.6	2.4	9.7
	Costa Rica	30	2.2	1.6	0.3	0.9	1.9	3.0	7.2
	Panama	3	3.5	1.5	2.2	2.6	3.1	4.1	5.2
	Peru	21	2.4	1.0	0.0	1.8	2.6	3.1	3.6
<b>b) Soft cheese (i.e., unripened goat cheese, cream cheese)</b>	<b>Regional</b>	<b>113</b>	<b>1.7</b>	<b>2.5</b>	<b>0.0</b>	<b>0.9</b>	<b>1.3</b>	<b>1.9</b>	<b>25.0</b>
	Argentina	59	1.7	1.5	0.0	0.9	1.4	2.1	6.5
	Costa Rica	23	2.4	5.0	0.1	1.0	1.3	1.9	25.0
	Panama	11	1.5	0.9	0.2	1.0	1.1	1.8	3.1
	Peru	20	1.1	0.8	0.1	0.2	1.1	1.5	2.8
<b>c) Semi-hard cheese (e.g., mozzarella, cheddar and others)</b>	<b>Regional</b>	<b>233</b>	<b>2.0</b>	<b>1.1</b>	<b>0.0</b>	<b>1.5</b>	<b>1.8</b>	<b>2.4</b>	<b>7.5</b>
	Argentina	64	1.9	1.0	0.2	1.3	1.6	2.4	4.8
	Costa Rica	97	2.0	1.1	0.0	1.5	1.9	2.4	6.3
	Panama	27	2.6	1.7	0.4	1.7	1.9	2.6	7.5
	Peru	45	1.9	1.0	0.3	1.4	1.8	2.3	4.9
<b>d) Hard cheese, grated and ungrated</b>	<b>Regional</b>	<b>98</b>	<b>2.4</b>	<b>0.9</b>	<b>0.0</b>	<b>1.9</b>	<b>2.3</b>	<b>2.9</b>	<b>4.8</b>
	Argentina	52	2.5	0.7	0.5	2.2	2.3	2.9	4.8
	Costa Rica	29	2.2	1.1	0.0	1.5	2.0	2.5	4.5
	Panama	6	3.3	0.9	2.3	2.6	3.2	3.8	4.5
	Peru	11	2.1	0.6	1.3	1.6	2.0	2.3	3.5

<b>e) Processed cheese</b>	<b>Regional</b>	<b>84</b>	<b>3.8</b>	<b>2.4</b>	<b>1.0</b>	<b>2.4</b>	<b>3.6</b>	<b>4.6</b>	<b>21.3</b>
	Argentina	19	3.2	1.1	1.7	2.4	3.6	3.9	6.3
	Costa Rica	34	3.9	3.5	1.0	2.0	3.0	4.6	21.3
	Panama	21	4.1	1.5	1.4	3.5	4.1	4.9	7.1
	Peru	10	4.4	1.1	3.0	3.6	4.2	5.1	6.4
<b>7. Processed vegetables, beans, and legumes</b>	<b>Regional</b>	<b>716</b>	<b>17.0</b>	<b>121.7</b>	<b>0.0</b>	<b>2.7</b>	<b>5.6</b>	<b>10.4</b>	<b>2593.3</b>
	Argentina	151	44.3	262.0	0.0	1.4	4.2	12.9	2593.3
	Costa Rica	377	8.6	11.8	0.0	3.2	5.3	9.3	114.3
	Panama	110	11.7	27.5	0.0	3.2	5.8	9.0	186.7
	Peru	78	12.1	14.4	0.1	3.0	6.3	17.4	84.6
<b>a) Tomato paste with additions</b>	<b>Regional</b>	<b>90</b>	<b>8.0</b>	<b>6.8</b>	<b>0.0</b>	<b>4.1</b>	<b>6.1</b>	<b>9.6</b>	<b>42.7</b>
	Argentina	2	0.2	0.3	0.0	0.1	0.2	0.3	0.4
	Costa Rica	78	8.4	7.0	0.0	4.2	6.2	9.6	42.7
	Panama	6	8.4	6.4	0.7	3.1	8.7	13.4	16.0
	Peru	4	5.4	1.4	3.5	5.0	5.7	6.1	6.9
<b>b) Canned vegetables</b>	<b>Regional</b>	<b>225</b>	<b>7.1</b>	<b>6.5</b>	<b>0.0</b>	<b>2.8</b>	<b>5.0</b>	<b>9.3</b>	<b>36.0</b>
	Argentina	74	6.2	6.9	0.2	1.9	3.0	8.7	35.6
	Costa Rica	85	7.3	6.7	0.0	2.9	5.0	10.1	36.0
	Panama	38	7.4	3.9	0.4	5.1	6.0	8.9	19.3
	Peru	28	8.5	8.0	0.1	3.0	4.8	14.8	30.8
<b>c) Canned beans, chickpeas and lentils</b>	<b>Regional</b>	<b>77</b>	<b>3.5</b>	<b>2.7</b>	<b>0.0</b>	<b>2.0</b>	<b>2.9</b>	<b>4.4</b>	<b>17.8</b>
	Argentina	10	1.6	1.1	0.1	0.9	1.5	1.9	4.2
	Costa Rica	44	4.1	2.9	0.0	2.5	3.3	4.7	17.8
	Panama	17	3.9	2.6	0.5	2.2	3.2	5.4	9.1
	Peru	6	1.4	0.7	0.8	0.9	1.1	2.0	2.3
<b>d) Baked and refried beans (mashed)</b>	<b>Regional</b>	<b>26</b>	<b>3.5</b>	<b>0.9</b>	<b>2.3</b>	<b>3.3</b>	<b>3.5</b>	<b>3.8</b>	<b>5.7</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	20	3.4	0.7	2.3	2.8	3.5	3.8	4.5
	Panama	6	4.1	1.2	3.3	3.3	3.5	5.2	5.7
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>e) Frozen potatoes and similar products</b>	<b>Regional</b>	<b>34</b>	<b>0.9</b>	<b>1.2</b>	<b>0.1</b>	<b>0.2</b>	<b>0.4</b>	<b>1.0</b>	<b>5.6</b>
	Argentina	11	0.9	0.9	0.2	0.5	0.5	0.8	2.6
	Costa Rica	7	0.8	0.9	0.1	0.2	0.3	1.1	2.3
	Panama	11	1.2	1.7	0.1	0.1	0.3	1.8	5.6

	Peru	5	0.2	0.2	0.1	0.1	0.2	0.2	0.5
<b>f) Dry mashed or scalloped potatoes (as consumed)</b>	<b>Regional</b>	<b>29</b>	<b>2.2</b>	<b>2.1</b>	<b>0.0</b>	<b>0.4</b>	<b>0.6</b>	<b>4.2</b>	<b>5.5</b>
	Argentina	9	0.6	0.4	0.4	0.4	0.4	0.6	1.7
	Costa Rica	15	3.2	2.0	0.0	1.8	4.0	4.6	5.5
	Panama	4	1.3	2.1	0.1	0.2	0.3	1.3	4.4
	Peru	1	4.0		4.0	4.0	4.0	4.0	4.0
<b>g) Pickled vegetables</b>	<b>Regional</b>	<b>98</b>	<b>82.6</b>	<b>322.4</b>	<b>0.0</b>	<b>8.1</b>	<b>18.2</b>	<b>39.9</b>	<b>2593.3</b>
	Argentina	10	571.9	901.1	10.1	51.5	69.1	820.8	2593.3
	Costa Rica	58	20.0	23.8	0.0	4.6	11.7	22.3	114.3
	Panama	12	57.3	69.0	0.0	4.0	30.9	93.1	186.7
	Peru	18	29.3	19.3	3.0	18.4	21.6	36.0	84.6
<b>h) Sundried tomatoes</b>	<b>Regional</b>	<b>4</b>	<b>6.0</b>	<b>5.5</b>	<b>1.8</b>	<b>2.5</b>	<b>4.3</b>	<b>7.9</b>	<b>13.8</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	4	6.0	5.5	1.8	2.5	4.3	7.9	13.8
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>i) Olives</b>	<b>Regional</b>	<b>117</b>	<b>9.7</b>	<b>4.9</b>	<b>0.0</b>	<b>6.7</b>	<b>8.7</b>	<b>12.8</b>	<b>28.0</b>
	Argentina	35	13.5	4.6	4.5	10.7	13.6	15.3	28.0
	Costa Rica	51	7.4	3.3	0.0	5.8	7.1	8.8	18.5
	Panama	15	9.2	4.7	4.0	8.0	8.6	9.6	24.8
	Peru	16	9.2	5.4	0.6	5.4	8.6	13.3	19.6
<b>j) Vegetable juice</b>	<b>Regional</b>	<b>16</b>	<b>8.0</b>	<b>9.3</b>	<b>0.0</b>	<b>0.2</b>	<b>3.3</b>	<b>13.3</b>	<b>25.3</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	15	6.9	8.4	0.0	0.2	3.2	13.0	25.3
	Panama	1	25.3	N/A	25.3	25.3	25.3	25.3	25.3
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>8. Processed meat and poultry</b>	<b>Regional</b>	<b>568</b>	<b>4.7</b>	<b>3.4</b>	<b>0.0</b>	<b>2.5</b>	<b>3.7</b>	<b>5.9</b>	<b>23.7</b>
	Argentina	178	4.6	3.7	0.3	2.2	3.4	5.5	23.7
	Costa Rica	184	5.3	3.8	0.0	3.1	4.2	7.0	23.4
	Panama	93	4.5	2.6	0.4	2.9	4.2	5.8	12.6
	Peru	113	4.0	2.8	0.8	2.0	3.3	4.6	14.6
<b>a) Packaged deli meats – fully cooked</b>	<b>Regional</b>	<b>128</b>	<b>7.5</b>	<b>3.3</b>	<b>1.4</b>	<b>4.6</b>	<b>7.5</b>	<b>9.4</b>	<b>23.4</b>
	Argentina	41	6.5	3.1	1.4	3.7	5.9	9.2	13.4
	Costa Rica	56	8.1	3.4	3.2	6.1	7.8	9.8	23.4



	Panama	12	8.3	3.1	3.4	6.6	7.6	11.4	12.6
	Peru	19	7.0	3.3	3.3	4.4	6.4	8.7	14.6
<b>b) Packaged dry-cured deli meats</b>	<b>Regional</b>	<b>61</b>	<b>5.0</b>	<b>3.1</b>	<b>1.0</b>	<b>3.7</b>	<b>4.4</b>	<b>4.8</b>	<b>20.6</b>
	Argentina	21	5.3	3.4	1.0	3.4	4.0	6.7	14.6
	Costa Rica	30	5.1	3.3	1.7	3.8	4.4	4.8	20.6
	Panama	1	4.2	N/A	4.2	4.2	4.2	4.2	4.2
	Peru	9	4.5	0.7	3.7	4.0	4.5	4.8	6.0
<b>c) Sausages - uncooked</b>	<b>Regional</b>	<b>39</b>	<b>3.9</b>	<b>1.7</b>	<b>1.1</b>	<b>2.8</b>	<b>3.8</b>	<b>4.7</b>	<b>9.0</b>
	Argentina	6	2.5	0.9	1.8	2.0	2.3	2.6	4.3
	Costa Rica	11	3.5	0.9	2.2	2.7	3.9	4.2	4.7
	Panama	17	4.9	1.8	2.8	3.5	4.8	5.8	9.0
	Peru	5	2.7	1.5	1.1	1.2	3.2	3.9	4.2
<b>d) Sausages - cooked</b>	<b>Regional</b>	<b>69</b>	<b>4.4</b>	<b>1.8</b>	<b>1.7</b>	<b>3.1</b>	<b>4.0</b>	<b>5.4</b>	<b>10.1</b>
	Argentina	16	4.7	1.5	3.1	3.3	4.5	5.5	7.6
	Costa Rica	24	3.9	1.8	2.3	2.9	3.2	4.7	10.1
	Panama	13	4.4	1.5	1.7	3.4	4.3	5.6	6.9
	Peru	16	4.9	2.3	1.8	3.6	4.0	6.8	8.6
<b>e) Uncooked bacon – belly</b>	<b>Regional</b>	<b>5</b>	<b>4.0</b>	<b>1.4</b>	<b>3.0</b>	<b>3.1</b>	<b>3.7</b>	<b>3.8</b>	<b>6.3</b>
	Argentina	1	6.3	N/A	6.3	6.3	6.3	6.3	6.3
	Costa Rica	3	3.3	0.4	3.0	3.1	3.1	3.4	3.7
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	1	3.8	N/A	3.8	3.8	3.8	3.8	3.8
<b>f) Burgers, meatballs, meatloaf and breaded meat and poultry</b>	<b>Regional</b>	<b>180</b>	<b>2.4</b>	<b>1.3</b>	<b>0.2</b>	<b>1.6</b>	<b>2.2</b>	<b>3.2</b>	<b>7.9</b>
	Argentina	66	2.4	0.7	0.3	1.9	2.2	3.0	4.6
	Costa Rica	43	2.8	1.8	0.2	1.6	3.0	3.9	7.9
	Panama	21	2.1	1.7	0.4	0.6	1.8	2.9	6.7
	Peru	50	2.2	1.0	0.8	1.3	2.0	2.9	4.7
<b>g) Ham, canned meat and poultry, and uncooked, pickled, cured and smoked meats that are not deli meats</b>	<b>Regional</b>	<b>63</b>	<b>6.8</b>	<b>5.3</b>	<b>0.0</b>	<b>3.6</b>	<b>5.1</b>	<b>8.3</b>	<b>23.7</b>
	Argentina	14	10.0	7.7	0.6	2.1	10.9	13.7	23.7
	Costa Rica	14	7.4	6.7	0.0	3.7	5.5	8.3	22.2
	Panama	26	4.6	1.6	2.0	3.3	4.7	5.1	8.5
	Peru	9	7.5	2.5	2.2	6.4	7.4	8.4	10.7
<b>h) Patés and meat spreads</b>	<b>Regional</b>	<b>23</b>	<b>2.9</b>	<b>0.9</b>	<b>0.8</b>	<b>2.3</b>	<b>3.1</b>	<b>3.4</b>	<b>4.3</b>
	Argentina	13	3.1	1.1	0.8	3.0	3.4	3.4	4.3

	Costa Rica	3	2.5	0.6	2.0	2.2	2.3	2.7	3.1
	Panama	3	3.2	0.4	2.8	3.1	3.4	3.4	3.5
	Peru	4	2.3	0.4	2.0	2.0	2.1	2.4	2.8
<b>9. Processed fish and seafood</b>	<b>Regional</b>	<b>366</b>	<b>2.8</b>	<b>3.6</b>	<b>0.0</b>	<b>1.3</b>	<b>2.0</b>	<b>3.2</b>	<b>40.3</b>
	Argentina	54	3.5	6.4	0.0	1.3	2.2	3.0	40.3
	Costa Rica	175	2.7	3.5	0.1	1.2	1.9	3.1	31.7
	Panama	71	2.9	1.9	0.5	1.4	2.4	3.9	12.3
	Peru	66	2.5	1.8	0.2	1.4	2.0	3.2	9.1
<b>a) Canned fish</b>	<b>Regional</b>	<b>299</b>	<b>2.7</b>	<b>3.8</b>	<b>0.1</b>	<b>1.3</b>	<b>2.0</b>	<b>3.0</b>	<b>40.3</b>
	Argentina	36	4.2	7.6	0.6	1.7	2.2	3.0	40.3
	Costa Rica	159	2.6	3.6	0.1	1.2	1.7	2.9	31.7
	Panama	61	2.6	1.4	0.6	1.5	2.4	3.2	5.7
	Peru	43	2.0	1.1	0.2	1.2	1.8	2.6	4.2
<b>b) Frozen plain fish and seafood with added sodium phosphate</b>	<b>Regional</b>	<b>24</b>	<b>3.7</b>	<b>3.6</b>	<b>0.0</b>	<b>0.5</b>	<b>2.6</b>	<b>6.3</b>	<b>12.3</b>
	Argentina	11	1.9	2.6	0.0	0.4	0.6	2.7	8.5
	Costa Rica	3	3.1	3.1	0.1	1.5	2.8	4.6	6.3
	Panama	8	5.0	3.8	0.5	2.1	5.4	6.5	12.3
	Peru	2	9.1	0.0	9.1	9.1	9.1	9.1	9.1
<b>c) Fish and seafood cakes, fingers or burgers, seasoned, and breaded or battered or with sauces</b>	<b>Regional</b>	<b>28</b>	<b>2.1</b>	<b>1.3</b>	<b>0.3</b>	<b>1.3</b>	<b>1.6</b>	<b>2.6</b>	<b>5.3</b>
	Argentina	4	1.2	0.6	0.6	0.8	1.1	1.4	1.9
	Costa Rica	9	2.5	1.2	0.3	1.9	2.4	3.1	4.4
	Panama	1	0.5	N/A	0.5	0.5	0.5	0.5	0.5
	Peru	14	2.2	1.4	1.1	1.3	1.5	2.4	5.3
<b>d) Smoked, salted, pickled and kippered fish</b>	<b>Regional</b>	<b>15</b>	<b>4.9</b>	<b>1.8</b>	<b>2.7</b>	<b>3.7</b>	<b>4.8</b>	<b>5.6</b>	<b>10.0</b>
	Argentina	3	3.5	0.7	2.7	3.3	4.0	4.0	4.0
	Costa Rica	4	5.8	3.0	3.1	4.3	5.0	6.5	10.0
	Panama	1	4.8	N/A	4.8	4.8	4.8	4.8	4.8
	Peru	7	4.9	1.3	2.9	4.2	5.4	5.8	5.9
<b>10. Soy products and meat alternatives</b>	<b>Regional</b>	<b>157</b>	<b>2.4</b>	<b>1.5</b>	<b>0.0</b>	<b>1.5</b>	<b>2.3</b>	<b>2.8</b>	<b>8.2</b>
	Argentina	77	2.2	1.1	0.0	1.3	2.1	2.5	6.5
	Costa Rica	49	3.1	1.8	0.1	2.3	2.7	3.7	8.2
	Panama	5	1.4	2.3	0.1	0.1	0.1	1.3	5.5
	Peru	26	1.9	0.9	0.1	1.6	2.4	2.6	2.8
	<b>Regional</b>	<b>10</b>	<b>2.7</b>	<b>3.0</b>	<b>0.1</b>	<b>0.1</b>	<b>2.0</b>	<b>3.9</b>	<b>8.2</b>

<b>a) Seasoned tofu and tempeh</b>	Argentina	1	6.5	N/A	6.5	6.5	6.5	6.5	6.5
	Costa Rica	6	3.3	2.9	0.1	1.2	3.6	3.9	8.2
	Panama	3	0.1	0.0	0.1	0.1	0.1	0.1	0.1
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>b) Meat analogues and other meat alternatives</b>	<b>Regional</b>	<b>147</b>	<b>2.4</b>	<b>1.3</b>	<b>0.0</b>	<b>1.6</b>	<b>2.3</b>	<b>2.7</b>	<b>8.2</b>
	Argentina	76	2.1	1.0	0.0	1.3	2.1	2.5	6.0
	Costa Rica	43	3.1	1.6	1.3	2.3	2.6	3.5	8.2
	Panama	2	3.4	3.0	1.3	2.3	3.4	4.4	5.5
	Peru	26	1.9	0.9	0.1	1.6	2.4	2.6	2.8
<b>11. Soups</b>	<b>Regional</b>	<b>228</b>	<b>10.3</b>	<b>10.0</b>	<b>0.0</b>	<b>4.1</b>	<b>6.5</b>	<b>12.9</b>	<b>66.2</b>
	Argentina	45	10.5	8.0	2.2	3.7	9.9	12.1	40.7
	Costa Rica	83	12.9	13.6	0.0	4.9	8.7	14.8	66.2
	Panama	48	10.7	6.8	2.0	4.4	10.8	16.2	26.5
	Peru	52	5.5	3.7	0.9	3.2	4.5	6.2	17.6
<b>a) Wet and dry soups (as consumed)</b>	<b>Regional</b>	<b>130</b>	<b>14.1</b>	<b>11.6</b>	<b>0.0</b>	<b>6.4</b>	<b>12.1</b>	<b>16.9</b>	<b>66.2</b>
	Argentina	18	14.9	9.6	2.2	9.8	12.0	14.2	40.7
	Costa Rica	68	14.7	14.4	0.0	5.3	10.8	16.8	66.2
	Panama	29	14.8	5.6	2.0	12.2	14.8	17.5	26.5
	Peru	15	8.7	5.3	0.9	5.2	6.5	12.6	17.6
<b>b) Noodles in broth (as consumed)</b>	<b>Regional</b>	<b>98</b>	<b>5.2</b>	<b>3.3</b>	<b>1.2</b>	<b>3.4</b>	<b>4.2</b>	<b>5.9</b>	<b>21.4</b>
	Argentina	27	7.5	5.1	3.1	3.5	3.9	10.6	21.4
	Costa Rica	15	4.7	1.9	1.2	3.4	4.9	5.8	7.7
	Panama	19	4.4	1.0	2.4	4.1	4.4	4.7	7.7
	Peru	37	4.2	1.7	1.4	2.9	3.6	5.9	7.7
<b>12. Ready-made foods, convenience foods, and mixed dishes</b>	<b>Regional</b>	<b>347</b>	<b>2.4</b>	<b>1.6</b>	<b>0.0</b>	<b>1.5</b>	<b>2.2</b>	<b>2.7</b>	<b>16.9</b>
	Argentina	144	2.0	0.8	0.2	1.4	2.1	2.5	4.8
	Costa Rica	115	2.3	1.4	0.0	1.3	2.1	3.0	6.7
	Panama	24	2.6	3.2	0.0	2.0	2.2	2.5	16.9
	Peru	64	3.2	2.2	0.3	1.9	2.7	3.7	14.1
<b>b) Canned stew and meatballs</b>	<b>Regional</b>	<b>4</b>	<b>6.3</b>	<b>5.2</b>	<b>3.3</b>	<b>3.4</b>	<b>4.0</b>	<b>6.9</b>	<b>14.1</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	4	6.3	5.2	3.3	3.4	4.0	6.9	14.1

<b>c) Pasta, noodles, rice or grains with sauce or seasonings (as consumed)</b>	<b>Regional</b>	<b>15</b>	<b>2.5</b>	<b>0.8</b>	<b>0.8</b>	<b>2.1</b>	<b>2.3</b>	<b>3.0</b>	<b>3.8</b>
	Argentina	2	2.0	0.0	2.0	2.0	2.0	2.0	2.0
	Costa Rica	6	3.1	0.7	1.8	2.9	3.4	3.4	3.8
	Panama	3	2.3	0.1	2.2	2.3	2.3	2.4	2.5
	Peru	4	1.9	0.8	0.8	1.8	2.2	2.4	2.5
<b>d) Pasta, noodles, rice or grains with sauce or seasonings (dry mix, as sold)</b>	<b>Regional</b>	<b>75</b>	<b>3.1</b>	<b>2.1</b>	<b>0.0</b>	<b>2.2</b>	<b>2.6</b>	<b>3.1</b>	<b>16.9</b>
	Argentina	24	2.4	0.4	1.8	2.2	2.5	2.6	3.4
	Costa Rica	37	2.7	1.2	0.0	2.1	2.7	3.1	5.6
	Panama	3	7.3	8.2	2.2	2.6	2.9	9.9	16.9
	Peru	11	4.3	2.3	2.0	2.8	3.3	5.7	8.1
<b>f) Pizza and pizza snacks</b>	<b>Regional</b>	<b>41</b>	<b>2.0</b>	<b>0.9</b>	<b>0.5</b>	<b>1.2</b>	<b>2.1</b>	<b>2.7</b>	<b>3.4</b>
	Argentina	22	2.1	1.1	0.5	0.9	2.5	2.7	3.4
	Costa Rica	13	1.9	0.8	0.8	1.2	1.8	2.5	3.0
	Panama	3	2.1	0.1	2.0	2.0	2.1	2.2	2.2
	Peru	3	1.8	0.1	1.7	1.7	1.8	1.8	1.9
<b>g) Sandwiches</b>	<b>Regional</b>	<b>14</b>	<b>1.4</b>	<b>0.7</b>	<b>0.3</b>	<b>1.1</b>	<b>1.6</b>	<b>1.9</b>	<b>2.4</b>
	Argentina	3	2.0	0.3	1.7	1.8	1.9	2.1	2.4
	Costa Rica	11	1.2	0.6	0.3	0.8	1.1	1.7	2.1
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>h) Refrigerated or frozen appetizers, sides and entrees</b>	<b>Regional</b>	<b>198</b>	<b>2.2</b>	<b>1.3</b>	<b>0.0</b>	<b>1.2</b>	<b>2.1</b>	<b>2.6</b>	<b>8.5</b>
	Argentina	93	1.9	0.8	0.2	1.2	1.9	2.3	4.8
	Costa Rica	48	2.2	1.7	0.1	1.1	1.8	3.1	6.7
	Panama	15	1.9	1.2	0.0	0.9	2.2	2.4	3.8
	Peru	42	2.8	1.5	0.3	1.8	2.6	3.5	8.5
<b>13. Fresh or dried plain pasta and noodles</b>	<b>Regional</b>	<b>539</b>	<b>0.1</b>	<b>0.3</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>5.1</b>
	Argentina	201	0.0	0.1	0.0	0.0	0.0	0.0	0.8
	Costa Rica	128	0.1	0.6	0.0	0.0	0.0	0.0	5.1
	Panama	39	0.1	0.2	0.0	0.0	0.0	0.0	0.7
	Peru	171	0.0	0.2	0.0	0.0	0.0	0.0	2.1
<b>14. Granola and energy bars, and nut butters/spreads</b>	<b>Regional</b>	<b>231</b>	<b>0.4</b>	<b>0.5</b>	<b>0.0</b>	<b>0.1</b>	<b>0.4</b>	<b>0.7</b>	<b>4.1</b>
	Argentina	33	0.3	0.3	0.0	0.1	0.3	0.5	0.9
	Costa Rica	117	0.5	0.6	0.0	0.1	0.4	0.7	4.1
	Panama	32	0.6	0.2	0.1	0.4	0.6	0.8	0.9

	Peru	49	0.3	0.3	0.0	0.1	0.2	0.5	1.1
<b>a) Granola, cereal and energy bars</b>	<b>Regional</b>	<b>195</b>	<b>0.4</b>	<b>0.3</b>	<b>0.0</b>	<b>0.1</b>	<b>0.4</b>	<b>0.7</b>	<b>1.4</b>
	Argentina	33	0.3	0.3	0.0	0.1	0.3	0.5	0.9
	Costa Rica	101	0.5	0.4	0.0	0.2	0.4	0.7	1.4
	Panama	18	0.5	0.2	0.1	0.4	0.5	0.7	0.9
	Peru	43	0.3	0.3	0.0	0.1	0.2	0.6	1.1
<b>b) Nut butters and nut spreads</b>	<b>Regional</b>	<b>36</b>	<b>0.6</b>	<b>0.9</b>	<b>0.0</b>	<b>0.0</b>	<b>0.5</b>	<b>0.7</b>	<b>4.1</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	16	0.7	1.4	0.0	0.0	0.0	0.6	4.1
	Panama	14	0.6	0.2	0.1	0.6	0.7	0.8	0.8
	Peru	6	0.4	0.2	0.1	0.2	0.5	0.5	0.7
<b>15. Fats and oils</b>	<b>Regional</b>	<b>345</b>	<b>2.8</b>	<b>4.4</b>	<b>0.0</b>	<b>0.9</b>	<b>1.8</b>	<b>3.1</b>	<b>44.0</b>
	Argentina	86	2.0	2.0	0.0	0.4	1.4	3.0	10.5
	Costa Rica	140	3.4	5.7	0.0	1.1	2.0	3.3	44.0
	Panama	45	2.9	4.3	0.6	1.2	2.0	3.3	28.0
	Peru	74	2.7	3.3	0.0	1.0	1.6	2.7	22.7
<b>a) Salted butter, margarine, and butter blends</b>	<b>Regional</b>	<b>106</b>	<b>1.3</b>	<b>1.2</b>	<b>0.0</b>	<b>0.7</b>	<b>1.2</b>	<b>1.7</b>	<b>8.9</b>
	Argentina	16	0.5	0.5	0.0	0.1	0.4	0.5	1.9
	Costa Rica	43	1.4	1.4	0.0	0.7	1.2	1.7	8.9
	Panama	17	1.5	0.6	0.8	1.2	1.3	1.7	3.4
	Peru	30	1.7	1.0	0.0	1.1	1.3	1.8	4.3
<b>b) Mayonnaise</b>	<b>Regional</b>	<b>94</b>	<b>2.4</b>	<b>1.6</b>	<b>0.3</b>	<b>1.0</b>	<b>2.3</b>	<b>3.2</b>	<b>8.7</b>
	Argentina	31	2.9	1.1	0.5	2.4	2.8	3.4	6.1
	Costa Rica	21	2.0	1.2	0.3	1.2	2.0	2.6	4.4
	Panama	14	2.2	1.1	0.6	1.2	2.3	2.9	4.3
	Peru	28	2.1	2.3	0.6	0.7	0.9	2.0	8.7
<b>c) Salad dressing &amp; vinaigrette</b>	<b>Regional</b>	<b>145</b>	<b>4.2</b>	<b>6.3</b>	<b>0.0</b>	<b>1.1</b>	<b>2.5</b>	<b>4.0</b>	<b>44.0</b>
	Argentina	39	1.9	2.5	0.0	0.5	0.6	2.5	10.5
	Costa Rica	76	4.9	7.3	0.0	1.6	2.7	4.3	44.0
	Panama	14	5.5	7.0	1.0	2.2	3.3	4.8	28.0
	Peru	16	5.5	5.5	0.1	2.1	2.7	7.9	22.7
<b>16. Sauces, dips, gravy and condiments</b>	<b>Regional</b>	<b>866</b>	<b>204.7</b>	<b>1762.0</b>	<b>0.0</b>	<b>3.5</b>	<b>8.4</b>	<b>35.1</b>	<b>31666.7</b>
	Argentina	203	142.5	550.4	0.0	3.4	9.2	48.8	4320.0
	Costa Rica	291	23.6	42.9	0.0	2.9	8.0	22.2	335.0

	Panama	153	45.9	70.1	0.0	5.5	14.2	50.0	352.5
	Peru	219	613.8	3435.0	0.0	2.7	6.7	21.4	31666.7
<b>a) Bouillon cubes and powders (as sold)</b>	<b>Regional</b>	<b>47</b>	<b>115.9</b>	<b>103.4</b>	<b>1.4</b>	<b>52.8</b>	<b>67.2</b>	<b>153.4</b>	<b>455.0</b>
	Argentina	35	93.4	87.4	6.7	44.8	61.2	122.4	455.0
	Costa Rica	1	1.4	N/A	1.4	1.4	1.4	1.4	1.4
	Panama	5	187.7	101.8	104.1	111.0	134.9	255.3	333.3
	Peru	6	206.6	129.8	86.5	107.7	164.3	305.8	383.0
<b>b) Pasta sauce</b>	<b>Regional</b>	<b>89</b>	<b>8.6</b>	<b>5.4</b>	<b>0.0</b>	<b>5.5</b>	<b>7.7</b>	<b>10.9</b>	<b>28.3</b>
	Argentina	25	7.9	3.6	0.0	6.1	8.4	9.2	17.1
	Costa Rica	28	9.4	5.3	1.9	5.8	7.9	11.8	21.0
	Panama	5	12.2	7.7	5.8	7.0	10.1	13.0	25.0
	Peru	31	7.9	6.2	1.0	2.3	6.4	10.7	28.3
<b>c) Pesto</b>	<b>Regional</b>	<b>24</b>	<b>2.5</b>	<b>2.5</b>	<b>0.0</b>	<b>1.2</b>	<b>2.1</b>	<b>2.8</b>	<b>12.8</b>
	Argentina	2	0.1	0.1	0.0	0.1	0.1	0.2	0.2
	Costa Rica	17	2.4	1.1	1.0	1.5	2.6	2.8	4.4
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	5	3.8	5.0	1.0	1.7	1.7	1.9	12.8
<b>d) Tomato sauce</b>	<b>Regional</b>	<b>76</b>	<b>6.1</b>	<b>3.8</b>	<b>0.0</b>	<b>3.5</b>	<b>5.9</b>	<b>8.2</b>	<b>17.1</b>
	Argentina	26	4.6	4.5	0.0	0.8	3.0	7.4	15.8
	Costa Rica	5	7.1	4.2	1.9	3.2	10.1	10.1	10.1
	Panama	26	6.8	2.5	0.7	4.3	8.0	8.4	11.2
	Peru	19	6.9	4.0	0.0	5.0	5.6	8.1	17.1
<b>e) Ketchup and similar tomato-type condiments (as consumed)</b>	<b>Regional</b>	<b>104</b>	<b>8.0</b>	<b>6.7</b>	<b>0.1</b>	<b>4.7</b>	<b>6.0</b>	<b>8.8</b>	<b>46.8</b>
	Argentina	29	6.1	3.6	1.6	3.0	5.9	8.1	17.1
	Costa Rica	40	10.5	9.3	2.5	5.2	7.3	10.0	46.8
	Panama	12	6.8	4.4	1.4	3.7	5.6	8.7	18.1
	Peru	23	6.7	3.3	0.1	5.7	6.3	8.2	16.3
<b>f) Mustard</b>	<b>Regional</b>	<b>53</b>	<b>36.2</b>	<b>163.2</b>	<b>0.0</b>	<b>7.0</b>	<b>13.5</b>	<b>18.0</b>	<b>1200.0</b>
	Argentina	21	67.2	259.7	0.0	4.1	9.2	16.3	1200.0
	Costa Rica	15	15.4	6.0	4.5	11.8	14.4	20.0	25.0
	Panama	4	27.8	22.1	2.4	14.6	27.7	40.8	53.3
	Peru	13	12.7	5.3	4.4	7.0	15.5	16.6	21.0
<b>g) Spicy sauce</b>	<b>Regional</b>	<b>104</b>	<b>157.0</b>	<b>597.6</b>	<b>0.0</b>	<b>2.2</b>	<b>6.7</b>	<b>34.0</b>	<b>3818.2</b>
	Argentina	14	496.6	991.2	0.0	1.8	10.2	58.7	3000.0

	Costa Rica	43	21.0	23.4	0.0	2.6	12.2	31.8	101.3
	Panama	14	39.9	40.1	1.5	12.7	28.4	53.0	140.0
	Peru	33	239.7	812.7	0.1	1.9	2.3	6.7	3818.2
<b>h) Gravy, cooking sauces, dips, and salsa (as consumed)</b>	<b>Regional</b>	<b>157</b>	<b>45.1</b>	<b>203.6</b>	<b>0.0</b>	<b>2.0</b>	<b>4.0</b>	<b>17.1</b>	<b>1960.0</b>
	Argentina	23	213.7	501.3	0.9	2.0	2.8	38.0	1960.0
	Costa Rica	63	7.7	12.1	0.0	1.8	3.2	9.6	84.8
	Panama	34	38.1	63.5	0.0	3.8	14.2	41.9	261.3
	Peru	37	10.2	12.1	0.0	2.6	4.0	16.1	40.0
<b>i) Sweet oriental sauces</b>	<b>Regional</b>	<b>16</b>	<b>8.2</b>	<b>10.6</b>	<b>0.0</b>	<b>2.3</b>	<b>3.2</b>	<b>9.1</b>	<b>35.4</b>
	Argentina	2	6.6	6.2	2.3	4.5	6.6	8.8	11.0
	Costa Rica	10	11.1	12.4	1.3	3.0	5.0	15.4	35.4
	Panama	1	2.3	N/A	2.3	2.3	2.3	2.3	2.3
	Peru	3	1.7	1.7	0.0	0.9	1.7	2.5	3.3
<b>j) Soya and other salty oriental sauces</b>	<b>Regional</b>	<b>54</b>	<b>222.0</b>	<b>782.4</b>	<b>1.9</b>	<b>38.9</b>	<b>58.9</b>	<b>120.6</b>	<b>4320.0</b>
	Argentina	6	1426.8	2119.8	14.4	49.9	94.9	3024.8	4320.0
	Costa Rica	19	69.4	74.5	1.9	27.7	58.0	82.7	335.0
	Panama	17	60.4	44.5	12.2	39.0	41.2	84.0	177.0
	Peru	12	90.1	57.9	2.0	42.8	127.3	132.0	144.9
<b>k) Marinades (as consumed)</b>	<b>Regional</b>	<b>26</b>	<b>235.1</b>	<b>763.8</b>	<b>0.0</b>	<b>1.6</b>	<b>14.6</b>	<b>43.0</b>	<b>3200.0</b>
	Argentina	2	1218.8	1670.5	37.6	628.2	1218.8	1809.4	2400.0
	Costa Rica	11	26.7	23.2	0.0	10.4	27.6	33.3	76.1
	Panama	4	3.5	7.0	0.0	0.0	0.0	3.5	14.0
	Peru	9	374.0	1060.0	0.5	1.5	3.3	56.4	3200.0
<b>l) Dry seasoning mixes for rice and side dishes</b>	<b>Regional</b>	<b>38</b>	<b>108.3</b>	<b>126.8</b>	<b>0.0</b>	<b>42.1</b>	<b>70.0</b>	<b>110.0</b>	<b>653.2</b>
	Argentina	3	10.1	17.6	0.0	0.0	0.0	15.2	30.4
	Costa Rica	6	104.0	70.3	36.5	52.9	81.1	146.2	213.9
	Panama	15	122.5	111.0	13.3	42.6	98.0	173.3	352.5
	Peru	14	115.9	167.5	1.6	43.6	70.0	93.5	653.2

**Table 3.1.3 Distribution of sodium content per 100g/ml of packaged foods by WHO global sodium benchmark categories at the regional level and by country**

WHO Categories	Country	Products with sodium data	Sodium (mg per 100g/ml)		Percentiles (mg per 100g/ml)				
		<i>n</i>	Mean	SD	Min	25th	50 <sup>th</sup>	75 <sup>th</sup>	Max
<b>1. Chocolate and sugar confectionery, energy bars, and sweet toppings and desserts</b>	<b>Regional</b>	<b>1890</b>	<b>157</b>	<b>468</b>	<b>0</b>	<b>12</b>	<b>60</b>	<b>126</b>	<b>5500</b>
	Argentina	556	273	724	0	19	89	155	5500
	Costa Rica	858	115	356	0	4	40	100	5000
	Panama	32	276	144	0	144	281	391	500
	Peru	444	83	77	0	28	66	118	480
<b>a) Granola and cereal-type bars</b>	<b>Regional</b>	<b>200</b>	<b>168</b>	<b>137</b>	<b>0</b>	<b>60</b>	<b>144</b>	<b>253</b>	<b>783</b>
	Argentina	35	153	159	0	58	104	209	783
	Costa Rica	102	185	139	0	67	187	271	571
	Panama	19	202	109	0	140	200	270	400
	Peru	44	125	117	0	22	80	232	370
<b>b) Nut butters</b>	<b>Regional</b>	<b>34</b>	<b>279</b>	<b>239</b>	<b>0</b>	<b>32</b>	<b>297</b>	<b>416</b>	<b>893</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	15	204	316	0	8	30	344	893
	Panama	13	384	121	56	356	391	469	500
	Peru	6	237	119	87	139	272	297	391
<b>c) Other</b>	<b>Regional</b>	<b>1656</b>	<b>153</b>	<b>497</b>	<b>0</b>	<b>8</b>	<b>54</b>	<b>115</b>	<b>5500</b>
	Argentina	521	281	746	0	17	88	148	5500
	Costa Rica	741	103	376	0	3	33	86	5000
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	394	77	66	0	28	63	107	480
<b>2. Cakes, sweet biscuits and</b>	<b>Regional</b>	<b>1269</b>	<b>305</b>	<b>236</b>	<b>0</b>	<b>161</b>	<b>260</b>	<b>377</b>	<b>2902</b>
	Argentina	480	300	239	0	153	253	386	2902



<b>pastries; other sweet bakery wares; and dry mixes</b>	Costa Rica	473	307	250	0	152	265	380	2760
	Panama	108	416	305	34	201	356	610	1667
	Peru	208	253	103	0	180	244	323	612
<b>a) Cookies/sweet biscuits</b>	<b>Regional</b>	<b>789</b>	<b>242</b>	<b>139</b>	<b>0</b>	<b>150</b>	<b>230</b>	<b>320</b>	<b>967</b>
	Argentina	283	224	153	0	120	203	307	967
	Costa Rica	291	241	133	0	148	232	317	775
	Panama	61	311	175	34	191	290	406	900
	Peru	154	248	97	0	179	250	321	444
<b>b) Cakes and sponges</b>	<b>Regional</b>	<b>176</b>	<b>287</b>	<b>135</b>	<b>23</b>	<b>199</b>	<b>281</b>	<b>363</b>	<b>790</b>
	Argentina	86	294	126	23	225	285	386	660
	Costa Rica	59	292	147	39	176	279	370	790
	Panama	7	270	235	103	125	150	315	760
	Peru	23	265	84	118	213	260	345	416
<b>c) Pies and pastries</b>	<b>Regional</b>	<b>84</b>	<b>508</b>	<b>379</b>	<b>59</b>	<b>230</b>	<b>500</b>	<b>658</b>	<b>2902</b>
	Argentina	55	625	406	97	484	628	767	2902
	Costa Rica	15	266	142	59	143	252	384	480
	Panama	2	596	500	242	419	596	773	950
	Peru	12	261	110	219	230	230	230	612
<b>d) Baked and cooked desserts</b>	<b>Regional</b>	<b>22</b>	<b>193</b>	<b>277</b>	<b>6</b>	<b>58</b>	<b>125</b>	<b>141</b>	<b>1333</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	19	210	295	39	76	130	146	1333
	Panama	1	125	N/A	125	125	125	125	125
	Peru	2	62	80	6	34	62	91	119
<b>e) Pancakes, waffles and French toast</b>	<b>Regional</b>	<b>18</b>	<b>370</b>	<b>154</b>	<b>107</b>	<b>238</b>	<b>429</b>	<b>513</b>	<b>536</b>
	Argentina	3	261	35	223	245	268	280	292
	Costa Rica	10	462	95	229	443	480	529	536
	Panama	1	500	N/A	500	500	500	500	500

	Peru	4	191	137	107	125	131	197	396
<b>f) Scones and soda bread</b>	<b>Regional</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>g) Dry mixes</b>	<b>Regional</b>	<b>171</b>	<b>491</b>	<b>372</b>	<b>0</b>	<b>209</b>	<b>424</b>	<b>716</b>	<b>2760</b>
	Argentina	44	274	158	22	150	253	428	570
	Costa Rica	78	580	419	0	299	516	814	2760
	Panama	36	620	381	42	305	659	773	1667
	Peru	13	333	139	172	200	307	473	527
<b>h) Other</b>	<b>Regional</b>	<b>9</b>	<b>106</b>	<b>81</b>	<b>13</b>	<b>25</b>	<b>103</b>	<b>174</b>	<b>213</b>
	Argentina	9	106	81	13	25	103	174	213
	Costa Rica	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>3. Savory snacks</b>	<b>Regional</b>	<b>1142</b>	<b>546</b>	<b>350</b>	<b>0</b>	<b>310</b>	<b>517</b>	<b>760</b>	<b>2491</b>
	Argentina	309	617	260	0	480	627	783	2110
	Costa Rica	491	525	395	0	200	472	767	2467
	Panama	106	642	444	17	366	544	831	2491
	Peru	236	452	269	0	295	377	618	1434
<b>a) Crackers/savory biscuits</b>	<b>Regional</b>	<b>385</b>	<b>627</b>	<b>290</b>	<b>0</b>	<b>444</b>	<b>636</b>	<b>813</b>	<b>2110</b>
	Argentina	174	630	266	0	496	639	783	2110
	Costa Rica	122	705	324	0	490	706	900	1600
	Panama	12	689	174	403	592	713	809	962
	Peru	77	490	252	0	353	400	651	1063
	<b>Regional</b>	<b>250</b>	<b>433</b>	<b>314</b>	<b>0</b>	<b>200</b>	<b>350</b>	<b>607</b>	<b>1960</b>

<b>b) Nuts, seeds and kernels</b>	Argentina	41	538	250	0	387	540	772	864
	Costa Rica	121	383	313	6	161	320	516	1960
	Panama	34	409	309	17	170	338	500	1212
	Peru	54	482	341	19	263	335	650	1267
<b>c) Potato, vegetable and grain chips</b>	<b>Regional</b>	<b>259</b>	<b>443</b>	<b>294</b>	<b>0</b>	<b>217</b>	<b>400</b>	<b>571</b>	<b>2491</b>
	Argentina	40	531	241	0	460	552	664	1023
	Costa Rica	102	400	257	0	200	400	571	1400
	Panama	44	638	439	33	384	543	735	2491
	Peru	73	338	173	67	211	325	377	1000
<b>d) Extruded snacks</b>	<b>Regional</b>	<b>169</b>	<b>728</b>	<b>381</b>	<b>0</b>	<b>540</b>	<b>720</b>	<b>889</b>	<b>2467</b>
	Argentina	54	700	234	172	590	752	884	1292
	Costa Rica	81	716	431	0	467	679	900	2467
	Panama	14	1074	490	536	776	932	1238	2367
	Peru	20	610	271	216	392	600	720	1434
<b>e) Pretzels</b>	<b>Regional</b>	<b>43</b>	<b>810</b>	<b>471</b>	<b>185</b>	<b>432</b>	<b>711</b>	<b>1076</b>	<b>2200</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	29	896	474	185	515	880	1120	2200
	Panama	2	1393	455	1071	1232	1393	1554	1714
	Peru	12	507	274	213	315	387	628	1107
<b>f) Other</b>	<b>Regional</b>	<b>36</b>	<b>21</b>	<b>49</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>9</b>	<b>189</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	36	21	49	0	0	0	9	189
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>4. Beverages</b>	<b>Regional</b>	<b>1706</b>	<b>118</b>	<b>378</b>	<b>0</b>	<b>4</b>	<b>14</b>	<b>46</b>	<b>6400</b>
	Argentina	523	183	472	0	4	17	62	3733
	Costa Rica	582	130	401	0	2	15	54	6400

	Panama	148	24	37	0	4	11	39	294
	Peru	453	59	252	0	5	11	38	2778
<b>5. Edible Ices</b>	<b>Regional</b>	<b>352</b>	<b>58</b>	<b>58</b>	<b>0</b>	<b>25</b>	<b>52</b>	<b>75</b>	<b>508</b>
	Argentina	83	51	58	0	16	49	63	489
	Costa Rica	216	59	62	0	25	50	72	508
	Panama	1	18		18	18	18	18	18
	Peru	52	69	36	0	57	71	82	197
<b>6. Breakfast cereals</b>	<b>Regional</b>	<b>533</b>	<b>228</b>	<b>206</b>	<b>0</b>	<b>24</b>	<b>215</b>	<b>350</b>	<b>1307</b>
	Argentina	93	220	178	0	53	223	316	810
	Costa Rica	208	267	214	0	100	250	372	1307
	Panama	51	322	223	0	197	333	397	1133
	Peru	181	161	184	0	6	50	302	775
<b>a) Minimally processed</b>	<b>Regional</b>	<b>90</b>	<b>36</b>	<b>101</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>20</b>	<b>733</b>
	Argentina	8	43	86	0	0	5	34	250
	Costa Rica	32	26	52	0	0	7	21	200
	Panama	11	156	237	0	0	24	270	733
	Peru	39	10	25	0	0	3	9	150
<b>b) Highly processed</b>	<b>Regional</b>	<b>443</b>	<b>266</b>	<b>200</b>	<b>0</b>	<b>101</b>	<b>268</b>	<b>367</b>	<b>1307</b>
	Argentina	85	236	176	0	86	240	325	810
	Costa Rica	176	309	204	0	150	300	405	1307
	Panama	40	368	199	0	246	350	426	1133
	Peru	142	202	187	0	18	183	347	775
<b>7. Yoghurt, sour milk, cream and similar foods</b>	<b>Regional</b>	<b>813</b>	<b>69</b>	<b>86</b>	<b>0</b>	<b>46</b>	<b>60</b>	<b>77</b>	<b>2200</b>
	Argentina	299	64	27	0	47	62	78	147
	Costa Rica	219	77	159	11	40	48	69	2200
	Panama	45	69	32	35	48	58	70	150
	Peru	250	69	26	0	50	61	87	140

<b>8. Cheese</b>	<b>Regional</b>	<b>645</b>	<b>692</b>	<b>478</b>	<b>0</b>	<b>403</b>	<b>640</b>	<b>893</b>	<b>7143</b>
	Argentina	256	642	425	0	346	577	877	3300
	Costa Rica	213	720	583	0	506	643	893	7143
	Panama	68	898	423	32	634	780	1253	1800
	Peru	108	629	348	10	398	608	800	1800
<b>a) Fresh unripened cheese</b>	<b>Regional</b>	<b>203</b>	<b>422</b>	<b>292</b>	<b>0</b>	<b>212</b>	<b>373</b>	<b>630</b>	<b>1500</b>
	Argentina	116	438	323	0	182	367	641	1500
	Costa Rica	38	356	191	23	221	388	505	786
	Panama	14	510	341	32	323	398	681	1240
	Peru	35	405	244	10	345	397	658	865
<b>b) Soft to medium ripened cheese</b>	<b>Regional</b>	<b>26</b>	<b>722</b>	<b>1327</b>	<b>44</b>	<b>355</b>	<b>480</b>	<b>629</b>	<b>7143</b>
	Argentina	8	412	290	53	259	361	448	1000
	Costa Rica	4	2074	3380	286	396	433	2110	7143
	Panama	6	673	79	607	614	640	731	786
	Peru	8	393	169	44	348	480	490	520
<b>c) Semi-hard ripened cheese</b>	<b>Regional</b>	<b>201</b>	<b>656</b>	<b>322</b>	<b>0</b>	<b>500</b>	<b>633</b>	<b>740</b>	<b>2000</b>
	Argentina	63	638	331	80	442	540	760	1800
	Costa Rica	89	629	299	0	545	643	700	2000
	Panama	13	803	408	182	607	679	920	1667
	Peru	36	703	325	120	531	657	810	1800
<b>d) Extra-hard ripened cheese</b>	<b>Regional</b>	<b>96</b>	<b>965</b>	<b>373</b>	<b>0</b>	<b>713</b>	<b>905</b>	<b>1140</b>	<b>2190</b>
	Argentina	50	970	318	217	845	943	1130	2190
	Costa Rica	28	927	460	0	607	821	1054	1800
	Panama	7	1257	430	679	909	1300	1600	1800
	Peru	11	850	251	550	666	840	945	1317
	<b>Regional</b>	<b>10</b>	<b>575</b>	<b>88</b>	<b>383</b>	<b>530</b>	<b>583</b>	<b>634</b>	<b>679</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

<b>e) Mould ripened cheese, white and red</b>	Costa Rica	4	620	46	567	592	621	650	672
	Panama	2	643	51	607	625	643	661	679
	Peru	4	496	77	383	486	520	530	560
<b>f) Mould ripened cheese, blue</b>	<b>Regional</b>	<b>12</b>	<b>1404</b>	<b>625</b>	<b>800</b>	<b>1214</b>	<b>1309</b>	<b>1333</b>	<b>3300</b>
	Argentina	5	1657	932	973	1320	1320	1370	3300
	Costa Rica	5	1309	117	1214	1214	1297	1320	1500
	Panama	1	1214	N/A	1214	1214	1214	1214	1214
	Peru	1	800	N/A	800	800	800	800	800
<b>g) Processed cheese</b>	<b>Regional</b>	<b>93</b>	<b>973</b>	<b>346</b>	<b>80</b>	<b>694</b>	<b>960</b>	<b>1237</b>	<b>1763</b>
	Argentina	14	943	298	427	804	1012	1113	1440
	Costa Rica	42	876	351	80	607	900	1118	1524
	Panama	24	1139	313	628	943	1153	1342	1669
	Peru	13	1012	347	680	760	880	1200	1763
<b>h) Brine-stored cheese</b>	<b>Regional</b>	<b>4</b>	<b>1121</b>	<b>232</b>	<b>786</b>	<b>1080</b>	<b>1189</b>	<b>1230</b>	<b>1321</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	3	1233	77	1179	1189	1200	1261	1321
	Panama	1	786	N/A	786	786	786	786	786
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>9. Ready-made and convenience foods and composite dishes</b>	<b>Regional</b>	<b>603</b>	<b>1183</b>	<b>1661</b>	<b>0</b>	<b>321</b>	<b>506</b>	<b>1086</b>	<b>13600</b>
	Argentina	202	1097	1451	9	374	549	978	8400
	Costa Rica	205	1190	1787	0	252	517	1016	13600
	Panama	79	2194	2304	0	371	944	4702	7940
	Peru	117	638	685	85	320	380	557	4538
<b>a) Canned foods</b>	<b>Regional</b>	<b>7</b>	<b>442</b>	<b>312</b>	<b>270</b>	<b>300</b>	<b>335</b>	<b>373</b>	<b>1145</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	3	313	51	270	285	300	335	369
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	4	539	405	300	326	356	569	1145

<b>b) i) Pasta, noodles, and rice or grains with sauce or seasoned (prepared)</b>	<b>Regional</b>	<b>18</b>	<b>455</b>	<b>335</b>	<b>80</b>	<b>244</b>	<b>333</b>	<b>575</b>	<b>1200</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	8	394	307	80	264	347	410	1040
	Panama	4	685	487	226	292	657	1050	1200
	Peru	6	384	231	148	240	308	499	760
<b>b) ii) Pasta, noodles, and rice or grains with sauce or seasoned (dry-mix, concentrated)</b>	<b>Regional</b>	<b>177</b>	<b>1017</b>	<b>693</b>	<b>0</b>	<b>472</b>	<b>920</b>	<b>1360</b>	<b>3250</b>
	Argentina	41	1090	379	9	798	978	1428	1837
	Costa Rica	57	1067	745	0	648	920	1200	3250
	Panama	27	1002	833	0	327	829	1840	3062
	Peru	52	913	751	97	360	538	1222	3062
<b>c) Pizza and pizza snacks</b>	<b>Regional</b>	<b>41</b>	<b>471</b>	<b>244</b>	<b>89</b>	<b>312</b>	<b>475</b>	<b>594</b>	<b>990</b>
	Argentina	22	463	285	89	158	514	652	973
	Costa Rica	13	505	228	203	349	487	635	990
	Panama	3	476	47	423	458	494	503	512
	Peru	3	381	18	364	372	380	390	399
<b>d) Sandwiches and wraps</b>	<b>Regional</b>	<b>15</b>	<b>342</b>	<b>225</b>	<b>37</b>	<b>155</b>	<b>388</b>	<b>488</b>	<b>698</b>
	Argentina	3	644	51	598	617	637	667	698
	Costa Rica	12	267	181	37	65	267	424	517
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>e) Prepared salads</b>	<b>Regional</b>	<b>8</b>	<b>134</b>	<b>134</b>	<b>8</b>	<b>54</b>	<b>86</b>	<b>168</b>	<b>397</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	6	67	46	8	34	73	88	133
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	2	335	88	273	304	335	366	397
<b>f) Ready-to-eat meals composed of a combination of</b>	<b>Regional</b>	<b>193</b>	<b>381</b>	<b>168</b>	<b>15</b>	<b>275</b>	<b>384</b>	<b>497</b>	<b>765</b>
	Argentina	105	392	171	19	275	407	505	765
	Costa Rica	38	369	200	18	209	384	523	753

<b>carb and either veg or meat, or all 3 combined</b>	Panama	15	406	177	15	321	372	443	732
	Peru	35	350	112	85	299	354	394	644
<b>g) i) Soups (ready- to-serve, canned, refrigerated)</b>	<b>Regional</b>	<b>49</b>	<b>659</b>	<b>1153</b>	<b>18</b>	<b>212</b>	<b>320</b>	<b>658</b>	<b>6058</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	39	719	1284	18	204	292	677	6058
	Panama	4	665	113	543	599	654	720	808
	Peru	6	268	60	187	232	265	307	350
<b>g) ii) Soups (dry, concentrated)</b>	<b>Regional</b>	<b>95</b>	<b>2896</b>	<b>2762</b>	<b>14</b>	<b>280</b>	<b>2298</b>	<b>5414</b>	<b>13600</b>
	Argentina	31	254	69	32	227	276	291	336
	Costa Rica	29	4375	2632	14	2960	4600	5470	13600
	Panama	26	5128	1514	1089	4878	5470	5678	7940
	Peru	9	781	1410	170	295	309	388	4538
<b>10. Butter and other fats and oils</b>	<b>Regional</b>	<b>287</b>	<b>279</b>	<b>395</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>627</b>	<b>1571</b>
	Argentina	16	262	323	12	86	190	245	1310
	Costa Rica	158	235	346	0	0	0	563	1333
	Panama	16	763	130	593	639	732	888	980
	Peru	97	274	456	0	0	0	700	1571
<b>a) Salted butter, butter blends, margarine and oil- based spreads</b>	<b>Regional</b>	<b>125</b>	<b>639</b>	<b>359</b>	<b>0</b>	<b>400</b>	<b>667</b>	<b>857</b>	<b>1571</b>
	Argentina	16	262	323	12	86	190	245	1310
	Costa Rica	64	579	311	0	393	620	767	1333
	Panama	16	763	130	593	639	732	888	980
	Peru	29	911	333	384	714	770	1000	1571
<b>b) Other</b>	<b>Regional</b>	<b>162</b>	<b>2</b>	<b>11</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>86</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	94	1	10	0	0	0	0	86
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	68	2	12	0	0	0	0	75



<b>11. Bread, bread products and crisp breads</b>	<b>Regional</b>	<b>448</b>	<b>397</b>	<b>236</b>	<b>0</b>	<b>254</b>	<b>403</b>	<b>521</b>	<b>1120</b>
	Argentina	151	400	234	0	313	430	500	1060
	Costa Rica	176	396	275	0	140	411	597	1120
	Panama	48	503	190	40	420	494	588	1040
	Peru	73	326	116	120	255	352	387	676
<b>a) Sweet and raisin breads</b>	<b>Regional</b>	<b>40</b>	<b>225</b>	<b>145</b>	<b>0</b>	<b>129</b>	<b>194</b>	<b>314</b>	<b>675</b>
	Argentina	1	675	N/A	675	675	675	675	675
	Costa Rica	25	226	143	0	123	236	334	445
	Panama	2	372	123	286	329	372	416	459
	Peru	12	163	48	120	129	150	172	259
<b>b) Leavened bread</b>	<b>Regional</b>	<b>310</b>	<b>400</b>	<b>204</b>	<b>0</b>	<b>332</b>	<b>420</b>	<b>501</b>	<b>1060</b>
	Argentina	148	397	235	0	301	423	500	1060
	Costa Rica	84	376	214	0	256	428	529	761
	Panama	31	500	95	240	441	500	550	706
	Peru	47	385	77	230	348	373	396	676
<b>c) Flatbreads</b>	<b>Regional</b>	<b>98</b>	<b>459</b>	<b>318</b>	<b>0</b>	<b>142</b>	<b>442</b>	<b>688</b>	<b>1120</b>
	Argentina	2	467	18	454	461	467	474	480
	Costa Rica	67	484	341	0	112	579	720	1120
	Panama	15	526	312	40	329	454	745	1040
	Peru	14	269	106	120	175	286	365	385
<b>12. Fresh or dried pasta, noodles, rice and grains</b>	<b>Regional</b>	<b>683</b>	<b>16</b>	<b>100</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>10</b>	<b>2040</b>
	Argentina	242	14	33	0	0	10	11	216
	Costa Rica	232	27	167	0	0	0	9	2040
	Panama	39	7	10	0	0	4	11	36
	Peru	170	8	22	0	0	2	5	129
<b>13. Fresh and frozen meat,</b>	<b>Regional</b>	<b>24</b>	<b>172</b>	<b>206</b>	<b>0</b>	<b>54</b>	<b>79</b>	<b>272</b>	<b>870</b>
	Argentina	9	154	183	0	38	54	264	510

<b>poultry, game, fish and similar</b>	Costa Rica	15	182	224	42	62	90	197	870
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>14. Processed meat, poultry, game, fish and similar</b>	<b>Regional</b>	<b>937</b>	<b>744</b>	<b>701</b>	<b>5</b>	<b>346</b>	<b>590</b>	<b>900</b>	<b>5938</b>
	Argentina	226	894	853	46	462	703	940	5913
	Costa Rica	363	775	778	5	336	591	951	5938
	Panama	162	604	381	10	347	528	815	2495
	Peru	186	624	483	63	318	396	790	2640
<b>a) Canned fish</b>	<b>Regional</b>	<b>292</b>	<b>387</b>	<b>412</b>	<b>27</b>	<b>259</b>	<b>346</b>	<b>440</b>	<b>5778</b>
	Argentina	31	344	130	128	255	303	442	680
	Costa Rica	157	422	548	27	255	346	480	5778
	Panama	61	348	119	109	280	357	446	582
	Peru	43	343	149	70	269	350	390	740
<b>b) Processed fish and seafood products, raw</b>	<b>Regional</b>	<b>44</b>	<b>425</b>	<b>291</b>	<b>10</b>	<b>241</b>	<b>347</b>	<b>578</b>	<b>1204</b>
	Argentina	7	281	264	78	94	195	347	810
	Costa Rica	15	510	310	40	340	517	645	1204
	Panama	9	479	395	10	88	345	910	985
	Peru	13	366	161	200	250	328	420	801
<b>c) Processed fish and seafood products, non head-treated</b>	<b>Regional</b>	<b>22</b>	<b>1477</b>	<b>1845</b>	<b>128</b>	<b>464</b>	<b>855</b>	<b>1152</b>	<b>5938</b>
	Argentina	7	2173	2566	338	526	1000	3453	5913
	Costa Rica	6	1808	2080	345	774	1012	1639	5938
	Panama	1	430	N/A	430	430	430	430	430
	Peru	8	749	367	128	519	834	1001	1152
<b>d) Raw meat products and preparations</b>	<b>Regional</b>	<b>222</b>	<b>602</b>	<b>418</b>	<b>38</b>	<b>352</b>	<b>587</b>	<b>750</b>	<b>4425</b>
	Argentina	71	612	202	46	494	610	717	1574
	Costa Rica	54	753	642	38	410	688	899	4425
	Panama	38	649	462	96	293	697	868	2495
	Peru	59	421	219	63	292	330	523	1300

<b>e) i) Whole muscle meat products, heat treated (frozen and canned products)</b>	<b>Regional</b>	<b>6</b>	<b>727</b>	<b>252</b>	<b>480</b>	<b>497</b>	<b>706</b>	<b>953</b>	<b>1007</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	2	994	17	982	988	994	1001	1007
	Peru	4	593	184	480	480	514	627	865
<b>e) ii) Whole muscle meat products, heat treated (refrigerated products)</b>	<b>Regional</b>	<b>8</b>	<b>522</b>	<b>304</b>	<b>22</b>	<b>460</b>	<b>510</b>	<b>546</b>	<b>1136</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	2	218	276	22	120	218	315	413
	Panama	2	522	60	480	501	522	543	564
	Peru	4	673	310	476	524	540	689	1136
<b>f) Whole muscle meat products, non-heat preservation</b>	<b>Regional</b>	<b>29</b>	<b>2268</b>	<b>1166</b>	<b>217</b>	<b>1560</b>	<b>2038</b>	<b>2680</b>	<b>5460</b>
	Argentina	12	3062	1245	590	2475	2915	3692	5460
	Costa Rica	10	1533	794	217	1261	1504	1759	3321
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	7	1957	535	1000	1780	2000	2250	2640
<b>g) Comminuted meat products, heat treated (cooked)</b>	<b>Regional</b>	<b>261</b>	<b>929</b>	<b>470</b>	<b>5</b>	<b>734</b>	<b>850</b>	<b>1040</b>	<b>4700</b>
	Argentina	83	892	403	260	703	844	1010	2600
	Costa Rica	90	1023	605	5	758	943	1136	4700
	Panama	48	892	301	378	746	815	966	2071
	Peru	40	838	391	198	590	796	902	2000
<b>h) Comminuted meat products, non-heat preservation</b>	<b>Regional</b>	<b>53</b>	<b>1565</b>	<b>764</b>	<b>5</b>	<b>1215</b>	<b>1536</b>	<b>1695</b>	<b>4800</b>
	Argentina	15	1337	326	365	1203	1478	1511	1695
	Costa Rica	29	1658	992	5	1036	1536	1740	4800
	Panama	1	1357	N/A	1357	1357	1357	1357	1357
	Peru	8	1680	130	1440	1631	1688	1800	1812
<b>15. Fresh and frozen fruit,</b>	<b>Regional</b>	<b>45</b>	<b>45</b>	<b>69</b>	<b>0</b>	<b>0</b>	<b>22</b>	<b>60</b>	<b>330</b>
	Argentina	35	36	49	0	5	22	39	226
	Costa Rica	9	83	118	0	0	0	135	330

<b>vegetables, and legumes</b>	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	1	4	N/A	4	4	4	4	4
<b>16. Processed fruit, vegetables, and legumes</b>	<b>Regional</b>	<b>722</b>	<b>535</b>	<b>678</b>	<b>0</b>	<b>60</b>	<b>260</b>	<b>720</b>	<b>4400</b>
	Argentina	155	659	870	0	66	229	1080	2885
	Costa Rica	394	474	602	0	22	279	632	4400
	Panama	99	537	686	0	232	256	455	4400
	Peru	74	595	545	4	190	370	953	2300
<b>a) Canned vegetables and legumes</b>	<b>Regional</b>	<b>327</b>	<b>261</b>	<b>199</b>	<b>0</b>	<b>160</b>	<b>244</b>	<b>330</b>	<b>1646</b>
	Argentina	93	185	145	4	98	180	244	920
	Costa Rica	143	310	237	0	203	279	351	1646
	Panama	57	264	93	29	232	248	304	530
	Peru	34	255	227	4	104	200	304	930
<b>b) Pickled vegetables</b>	<b>Regional</b>	<b>121</b>	<b>792</b>	<b>778</b>	<b>0</b>	<b>300</b>	<b>534</b>	<b>1000</b>	<b>4400</b>
	Argentina	10	1353	730	326	1009	1162	1837	2593
	Costa Rica	81	659	677	0	200	472	892	3500
	Panama	11	1247	1371	0	336	467	2000	4400
	Peru	18	842	541	337	520	660	950	2200
<b>c) Olives and sundried tomatoes</b>	<b>Regional</b>	<b>120</b>	<b>1468</b>	<b>599</b>	<b>0</b>	<b>1077</b>	<b>1400</b>	<b>1675</b>	<b>2885</b>
	Argentina	35	2034	564	1065	1490	2045	2460	2885
	Costa Rica	54	1209	447	0	937	1224	1562	2200
	Panama	15	1333	501	395	1067	1400	1550	2600
	Peru	16	1232	347	796	1023	1160	1360	2300
<b>d) Vegetable juice and cocktail</b>	<b>Regional</b>	<b>17</b>	<b>119</b>	<b>177</b>	<b>0</b>	<b>6</b>	<b>15</b>	<b>186</b>	<b>505</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	16	94	151	0	6	14	109	505
	Panama	1	505	N/A	505	505	505	505	505
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

<b>e) Frozen vegetables and legumes</b>	<b>Regional</b>	<b>1</b>	<b>15</b>	<b>N/A</b>	<b>15</b>	<b>15</b>	<b>15</b>	<b>15</b>	<b>15</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	1	15	N/A	15	15	15	15	15
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>f) Frozen potatoes and other potato products (ready-to-eat)</b>	<b>Regional</b>	<b>41</b>	<b>511</b>	<b>731</b>	<b>0</b>	<b>35</b>	<b>91</b>	<b>376</b>	<b>2143</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	21	790	863	0	46	320	1696	2143
	Panama	14	276	470	15	24	59	349	1739
	Peru	6	81	137	10	18	25	45	360
<b>g) Other</b>	<b>Regional</b>	<b>78</b>	<b>72</b>	<b>499</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>10</b>	<b>4400</b>
	Argentina	17	8	8	0	5	6	9	25
	Costa Rica	78	72	499	0	0	0	10	4400
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>17. Plant-based food/meat analogues</b>	<b>Regional</b>	<b>159</b>	<b>426</b>	<b>219</b>	<b>0</b>	<b>339</b>	<b>389</b>	<b>501</b>	<b>1500</b>
	Argentina	77	377	127	0	328	376	433	784
	Costa Rica	50	565	269	5	400	563	681	1500
	Panama	5	204	276	6	12	24	360	620
	Peru	26	339	177	15	301	360	386	680
<b>a) Tofu and tempeh</b>	<b>Regional</b>	<b>4</b>	<b>302</b>	<b>326</b>	<b>12</b>	<b>24</b>	<b>296</b>	<b>574</b>	<b>603</b>
	Argentina		315	407	28	171	315	459	603
	Costa Rica	1	565	N/A	565	565	565	565	565
	Panama	1	12	N/A	12	12	12	12	12
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>b) Meat analogues</b>	<b>Regional</b>	<b>154</b>	<b>422</b>	<b>198</b>	<b>0</b>	<b>341</b>	<b>388</b>	<b>498</b>	<b>1375</b>
	Argentina	75	379	119	0	328	376	432	784
	Costa Rica	49	546	239	5	400	515	680	1375

	Panama	4	252	294	6	20	192	425	620
	Peru	26	339	177	15	301	360	386	680
<b>18. Sauces, dips and dressings</b>	<b>Regional</b>	<b>1272</b>	<b>2908</b>	<b>5924</b>	<b>0</b>	<b>366</b>	<b>733</b>	<b>1733</b>	<b>34667</b>
	Argentina	259	3640	6205	0	379	817	2067	25333
	Costa Rica	508	2570	5479	0	383	750	1827	32750
	Panama	190	3805	6572	0	530	922	3994	34667
	Peru	314	2309	5872	0	235	546	997	32660
<b>a) ii) Bouillon and soup stock (concentrated)</b>	<b>Regional</b>	<b>188</b>	<b>10761</b>	<b>10321</b>	<b>0</b>	<b>366</b>	<b>8354</b>	<b>19134</b>	<b>34667</b>
	Argentina	52	4732	6791	17	273	356	10794	24000
	Costa Rica	66	11982	10790	0	2288	8174	21533	32750
	Panama	35	13674	8864	349	5556	10040	20156	34667
	Peru	35	14505	11572	147	1895	14000	24729	32660
<b>b) Cooking sauces including pasta sauces and tomato sauces (not concentrated)</b>	<b>Regional</b>	<b>281</b>	<b>779</b>	<b>1186</b>	<b>0</b>	<b>303</b>	<b>400</b>	<b>638</b>	<b>7840</b>
	Argentina	46	409	530	0	48	289	436	2200
	Costa Rica	124	972	1464	0	327	400	700	6400
	Panama	37	641	1227	61	350	460	529	7840
	Peru	74	755	839	0	353	490	720	4000
<b>c) Dips and dipping sauces</b>	<b>Regional</b>	<b>135</b>	<b>353</b>	<b>374</b>	<b>0</b>	<b>24</b>	<b>283</b>	<b>633</b>	<b>1867</b>
	Argentina	7	582	329	0	392	800	800	892
	Costa Rica	47	391	339	0	14	387	641	1450
	Panama	20	833	344	300	599	794	976	1867
	Peru	61	140	214	0	20	28	159	758
<b>d) Emulsion-based dips, sauces and dressings</b>	<b>Regional</b>	<b>239</b>	<b>688</b>	<b>767</b>	<b>0</b>	<b>400</b>	<b>667</b>	<b>858</b>	<b>11000</b>
	Argentina	71	612	479	0	110	708	825	2520
	Costa Rica	98	777	1105	0	400	695	915	11000
	Panama	26	732	223	275	607	767	946	1067
	Peru	44	590	252	4	400	600	759	1167
<b>e) Condiments</b>	<b>Regional</b>	<b>314</b>	<b>1135</b>	<b>948</b>	<b>0</b>	<b>600</b>	<b>904</b>	<b>1410</b>	<b>8060</b>

	Argentina	77	1103	1013	0	590	870	1300	8060
	Costa Rica	133	1299	1028	0	668	1022	1700	6133
	Panama	35	1274	917	80	624	1100	1678	4200
	Peru	69	786	577	1	400	700	1020	3818
<b>f) Soy sauce and fish sauce</b>	<b>Regional</b>	<b>37</b>	<b>5076</b>	<b>1921</b>	<b>95</b>	<b>3867</b>	<b>5444</b>	<b>6400</b>	<b>8400</b>
	Argentina	5	4397	848	3260	4000	4320	4950	5453
	Costa Rica	13	5432	2284	95	3867	6200	7067	8400
	Panama	9	4482	2027	1420	3293	4133	6167	7733
	Peru	10	5486	1691	1867	4742	5727	5940	7679
<b>g) Other Asian-style sauces</b>	<b>Regional</b>	<b>35</b>	<b>3546</b>	<b>5302</b>	<b>0</b>	<b>580</b>	<b>2239</b>	<b>4067</b>	<b>23938</b>
	Argentina	1	2239	N/A	2239	2239	2239	2239	2239
	Costa Rica	14	2261	1692	95	611	2656	3735	4721
	Panama	15	5828	7412	0	1205	4067	5744	23938
	Peru	5	559	680	3	207	387	465	1733
<b>h) Marinades and thick pastes</b>	<b>Regional</b>	<b>42</b>	<b>1314</b>	<b>1289</b>	<b>0</b>	<b>157</b>	<b>835</b>	<b>2250</b>	<b>5280</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	13	2100	1391	0	1667	2200	2533	5280
	Panama	13	974	822	0	693	730	1333	2800
	Peru	16	953	1296	20	91	218	1300	4018

### 3.2 Objective 2

**Table 3.2.1 Proportion of products meeting the 2022 PAHO Sodium Targets (mg per 100g/mL), at the regional and country level (2022 data collection)**

PAHO 2021 Major and Sub Category	REGIONAL		ARGENTINA		COSTA RICA		PANAMA		PERU	
	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target
<b>1. Bread, bread products and crisp breads</b>	<b>544</b>	<b>34% (184)</b>	<b>226</b>	<b>27% (60)</b>	<b>187</b>	<b>36% (67)</b>	<b>44</b>	<b>20% (9)</b>	<b>87</b>	<b>55% (48)</b>
1a. Pantry and hearth bread, rolls and buns	248	25% (62)	102	12% (12)	84	49% (41)	23	9% (2)	39	18% (7)
1b. Tortillas (wheat), wraps, naan, roti	74	51% (38)	6	83% (5)	42	29% (12)	12	58% (7)	14	100% (14)
1c. Bread with additions	29	14% (4)	0	N/A	19	5% (1)	4	0% (0)	6	50% (3)
1d. Other bread products	193	41% (80)	118	36% (43)	42	31% (13)	5	0% (0)	28	86% (24)
<b>2. Cakes, biscuits, pastries and sweet breads</b>	<b>1501</b>	<b>49% (736)</b>	<b>626</b>	<b>56% (351)</b>	<b>511</b>	<b>42% (217)</b>	<b>99</b>	<b>34% (34)</b>	<b>265</b>	<b>51% (134)</b>
2a. Savory biscuits and crackers	273	48% (132)	144	49% (70)	64	38% (24)	9	33% (3)	56	62% (35)
2b. Cookies and sweet biscuits	855	51% (433)	342	61% (210)	294	48% (140)	64	30% (19)	155	41% (64)
2c. Pastries, squares, and quick/sweet breads	215	43% (92)	80	46% (37)	85	28% (24)	22	41% (9)	28	79% (22)
2d. Cakes	158	50% (79)	60	57% (34)	68	43% (29)	4	75% (3)	26	50% (13)
<b>3. Corn derivatives</b>	<b>58</b>	<b>47% (27)</b>	<b>0</b>	<b>N/A</b>	<b>43</b>	<b>44% (19)</b>	<b>8</b>	<b>25% (2)</b>	<b>7</b>	<b>86% (6)</b>
3a. Tortillas (corn)	15	13% (2)	0	N/A	13	15% (2)	2	0% (0)	0	N/A
3b. Biscuits (bizcochos)	27	48% (13)	0	N/A	20	35% (7)	0	N/A	7	86% (6)
3c. Tostadas	9	89% (8)	0	N/A	8	100% (8)	1	0% (0)	0	N/A
3d. Arepas	7	57% (4)	0	N/A	2	100% (2)	5	40% (2)	0	N/A
<b>4. Breakfast cereal</b>	<b>472</b>	<b>50% (238)</b>	<b>87</b>	<b>56% (49)</b>	<b>195</b>	<b>48% (93)</b>	<b>48</b>	<b>35% (17)</b>	<b>142</b>	<b>56% (79)</b>
4a. Ready to eat and hot instant breakfast cereals	472	50% (238)	87	56% (49)	195	48% (93)	48	35% (17)	142	56% (79)



<b>5. Savoury snacks</b>	<b>730</b>	<b>46% (339)</b>	<b>143</b>	<b>23% (33)</b>	<b>336</b>	<b>52% (174)</b>	<b>92</b>	<b>36% (33)</b>	<b>159</b>	<b>62% (99)</b>
5a. Nuts, seeds, and kernels, seasoned and candied	201	37% (75)	36	6% (2)	95	49% (47)	26	46% (12)	44	32% (14)
5b. Chips, popcorn, and/or extruded snacks	398	44% (176)	101	28% (28)	172	48% (83)	48	33% (16)	77	64% (49)
5c. Pretzels and snack mixes	63	60% (38)	3	33% (1)	38	53% (20)	4	25% (1)	18	89% (16)
5d. Other savory snacks	68	74% (50)	3	67% (2)	31	77% (24)	14	29% (4)	20	100% (20)
<b>6. Cheese</b>	<b>645</b>	<b>61% (391)</b>	<b>256</b>	<b>69% (176)</b>	<b>213</b>	<b>56% (120)</b>	<b>68</b>	<b>44% (30)</b>	<b>108</b>	<b>60% (65)</b>
6a. Fresh cheese (i.e., fresh mozzarella and others)	116	49% (57)	62	48% (30)	30	53% (16)	3	0% (0)	21	52% (11)
6b. Soft cheese (i.e., unripened goat cheese, cream cheese)	113	66% (75)	59	75% (44)	23	43% (10)	11	73% (8)	20	65% (13)
6c. Semi-hard cheese (e.g., mozzarella, cheddar and others)	234	56% (131)	64	67% (43)	97	55% (53)	27	37% (10)	46	54% (25)
6d. Hard cheese, grated and ungrated	98	85% (83)	52	90% (47)	29	79% (23)	6	50% (3)	11	91% (10)
6e. Processed cheese	84	54% (45)	19	63% (12)	34	53% (18)	21	43% (9)	10	60% (6)
<b>7. Processed vegetables, beans, and legumes</b>	<b>728</b>	<b>41% (300)</b>	<b>151</b>	<b>41% (62)</b>	<b>390</b>	<b>43% (166)</b>	<b>109</b>	<b>28% (30)</b>	<b>78</b>	<b>54% (42)</b>
7a. Tomato paste with additions	90	62% (56)	2	100% (2)	78	62% (48)	6	33% (2)	4	100% (4)
7b. Canned vegetables	225	25% (57)	74	41% (30)	85	20% (17)	38	5% (2)	28	29% (8)
7c. Canned beans, chickpeas and lentils	77	35% (27)	10	90% (9)	44	23% (10)	17	24% (4)	6	67% (4)
7d. Baked and refried beans (mashed)	26	4% (1)	0	N/A	20	5% (1)	6	0% (0)	0	N/A
7e. Frozen potatoes and similar products	34	74% (25)	11	73% (8)	7	71% (5)	11	64% (7)	5	100% (5)
7f. Dry mashed or scalloped potatoes (as consumed)	29	52% (15)	9	89% (8)	15	27% (4)	4	75% (3)	1	0% (0)
7g. Pickled vegetables	109	54% (59)	10	20% (2)	70	59% (41)	11	55% (6)	18	56% (10)
7h. Sundried tomatoes	4	25% (1)	0	N/A	4	25% (1)	0	N/A	0	N/A
7i. Olives	117	40% (47)	35	9% (3)	51	53% (27)	15	40% (6)	16	69% (11)
7j. Vegetable juice	17	71% (12)	0	N/A	16	75% (12)	1	0% (0)	0	N/A

<b>8. Processed meat and poultry</b>	<b>566</b>	<b>44% (249)</b>	<b>178</b>	<b>42% (75)</b>	<b>184</b>	<b>31% (57)</b>	<b>91</b>	<b>47% (43)</b>	<b>113</b>	<b>65% (74)</b>
8a. Packaged deli meats – fully cooked	126	52% (66)	41	66% (27)	56	38% (21)	10	30% (3)	19	79% (15)
8b. Packaged dry-cured deli meats – dry cured, fermented, no thermal process	61	21% (13)	21	29% (6)	30	23% (7)	1	0% (0)	9	0% (0)
8c. Sausages - uncooked	39	10% (4)	6	17% (1)	11	0% (0)	17	6% (1)	5	40% (2)
8d. Sausages - cooked	69	43% (30)	16	38% (6)	24	29% (7)	13	46% (6)	16	69% (11)
8e. Uncooked bacon – belly	5	0% (0)	1	0% (0)	3	0% (0)	0	N/A	1	0% (0)
8f. Burgers, meatballs, meatloaf and breaded meat and poultry	180	54% (98)	66	41% (27)	43	40% (17)	21	67% (14)	50	80% (40)
8g. Ham, canned meat and poultry, and uncooked, pickled, cured and smoked meats that are not deli meats	63	49% (31)	14	43% (6)	14	21% (3)	26	73% (19)	9	33% (3)
8h. Patés and meat spreads	23	30% (7)	13	15% (2)	3	67% (2)	3	0% (0)	4	75% (3)
<b>9. Processed fish and seafood</b>	<b>368</b>	<b>41% (151)</b>	<b>54</b>	<b>54% (29)</b>	<b>176</b>	<b>42% (74)</b>	<b>72</b>	<b>36% (26)</b>	<b>66</b>	<b>33% (22)</b>
9a. Canned fish	300	41% (124)	36	50% (18)	159	44% (70)	62	34% (21)	43	35% (15)
9b. Frozen plain fish and seafood with added sodium phosphate	24	54% (13)	11	73% (8)	3	33% (1)	8	50% (4)	2	0% (0)
9c. Fish and seafood cakes, fingers or burgers, seasoned, and breaded or battered or with sauces	28	43% (12)	4	75% (3)	9	22% (2)	1	100% (1)	14	43% (6)
9d. Smoked, salted, pickled and kippered fish	16	12% (2)	3	0% (0)	5	20% (1)	1	0% (0)	7	14% (1)
<b>10. Soy products and meat alternatives</b>	<b>158</b>	<b>59% (93)</b>	<b>77</b>	<b>69% (53)</b>	<b>50</b>	<b>28% (14)</b>	<b>5</b>	<b>80% (4)</b>	<b>26</b>	<b>85% (22)</b>
10a. Seasoned tofu and tempeh	10	60% (6)	1	0% (0)	6	50% (3)	3	100% (3)	0	N/A
10b. Meat analogues and other meat alternatives	148	59% (87)	76	70% (53)	44	25% (11)	2	50% (1)	26	85% (22)
<b>11. Soups</b>	<b>230</b>	<b>27% (62)</b>	<b>45</b>	<b>53% (24)</b>	<b>83</b>	<b>31% (26)</b>	<b>48</b>	<b>8% (4)</b>	<b>54</b>	<b>15% (8)</b>
11a. Wet and dry soups (as consumed)	130	28% (36)	18	61% (11)	68	31% (21)	29	0% (0)	15	27% (4)
11b. Noodles in broth (as consumed)	100	26% (26)	27	48% (13)	15	33% (5)	19	21% (4)	39	10% (4)

<b>12. Ready-made foods, convenience foods, and mixed dishes</b>	<b>349</b>	<b>74% (259)</b>	<b>144</b>	<b>81% (116)</b>	<b>116</b>	<b>65% (75)</b>	<b>24</b>	<b>62% (15)</b>	<b>65</b>	<b>82% (53)</b>
12a. Canned chili	0	N/A	0	N/A	0	N/A	0	N/A	0	N/A
12b. Canned stew and meatballs	4	75% (3)	0	N/A	0	N/A	0	N/A	4	75% (3)
12c. Pasta, noodles, rice or grains with sauce or seasonings (as consumed)	15	47% (7)	2	100% (2)	6	17% (1)	3	33% (1)	4	75% (3)
12d. Pasta, noodles, rice or grains with sauce or seasonings (dry mix, as sold)	76	57% (43)	24	100% (24)	37	35% (13)	3	33% (1)	12	42% (5)
12e. Stuffing mixes (as consumed)	0	N/A	0	N/A	0	N/A	0	N/A	0	N/A
12f. Pizza and pizza snacks	41	56% (23)	22	50% (11)	13	54% (7)	3	67% (2)	3	100% (3)
12g. Sandwiches	15	73% (11)	3	0% (0)	12	92% (11)	0	N/A	0	N/A
12h. Refrigerated or frozen appetizers, sides and entrees	198	87% (172)	93	85% (79)	48	90% (43)	15	73% (11)	42	93% (39)
<b>13. Fresh or dried plain pasta and noodles</b>	<b>540</b>	<b>35% (190)</b>	<b>202</b>	<b>16% (33)</b>	<b>128</b>	<b>55% (71)</b>	<b>39</b>	<b>41% (16)</b>	<b>171</b>	<b>41% (70)</b>
13a. Plain pasta and noodles (as consumed or dry, uncooked)	540	35% (190)	202	16% (33)	128	55% (71)	39	41% (16)	171	41% (70)
<b>14. Granola and energy bars and nut butters/spreads</b>	<b>231</b>	<b>54% (125)</b>	<b>33</b>	<b>67% (22)</b>	<b>117</b>	<b>50% (58)</b>	<b>31</b>	<b>35% (11)</b>	<b>50</b>	<b>68% (34)</b>
14a. Granola, cereal and energy bars	196	54% (105)	33	67% (22)	101	46% (46)	18	44% (8)	44	66% (29)
14b. Nut butters and nut spreads	35	57% (20)	0	N/A	16	75% (12)	13	23% (3)	6	83% (5)
<b>15. Fats and oils</b>	<b>352</b>	<b>47% (165)</b>	<b>86</b>	<b>57% (49)</b>	<b>144</b>	<b>50% (72)</b>	<b>48</b>	<b>19% (9)</b>	<b>74</b>	<b>47% (35)</b>
15a. Salted butter, margarine, and butter blends	108	32% (35)	16	81% (13)	45	40% (18)	17	0% (0)	30	13% (4)
15b. Mayonnaise	96	45% (43)	31	26% (8)	21	52% (11)	16	38% (6)	28	64% (18)
15c. Salad dressing & vinaigrette	148	59% (87)	39	72% (28)	78	55% (43)	15	20% (3)	16	81% (13)
<b>16. Sauces, dips, gravy and condiments</b>	<b>909</b>	<b>41% (370)</b>	<b>203</b>	<b>57% (116)</b>	<b>330</b>	<b>34% (113)</b>	<b>153</b>	<b>34% (52)</b>	<b>223</b>	<b>40% (89)</b>
16a. Bouillon cubes and powders (as sold)	47	77% (36)	35	97% (34)	1	100% (1)	5	20% (1)	6	0% (0)
16b. Pasta sauce	89	29% (26)	25	80% (20)	28	11% (3)	5	0% (0)	31	10% (3)

16c. Pesto	24	58% (14)	2	100% (2)	17	47% (8)	0	N/A	5	80% (4)
16d. Tomato sauce	76	43% (33)	26	85% (22)	5	40% (2)	26	12% (3)	19	32% (6)
16e. Ketchup and similar tomato-type condiments (as consumed)	105	44% (46)	29	48% (14)	41	39% (16)	12	58% (7)	23	39% (9)
16f. Mustard	57	30% (17)	21	38% (8)	19	11% (2)	4	25% (1)	13	46% (6)
16g. Spicy sauce	118	62% (73)	14	50% (7)	57	56% (32)	14	57% (8)	33	79% (26)
16h. Gravy, cooking sauces, dips, and salsa (as consumed)	159	20% (32)	23	4% (1)	65	26% (17)	34	12% (4)	37	27% (10)
16i. Sweet oriental sauces	16	19% (3)	2	0% (0)	10	10% (1)	1	0% (0)	3	67% (2)
16j. Soya and other salty oriental sauces	54	26% (14)	6	17% (1)	19	16% (3)	17	41% (7)	12	25% (3)
16k. Marinades (as consumed)	31	55% (17)	2	0% (0)	12	33% (4)	4	100% (4)	13	69% (9)
16l. Dry seasoning mixes for rice and side dishes	41	29% (12)	3	67% (2)	9	22% (2)	15	40% (6)	14	14% (2)
16m. Dry seasoning mixes for meat and fish	92	51% (47)	15	33% (5)	47	47% (22)	16	69% (11)	14	64% (9)

**Table 3.2.2 Proportion of products meeting the 2022 PAHO Sodium Targets (mg/100kcal), at the regional and country level (2022 data collection)**

PAHO 2021 Major and Sub Category	REGIONAL		ARGENTINA		COSTA RICA		PANAMA		PERU	
	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target
<b>1. Bread, bread products and crisp breads</b>	<b>545</b>	<b>36% (195)</b>	<b>226</b>	<b>27% (62)</b>	<b>187</b>	<b>40% (74)</b>	<b>45</b>	<b>24% (11)</b>	<b>87</b>	<b>55% (48)</b>
1a. Pantry and hearth bread, rolls and buns	248	25% (61)	102	11% (11)	84	46% (39)	23	22% (5)	39	15% (6)
1b. Tortillas (wheat), wraps, naan, roti	74	49% (36)	6	83% (5)	42	26% (11)	12	50% (6)	14	100% (14)
1c. Bread with additions	29	31% (9)	0	N/A	19	26% (5)	4	0% (0)	6	67% (4)

1d. Other bread products	194	46% (89)	118	39% (46)	42	45% (19)	6	0% (0)	28	86% (24)
<b>2. Cakes, biscuits, pastries and sweet breads</b>	<b>1500</b>	<b>48% (713)</b>	<b>625</b>	<b>52% (326)</b>	<b>511</b>	<b>41% (210)</b>	<b>99</b>	<b>38% (38)</b>	<b>265</b>	<b>52% (139)</b>
2a. Savory biscuits and crackers	273	49% (135)	144	48% (69)	64	39% (25)	9	44% (4)	56	66% (37)
2b. Cookies and sweet biscuits	854	51% (436)	341	61% (207)	294	46% (135)	64	34% (22)	155	46% (72)
2c. Pastries, squares, and quick/sweet breads	215	40% (87)	80	42% (34)	85	28% (24)	22	41% (9)	28	71% (20)
2d. Cakes	158	35% (55)	60	27% (16)	68	38% (26)	4	75% (3)	26	38% (10)
<b>3. Corn derivatives</b>	<b>58</b>	<b>67% (39)</b>	<b>0</b>	<b>N/A</b>	<b>43</b>	<b>65% (28)</b>	<b>8</b>	<b>62% (5)</b>	<b>7</b>	<b>86% (6)</b>
3a. Tortillas (corn)	15	93% (14)	0	N/A	13	92% (12)	2	100% (2)	0	N/A
3b. Biscuits (bizcochos)	27	44% (12)	0	N/A	20	30% (6)	0	N/A	7	86% (6)
3c. Tostadas	9	100% (9)	0	N/A	8	100% (8)	1	100% (1)	0	N/A
3d. Arepas	7	57% (4)	0	N/A	2	100% (2)	5	40% (2)	0	N/A
<b>4. Breakfast cereal</b>	<b>473</b>	<b>47% (220)</b>	<b>87</b>	<b>48% (42)</b>	<b>195</b>	<b>43% (84)</b>	<b>49</b>	<b>33% (16)</b>	<b>142</b>	<b>55% (78)</b>
<b>4a. Ready to eat and hot instant breakfast cereals</b>	473	47% (220)	87	48% (42)	195	43% (84)	49	33% (16)	142	55% (78)
<b>5. Savoury snacks</b>	<b>731</b>	<b>71% (522)</b>	<b>143</b>	<b>57% (82)</b>	<b>336</b>	<b>73% (245)</b>	<b>93</b>	<b>66% (61)</b>	<b>159</b>	<b>84% (134)</b>
5a. Nuts, seeds, and kernels, seasoned and candied	201	75% (151)	36	44% (16)	95	80% (76)	26	92% (24)	44	80% (35)
5b. Chips, popcorn, and/or extruded snacks	399	70% (281)	101	62% (63)	172	72% (124)	49	63% (31)	77	82% (63)
5c. Pretzels and snack mixes	63	63% (40)	3	33% (1)	38	58% (22)	4	25% (1)	18	89% (16)
5d. Other savory snacks	68	74% (50)	3	67% (2)	31	74% (23)	14	36% (5)	20	100% (20)
<b>6. Cheese</b>	<b>644</b>	<b>40% (256)</b>	<b>256</b>	<b>36% (92)</b>	<b>213</b>	<b>43% (91)</b>	<b>68</b>	<b>43% (29)</b>	<b>107</b>	<b>41% (44)</b>
6a. Fresh cheese (i.e., fresh mozzarella and others)	116	24% (28)	62	27% (17)	30	30% (9)	3	0% (0)	21	10% (2)
6b. Soft cheese (i.e., unripened goat cheese, cream cheese)	113	20% (23)	59	20% (12)	23	13% (3)	11	9% (1)	20	35% (7)
6c. Semi-hard cheese (e.g., mozzarella, cheddar and others)	233	44% (102)	64	55% (35)	97	38% (37)	27	33% (9)	45	47% (21)
6d. Hard cheese, grated and ungrated	98	30% (29)	52	19% (10)	29	48% (14)	6	0% (0)	11	45% (5)

6e. Processed cheese	84	88% (74)	19	95% (18)	34	82% (28)	21	90% (19)	10	90% (9)
<b>7. Processed vegetables, beans, and legumes</b>	<b>653</b>	<b>44% (286)</b>	<b>131</b>	<b>46% (60)</b>	<b>355</b>	<b>45% (160)</b>	<b>95</b>	<b>33% (31)</b>	<b>72</b>	<b>49% (35)</b>
7a. Tomato paste with additions	90	12% (11)	2	100% (2)	78	9% (7)	6	33% (2)	4	0% (0)
7b. Canned vegetables	225	41% (93)	74	58% (43)	85	44% (37)	38	11% (4)	28	32% (9)
7c. Canned beans, chickpeas and lentils	77	43% (33)	10	90% (9)	44	25% (11)	17	41% (7)	6	100% (6)
7d. Baked and refried beans (mashed)	26	15% (4)	0	N/A	20	20% (4)	6	0% (0)	0	N/A
7e. Frozen potatoes and similar products	0	N/A	0	N/A	0	N/A (0)	0	N/A	0	N/A
7f. Dry mashed or scalloped potatoes (as consumed)	0	N/A	0	N/A	0	N/A (0)	0	N/A	0	N/A
7g. Pickled vegetables	98	65% (64)	10	10% (1)	58	79% (46)	12	50% (6)	18	61% (11)
7h. Sundried tomatoes	4	75% (3)	0	N/A	4	75% (3)	0	N/A	0	N/A
7i. Olives	117	59% (69)	35	14% (5)	51	84% (43)	15	80% (12)	16	56% (9)
7j. Vegetable juice	16	56% (9)	0	N/A	15	60% (9)	1	0% (0)	0	N/A
<b>8. Processed meat and poultry</b>	<b>568</b>	<b>32% (183)</b>	<b>178</b>	<b>33% (59)</b>	<b>184</b>	<b>30% (55)</b>	<b>93</b>	<b>28% (26)</b>	<b>113</b>	<b>38% (43)</b>
8a. Packaged deli meats – fully cooked	128	41% (53)	41	54% (22)	56	32% (18)	12	25% (3)	19	53% (10)
8b. Packaged dry-cured deli meats – dry cured, fermented, no thermal process	61	18% (11)	21	29% (6)	30	17% (5)	1	0% (0)	9	0% (0)
8c. Sausages - uncooked	39	18% (7)	6	67% (4)	11	9% (1)	17	0% (0)	5	40% (2)
8d. Sausages - cooked	69	22% (15)	16	0% (0)	24	33% (8)	13	23% (3)	16	25% (4)
8e. Uncooked bacon – belly	5	0% (0)	1	0% (0)	3	0% (0)	0	N/A	1	0% (0)
8f. Burgers, meatballs, meatloaf and breaded meat and poultry	180	39% (70)	66	30% (20)	43	37% (16)	21	52% (11)	50	46% (23)
8g. Ham, canned meat and poultry, and uncooked, pickled, cured and smoked meats that are not deli meats	63	32% (20)	14	36% (5)	14	36% (5)	26	35% (9)	9	11% (1)
8h. Patés and meat spreads	23	30% (7)	13	15% (2)	3	67% (2)	3	0% (0)	4	75% (3)
<b>9. Processed fish and seafood</b>	<b>366</b>	<b>53% (194)</b>	<b>54</b>	<b>52% (28)</b>	<b>175</b>	<b>57% (100)</b>	<b>71</b>	<b>41% (29)</b>	<b>66</b>	<b>56% (37)</b>
9a. Canned fish	299	56% (167)	36	47% (17)	159	61% (97)	61	41% (25)	43	65% (28)

9b. Frozen plain fish and seafood with added sodium phosphate	24	54% (13)	11	73% (8)	3	67% (2)	8	38% (3)	2	0% (0)
9c. Fish and seafood cakes, fingers or burgers, seasoned, and breaded or battered or with sauces	28	50% (14)	4	75% (3)	9	11% (1)	1	100% (1)	14	64% (9)
9d. Smoked, salted, pickled and kippered fish	15	0% (0)	3	0% (0)	4	0% (0)	1	0% (0)	7	0% (0)
<b>10. Soy products and meat alternatives</b>	<b>157</b>	<b>61% (95)</b>	<b>77</b>	<b>73% (56)</b>	<b>49</b>	<b>37% (18)</b>	<b>5</b>	<b>80% (4)</b>	<b>26</b>	<b>65% (17)</b>
10a. Seasoned tofu and tempeh	10	50% (5)	1	0% (0)	6	33% (2)	3	100% (3)	0	N/A
10b. Meat analogues and other meat alternatives	147	61% (90)	76	74% (56)	43	37% (16)	2	50% (1)	26	65% (17)
<b>11. Soups</b>	<b>228</b>	<b>48% (110)</b>	<b>45</b>	<b>40% (18)</b>	<b>83</b>	<b>43% (36)</b>	<b>48</b>	<b>44% (21)</b>	<b>52</b>	<b>67% (35)</b>
11a. Wet and dry soups (as consumed)	130	34% (44)	18	17% (3)	68	41% (28)	29	10% (3)	15	67% (10)
11b. Noodles in broth (as consumed)	98	67% (66)	27	56% (15)	15	53% (8)	19	95% (18)	37	68% (25)
<b>12. Ready-made foods, convenience foods, and mixed dishes</b>	<b>347</b>	<b>41% (144)</b>	<b>144</b>	<b>48% (69)</b>	<b>115</b>	<b>47% (54)</b>	<b>24</b>	<b>25% (6)</b>	<b>64</b>	<b>23% (15)</b>
12a. Canned chili	0	N/A	0	N/A	0	N/A	0	N/A	0	N/A
12b. Canned stew and meatballs	4	0% (0)	0	N/A	0	N/A	0	N/A	4	0% (0)
12c. Pasta, noodles, rice or grains with sauce or seasonings (as consumed)	15	13% (2)	2	0% (0)	6	17% (1)	3	0% (0)	4	25% (1)
12d. Pasta, noodles, rice or grains with sauce or seasonings (dry mix, as sold)	75	51% (38)	24	83% (20)	37	41% (15)	3	33% (1)	11	18% (2)
12e. Stuffing mixes (as consumed)	0	N/A	0	N/A	0	N/A	0	N/A	0	N/A
12f. Pizza and pizza snacks	41	46% (19)	22	36% (8)	0	N/A	3	0% (0)	3	100% (3)
12g. Sandwiches	14	71% (10)	3	33% (1)	11	82% (9)	0	N/A	0	N/A
12h. Refrigerated or frozen appetizers, sides and entrees	198	38% (75)	93	43% (40)	48	44% (21)	15	33% (5)	42	21% (9)
<b>13. Fresh or dried plain pasta and noodles</b>	<b>539</b>	<b>35% (190)</b>	<b>201</b>	<b>16% (33)</b>	<b>128</b>	<b>55% (71)</b>	<b>39</b>	<b>41% (16)</b>	<b>171</b>	<b>41% (70)</b>
13a. Plain pasta and noodles (as consumed or dry, uncooked)	539	35% (190)	201	16% (33)	128	55% (71)	39	41% (16)	171	41% (70)

<b>14. Granola and energy bars and nut butters/spreads</b>	<b>231</b>	<b>63% (145)</b>	<b>33</b>	<b>76% (25)</b>	<b>117</b>	<b>63% (74)</b>	<b>32</b>	<b>38% (12)</b>	<b>49</b>	<b>69% (34)</b>
14a. Granola, cereal and energy bars	195	67% (131)	33	76% (25)	101	62% (63)	18	61% (11)	43	74% (32)
14b. Nut butters and nut spreads	36	39% (14)	0	N/A	16	69% (11)	14	7% (1)	6	33% (2)
<b>15. Fats and oils</b>	<b>345</b>	<b>42% (144)</b>	<b>86</b>	<b>52% (45)</b>	<b>140</b>	<b>41% (57)</b>	<b>45</b>	<b>29% (13)</b>	<b>74</b>	<b>39% (29)</b>
15a. Salted butter, margarine, and butter blends	106	27% (29)	16	75% (12)	43	35% (15)	17	0% (0)	30	7% (2)
15b. Mayonnaise	94	50% (47)	31	16% (5)	21	52% (11)	14	64% (9)	28	79% (22)
15c. Salad dressing & vinaigrette	145	47% (68)	39	72% (28)	76	41% (31)	14	29% (4)	16	31% (5)
<b>16. Sauces, dips, gravy and condiments</b>	<b>866</b>	<b>42% (361)</b>	<b>203</b>	<b>51% (103)</b>	<b>291</b>	<b>40% (116)</b>	<b>153</b>	<b>27% (42)</b>	<b>219</b>	<b>46% (100)</b>
16a. Bouillon cubes and powders (as sold)	47	51% (24)	35	66% (23)	1	100% (1)	5	0% (0)	6	0% (0)
16b. Pasta sauce	89	20% (18)	25	20% (5)	28	11% (3)	5	0% (0)	31	32% (10)
16c. Pesto	24	46% (11)	2	100% (2)	17	35% (6)	0	N/A	5	60% (3)
16d. Tomato sauce	76	50% (38)	26	65% (17)	5	40% (2)	26	35% (9)	19	53% (10)
16e. Ketchup and similar tomato-type condiments (as consumed)	104	60% (62)	29	69% (20)	40	50% (20)	12	58% (7)	23	65% (15)
16f. Mustard	53	38% (20)	21	52% (11)	15	20% (3)	4	25% (1)	13	38% (5)
16g. Spicy sauce	104	62% (65)	14	57% (8)	43	56% (24)	14	43% (6)	33	82% (27)
16h. Gravy, cooking sauces, dips, and salsa (as consumed)	157	43% (67)	23	52% (12)	63	51% (32)	34	21% (7)	37	43% (16)
16i. Sweet oriental sauces	16	6% (1)	2	0% (0)	10	0% (0)	1	0% (0)	3	33% (1)
16j. Soya and other salty oriental sauces	54	9% (5)	6	0% (0)	19	16% (3)	17	0% (0)	12	17% (2)
16k. Marinades (as consumed)	26	50% (13)	2	0% (0)	11	36% (4)	4	100% (4)	9	56% (5)
16l. Dry seasoning mixes for rice and side dishes	38	11% (4)	3	67% (2)	6	0% (0)	15	0% (0)	14	14% (2)
16m. Dry seasoning mixes for meat and fish	78	42% (33)	15	20% (3)	33	55% (18)	16	50% (8)	14	29% (4)



**Table 3.2.3. Proportion of products meeting the WHO Sodium Targets (mg per 100g/mL), at the regional and country level (2022 data collection)**

WHO Major and Sub Categories	REGIONAL			ARGENTINA		COSTA RICA		PANAMA		PERU	
	WHO Target (mg/100g)	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target	n	% (n) Meeting Target
<b>1. Chocolate and sugar confectionery, energy bars, and sweet toppings and desserts</b>	-	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1a. Granola and cereal-type bars	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1b. Nut butters	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>2. Cakes, sweet biscuits and pastries; other sweet bakery wares; and dry-mixes for making such</b>	-	1089	50% (540)	427	49% (211)	395	51% (200)	72	43% (31)	195	50% (98)
2a. Cookies/sweet biscuits	265	789	60% (473)	283	66% (186)	291	59% (171)	61	44% (27)	154	58% (89)
2b. Cakes and sponges	205	176	27% (47)	86	22% (19)	59	31% (18)	7	57% (4)	23	22% (5)
2c. Pies and pastries	120	84	8% (7)	55	5% (3)	15	27% (4)	2	0% (0)	12	0% (0)
2d. Baked and cooked desserts	100	22	27% (6)	0	N/A	19	26% (5)	1	0% (0)	2	50% (1)

2e. Pancakes, waffles and French toast	330	18	39% (7)	3	100% (3)	10	10% (1)	1	0% (0)	4	75% (3)
2f. Scones and soda bread	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
2g. Dry-mixes for making cakes, sweet biscuits, pastries and other sweet bakery wares	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>3. Savoury snacks</b>	-	<b>1106</b>	<b>44% (491)</b>	<b>309</b>	<b>34% (104)</b>	<b>455</b>	<b>45% (207)</b>	<b>106</b>	<b>33% (35)</b>	<b>236</b>	<b>61% (145)</b>
3a. Crackers/savoury biscuits	600	385	45% (173)	174	44% (77)	122	35% (43)	12	25% (3)	77	65% (50)
3b. Nuts, seeds and kernels	280	250	37% (93)	41	12% (5)	121	47% (57)	34	41% (14)	54	31% (17)
3c. Potato, vegetable and grain chips	500	259	63% (163)	40	32% (13)	102	70% (71)	44	41% (18)	73	84% (61)
3d. Extruded snacks	520	169	23% (39)	54	17% (9)	81	28% (23)	14	0% (0)	20	35% (7)
3e. Pretzels	760	43	53% (23)	0	N/A	29	45% (13)	2	0% (0)	12	83% (10)
<b>4. Beverages</b>	-	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
<b>5. Edible ices</b>	-	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
<b>6. Breakfast cereals</b>	-	<b>533</b>	<b>60% (320)</b>	<b>93</b>	<b>66% (61)</b>	<b>208</b>	<b>53% (110)</b>	<b>51</b>	<b>39% (20)</b>	<b>181</b>	<b>71% (129)</b>
6a. Minimally processed breakfast cereals (includes all types –	100	90	90% (81)	8	88% (7)	32	91% (29)	11	64% (7)	39	97% (38)

prepared, ready-made and dry-mixes)											
6b. Highly processed breakfast cereals	280	443	54% (239)	85	64% (54)	176	46% (81)	40	32% (13)	142	64% (91)
<b>7. Yoghurt, sour milk, cream and other similar foods</b>	<b>-</b>	<b>0</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
<b>8. Cheese</b>	<b>-</b>	<b>533</b>	<b>35% (391)</b>	<b>201</b>	<b>39% (78)</b>	<b>177</b>	<b>37% (65)</b>	<b>59</b>	<b>15% (9)</b>	<b>96</b>	<b>35% (34)</b>
8a. Fresh unripened cheese	190	203	24% (48)	116	27% (31)	38	18% (7)	14	14% (2)	35	23% (8)
8b. Soft to medium ripened cheese	520	26	65% (17)	8	75% (6)	4	75% (3)	6	0% (0)	8	100% (8)
8c. Semi-hard ripened cheese	625	201	47% (95)	63	60% (38)	89	43% (38)	13	31% (4)	36	42% (15)
8d. Extra-hard ripened cheese	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
8e. Mould ripened cheese, white and red	510	10	10% (1)	0	N/A	4	0% (0)	2	0% (0)	4	25% (1)
8f. Mould ripened cheese, blue	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
8g. Processed cheese	720	93	27% (25)	14	21% (3)	42	40% (17)	24	12% (3)	13	15% (2)
8h. Brine-stored cheese	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>9. Ready-made and convenience</b>	<b>-</b>	<b>603</b>	<b>31% (187)</b>	<b>202</b>	<b>20% (40)</b>	<b>205</b>	<b>38% (77)</b>	<b>79</b>	<b>20% (16)</b>	<b>117</b>	<b>46% (54)</b>

foods and composite dishes											
9a. Canned foods	225	7	0% (0)	0	N/A	3	0% (0)	0	NA	4	0% (0)
9bi. Pasta, noodles, and rice or grains with sauce or seasoned (prepared)	230	18	28% (5)	0	N/A	8	25% (2)	4	25% (1)	6	33% (2)
9bii. Pasta, noodles, and rice or grains with sauce or seasoned (dry-mix, concentrated)	770	177	42% (74)	41	22% (9)	57	37% (21)	27	44% (12)	52	62% (32)
9c. Pizza and pizza snacks	450	41	46% (19)	22	41% (9)	13	46% (6)	3	33% (1)	3	100% (3)
9d. Sandwiches and wraps	430	15	60% (9)	3	0% (0)	12	75% (9)	0	N/A	0	NaN% (0)
9e. Prepared salads	390	8	88% (7)	0	N/A	6	100% (6)	0	N/A	2	50% (1)
9f. Ready-to-eat meals composed of a combination of carbohydrate and either vegetable or meat, or all three combined	250	193	21% (40)	105	19% (20)	38	34% (13)	15	7% (1)	35	17% (6)
9gi. Soups (ready-to-serve,	235	49	37% (18)	0	N/A	39	41% (16)	4	0% (0)	6	33% (2)

canned and refrigerated soups)												
9gii. Soups (dry soup only) (concentrated)	1200	95	16% (15)	31	6% (2)	29	14% (4)	26	4% (1)	9	89% (8)	
<b>10. Butter and other fats and oils</b>	-	<b>125</b>	<b>26% (32)</b>	<b>16</b>	<b>81% (13)</b>	<b>64</b>	<b>28% (18)</b>	<b>16</b>	<b>0% (0)</b>	<b>29</b>	<b>3% (1)</b>	
10a. Salted butter, butter blends, margarine and oil-based spreads	400	125	26% (32)	16	81% (13)	64	28% (18)	16	0% (0)	29	3% (1)	
<b>11. Bread, bread products and crisp breads</b>	-	<b>448</b>	<b>32% (143)</b>	<b>151</b>	<b>26% (40)</b>	<b>176</b>	<b>41% (72)</b>	<b>48</b>	<b>12% (6)</b>	<b>73</b>	<b>34% (25)</b>	
11a. Sweet and raisin breads	310	40	75% (30)	1	0% (0)	25	68% (17)	2	50% (1)	12	100% (12)	
11b. Leavened bread	330	310	25% (77)	148	27% (40)	84	36% (30)	31	3% (1)	47	13% (6)	
11c. Flatbreads	320	98	37% (36)	2	0% (0)	67	37% (25)	15	27% (4)	14	50% (7)	
<b>12. Fresh or dried pasta, noodles, rice and grains</b>	-	<b>0</b>	<b>35% (190)</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	
<b>13. Fresh and frozen meat, poultry, game, fish and similar</b>	-	<b>0</b>	<b>70% (7)</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	
<b>14. Processed meat, poultry,</b>	-	<b>937</b>	<b>27% (250)</b>	<b>226</b>	<b>18% (40)</b>	<b>363</b>	<b>31% (113)</b>	<b>162</b>	<b>30% (48)</b>	<b>186</b>	<b>26% (49)</b>	

game, fish and similar											
14a. Canned fish	360	292	57% (167)	31	65% (20)	157	58% (91)	61	51% (31)	43	58% (25)
14b. Processed fish and seafood products, raw	270	44	30% (13)	7	57% (4)	15	13% (2)	9	33% (3)	13	31% (4)
14c. Processed fish and seafood products, nonheat-treated	800	22	45% (10)	7	43% (3)	7	43% (3)	1	100% (1)	8	50% (4)
14d. Raw meat products and preparations	230	222	9% (21)	71	1% (1)	54	13% (7)	38	24% (9)	59	7% (4)
14ei. Whole muscle meat products, heat treated (frozen and canned products)	270	6	0% (0)	0	N/A	0	N/A	2	0% (0)	4	0% (0)
14eii. Whole muscle meat products, heat treated (refrigerated products)	600	8	88% (7)	0	N/A	2	100% (2)	2	100% (2)	4	75% (3)
14f. Whole muscle meat products, non-heat preservation	950	29	10% (3)	12	8% (1)	10	20% (2)	0	N/A	7	0% (0)
14g. Comminuted meat products,	540	261	10% (27)	83	12% (10)	90	7% (6)	48	4% (2)	40	22% (9)

heat treated (cooked)											
14h. Comminuted meat products, non-heat preservation	830	53	4% (2)	15	7% (1)	29	3% (1)	1	0% (0)	8	0% (0)
<b>15. Fresh and frozen fruit, vegetables and legumes</b>	<b>-</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
<b>16. Processed fruit, vegetables and legumes</b>	<b>-</b>	<b>627</b>	<b>24% (148)</b>	<b>138</b>	<b>14% (20)</b>	<b>316</b>	<b>29% (93)</b>	<b>99</b>	<b>19% (19)</b>	<b>74</b>	<b>22% (16)</b>
16a. Canned vegetables and legumes	50	327	11% (37)	93	19% (18)	143	10% (14)	57	2% (1)	34	12% (4)
16b. Pickled vegetables	550	121	52% (63)	10	20% (2)	81	58% (47)	11	55% (6)	18	39% (7)
16c. Olives and sundried tomatoes	780	120	9% (11)	35	0% (0)	54	17% (9)	15	13% (2)	16	0% (0)
16d. Vegetable juice and cocktail	200	17	76% (13)	0	N/A	16	81% (13)	1	0% (0)	0	N/A
16e. Frozen vegetables and legumes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
16f. Frozen potatoes and other potato products (ready-to-eat)	260	41	56% (23)	0	N/A	21	43% (9)	14	64% (9)	6	83% (5)

16g. Battered or breaded vegetables	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>17. Plant-based food/ meat analogues</b>	-	<b>158</b>	<b>13% (20)</b>	<b>77</b>	<b>13% (10)</b>	<b>50</b>	<b>6% (3)</b>	<b>5</b>	<b>60% (3)</b>	<b>26</b>	<b>15% (4)</b>
17a. Tofu and tempeh	280	4	50% (2)	2	50% (1)	1	0% (0)	1	100% (1)	0	NA
17b. Meat analogues	250	154	12% (18)	75	12% (9)	49	6% (3)	4	50% (2)	26	15% (4)
<b>18. Sauces, dips and dressings</b>	-	<b>1271</b>	<b>38% (479)</b>	<b>259</b>	<b>41% (107)</b>	<b>508</b>	<b>33% (169)</b>	<b>190</b>	<b>31% (58)</b>	<b>314</b>	<b>46% (145)</b>
18ai. Bouillon and soup stock (not concentrated)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
18aii. Bouillon and soup stock (concentrated)	15000	188	52% (97)	52	40% (21)	66	58% (38)	35	57% (20)	35	51% (18)
18b. Cooking sauces including pasta sauces and tomato sauces (not concentrated)	330	281	30% (85)	46	67% (31)	124	27% (34)	38	18% (7)	74	19% (14)
18c. Dips and dipping sauces	360	135	54% (73)	7	14% (1)	47	43% (20)	20	5% (1)	61	84% (51)
18d. Emulsion-based dips, sauces and dressings	500	239	35% (83)	71	37% (26)	98	33% (32)	26	15% (4)	44	48% (21)
18e. Condiments	650	314	28% (88)	77	32% (25)	133	24% (32)	35	26% (9)	69	32% (22)
18f. Soy sauce and fish sauce	4840	37	46% (17)	5	60% (3)	13	38% (5)	9	67% (6)	10	30% (3)



18g. Other Asian-style sauces	680	35	31% (11)	1	0% (0)	14	36% (5)	15	13% (2)	5	80% (4)
18h. Marinades and thick pastes	1425	42	60% (25)	0	N/A	13	23% (3)	13	77% (10)	16	75% (12)

### 3.3 Objective 3

**Table 3.3.1 Changes in the sodium content per 100 g/ml of packaged foods in PAHO countries between 2015-2016, 2017-2018 and in 2022.**

PAHO categories	Collection	Region/ Country	All	Products with sodium data		Sodium (mg per 100g/ml)		Percentiles (mg per 100g/ml)				
	year		n	n	%	Mean	SD	Min	25 <sup>th</sup>	50 <sup>th</sup>	75 <sup>th</sup>	Max
Bread products	2015-2016	Regional	350	350	100.0%	446	260	0	306	475	580	1300
		Argentina	123	123	100.0%	452	255	0	279	480	610	1200
		Costa Rica	83	83	100.0%	435	314	0	180	473	603	1240
		Paraguay	76	76	100.0%	398	199	0	292	439	536	76
		Peru	68	68	100.0%	503	249	1	404	486	590	1300
	2017-2018	Regional	353	309	87.5%	385	192	0	316	432	500	1030
		Argentina	111	110	99.1%	443	126	1	396	443	500	1030
		Costa Rica	124	85	68.5%	368	228	0	197	402	500	947
		Paraguay	95	91	95.8%	354	200	0	224	410	500	95
		Peru	23	23	100.0%	291	215	1	1	359	440	623
	2022	Regional	459	355	77.3%	442	213	0	356	432	550	1200
		Argentina	134	133	99.3%	460	178	0	393	444	552	1030
		Costa Rica	177	132	74.6%	431	282	0	263	432	600	1200
		Panama	33	30	90.9%	510	138	240	438	497	551	1040
		Peru	115	60	52.2%	396	98	40	351	384	400	676
Breakfast cereals	2015-2016	Regional	392	392	100.0%	307	247	0	100	283	468	1395
		Argentina	88	88	100.0%	318	253	0	113	277	518	1100
		Costa Rica	115	115	100.0%	433	185	44	313	400	567	1067
		Paraguay	98	98	100.0%	201	210	0	68	125	275	977
		Peru	91	91	100.0%	251	276	0	6	229	383	1395

Butter and margarine	2017-2018	Regional	432	427	98.8%	318	262	0	137	290	437	2700
		Argentina	85	85	100.0%	283	196	0	130	250	417	810
		Costa Rica	135	135	100.0%	410	277	0	246	371	517	2500
		Paraguay	130	128	98.5%	232	277	0	74	199	315	2700
		Peru	82	79	96.3%	338	222	0	159	337	430	955
	2022	Regional	522	472	90.4%	256	202	0	79	260	361	1307
		Argentina	87	87	100.0%	232	177	0	77	240	323	810
		Costa Rica	195	195	100.0%	285	209	0	113	275	375	1307
		Panama	49	48	98.0%	342	215	0	220	350	408	1133
		Peru	191	142	25.7%	202	187	0	18	183	347	775
	2015-2016	Regional	101	101	100.0%	554	652	0	140	480	670	5000
		Argentina	23	23	100.0%	199	228	0	45	120	260	720
		Costa Rica	43	43	100.0%	553	362	0	308	600	692	2000
		Paraguay	17	17	100.0%	484	339	96	200	470	670	1110
		Peru	18	18	100.0%	1079	1238	20	405	786	1207	5000
	2017-2018	Regional	145	140	96.6%	486	347	0	140	571	707	1571
		Argentina	38	38	100.0%	272	239	0	92	190	540	810
		Costa Rica	49	44	89.8%	594	265	0	509	643	732	1067
		Paraguay	40	40	100.0%	487	371	0	140	555	670	1110
		Peru	18	18	100.0%	673	442	0	450	761	1000	1571
	2022	Regional	113	108	95.6%	624	378	0	383	673	864	1571
		Argentina	16	16	100%	262	323	12	86	190	245	1310
		Costa Rica	45	45	100%	528	326	0	361	607	714	1067
		Panama	18	17	94%	765	126	593	643	750	886	980
		Peru	34	30	88%	881	367	0	704	760	996	1571
Cakes	2015-2016	Regional	312	312	100.0%	374	233	0	212	310	508	1465
		Argentina	127	127	100.0%	323	204	3	212	260	435	820
		Costa Rica	117	117	100.0%	385	244	22	195	297	572	971
		Paraguay	35	35	100.0%	472	176	120	368	496	578	765
		Peru	33	33	100.0%	425	301	0	200	344	677	1465
	2017-2018	Regional	334	237	71.0%	275	218	0	129	230	371	1739
		Argentina	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Costa Rica	194	102	52.6%	358	269	4	172	330	456	1739

		Paraguay	140	135	96.4%	212	142	0	108	167	275	597
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	<b>2022</b>	<b>Regional</b>	<b>528</b>	<b>358</b>	<b>67.8%</b>	<b>357</b>	<b>257</b>	<b>0</b>	<b>187</b>	<b>301</b>	<b>444</b>	<b>1667</b>
		Argentina	145	143	98.6%	279	136	22	186	268	386	660
		Costa Rica	206	138	67.0%	436	289	0	221	365	536	1214
		Panama	29	27	93.1%	544	462	59	137	358	850	1667
		Peru	148	50	33.8%	264	128	6	155	241	345	612
<b>Bouillon cubes and powders</b>	<b>2015-2016</b>	<b>Regional</b>	<b>79</b>	<b>79</b>	<b>100.0%</b>	<b>19018</b>	<b>7356</b>	<b>263</b>	<b>16667</b>	<b>20000</b>	<b>23120</b>	<b>33810</b>
		Argentina	23	23	100.0%	18466	8584	1800	14000	19852	22300	33810
		Costa Rica	26	26	100.0%	17063	7638	1000	10000	19400	21600	27500
		Paraguay	6	6	100.0%	19396	1054	17642	18905	19594	19880	20760
		Peru	24	24	100.0%	21571	6159	263	19225	22353	26176	29613
	<b>2017-2018</b>	<b>Regional</b>	<b>83</b>	<b>78</b>	<b>94.0%</b>	<b>19579</b>	<b>6801</b>	<b>139</b>	<b>18800</b>	<b>19880</b>	<b>22300</b>	<b>33813</b>
		Argentina	38	38	100.0%	20482	7224	1778	18989	20745	24267	33813
		Costa Rica	18	13	72.2%	17834	7858	1000	18800	20000	21200	25400
		Paraguay	27	27	100.0%	19149	5596	139	18421	19760	20760	33120
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	<b>2022</b>	<b>Regional</b>	<b>49</b>	<b>46</b>	<b>93.9%</b>	<b>7197</b>	<b>10599</b>	<b>17</b>	<b>277</b>	<b>351</b>	<b>16555</b>	<b>30640</b>
		Argentina	35	35	100.0%	1951	5076	17	257	316	363	24000
		Costa Rica	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Panama	5	5	100.0%	21089	2396	17764	20000	21044	22702	23938
		Peru	9	6	66.7%	26221	3372	22209	23408	27022	27929	30640
<b>Meat and fish seasonings</b>	<b>2015-2016</b>	<b>Regional</b>	<b>58</b>	<b>58</b>	<b>100.0%</b>	<b>12130</b>	<b>9834</b>	<b>17</b>	<b>3900</b>	<b>11371</b>	<b>19710</b>	<b>38000</b>
		Argentina	26	26	100.0%	16630	6349	4250	12990	16610	19810	28906
		Costa Rica	15	15	100.0%	4860	4071	17	767	3900	6073	12600
		Paraguay	6	6	100.0%	27203	11697	10000	19800	29280	36860	38000
		Peru	11	11	100%	3186	1618	20	1964	3615	4343	4790
	<b>2017-2018</b>	<b>Regional</b>	<b>90</b>	<b>85</b>	<b>94.4%</b>	<b>11209</b>	<b>8892</b>	<b>4</b>	<b>3667</b>	<b>10146</b>	<b>16340</b>	<b>36140</b>
		Argentina	19	19	100.0%	14423	4309	7829	10167	15500	17100	23493
		Costa Rica	50	45	90.0%	8284	9138	4	1333	5517	12500	33636
		Paraguay	21	21	100.0%	14567	9525	20	9420	15640	18520	36140
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	<b>2022</b>	<b>Regional</b>	<b>132</b>	<b>85</b>	<b>64.4%</b>	<b>11435</b>	<b>10616</b>	<b>0</b>	<b>2500</b>	<b>6903</b>	<b>21320</b>	<b>32750</b>

		Argentina	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Costa Rica	68	54	79.4	11876	11147	0	2288	6336	22084	32750
		Panama	19	16	84.2%	9995	7866	349	4455	7375	12155	26400
		Peru	45	15	33.3%	11383	11682	333	1295	8333	21910	31667
Seasonings for side and main dishes	2015-2016	Regional	145	145	100.0%	9475	10739	0	767	3889	18200	37280
		Argentina	22	22	100.0%	2921	3648	0	745	1054	3240	10390
		Costa Rica	44	44	100.0%	11855	10970	0	1375	9000	19380	33000
		Paraguay	28	28	100.0%	19313	9180	5600	13020	18660	20500	37280
		Peru	51	51	100.0%	4847	8811	0	500	1360	3778	32670
	2017-2018	Regional	77	74	96.1%	5872	7974	0	400	1067	8444	28000
		Argentina	27	26	96.3%	5935	6840	0	1008	3164	12611	21707
		Costa Rica	9	8	88.9%	16269	9755	6000	7556	14622	25900	28000
		Paraguay	41	40	97.6%	3752	6721	74	240	400	1656	20600
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	2022	Regional	69	43	62.3%	14546	9280	0	9063	14000	19250	34667
		Argentina	3	3	100.0%	3889	6736	0	0	0	5833	11667
		Costa Rica	16	10	62.5%	14930	8249	1000	9744	15742	20417	26100
		Panama	15	15	100.0%	16571	9577	3778	9080	15800	23656	34667
		Peru	25	15	57.7%	14396	9357	158	11850	14000	18700	32660
Cookies and sweet cookies	2015-2016	Regional	432	432	100.0%	283	223	0	177	260	343	3433
		Argentina	98	98	100.0%	279	365	0	134	214	331	3433
		Costa Rica	127	127	100.0%	292	162	0	193	273	362	1000
		Paraguay	116	116	100.0%	253	103	20	180	246	300	642
		Peru	91	91	100%	315	204	0	186	300	357	1111
	2017-2018	Regional	976	930	95.3%	289	529	0	177	240	313	9000
		Argentina	237	235	99.2%	241	130	0	153	231	313	1120
		Costa Rica	326	286	87.7%	269	242	0	168	252	320	3419
		Paraguay	382	381	99.7%	336	790	0	187	240	310	9000
		Peru	31	28	90%	270	174	0	200	232	352	714
	2022	Regional	950	856	90.1%	237	144	0	135	221	317	967
		Argentina	342	342	100.0%	210	151	0	110	176	290	967
		Costa Rica	346	295	85.3%	243	132	0	150	232	318	775
		Panama	64	64	100.0%	331	202	34	198	294	414	962

		Peru	198	155	78.2%	247	97	0	175	250	321	444
Flavored cookies and crackers	2015-2016	Regional	180	180	100.0%	651	352	0	498	657	804	1929
		Argentina	67	67	100.0%	522	340	12	120	620	733	1496
		Costa Rica	43	43	100.0%	866	375	55	650	793	1045	1929
		Paraguay	32	32	100.0%	559	310	0	372	597	766	1197
		Peru	38	38	100.0%	712	237	277	603	679	800	1643
	2017-2018	Regional	243	243	100.0%	591	275	0	473	594	759	2000
		Argentina	76	76	100.0%	500	239	0	433	547	633	861
		Costa Rica	81	81	100.0%	701	222	5	552	702	848	1433
		Paraguay	85	85	100.0%	567	316	0	430	573	729	2000
		Peru	1	1	100.0%	600	n/a	600	600	600	600	600
	2022	Regional	224	217	96.9%	631	296	0	489	660	833	2110
		Argentina	145	144	99.3%	606	311	0	485	647	803	2110
		Costa Rica	70	64	91.4%	682	272	109	505	745	875	1167
		Panama	9	9	100.0%	668	133	403	625	708	733	837
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
Mayonnaise	2015-2016	Regional	90	90	100.0%	814	230	96	700	850	942	2000
		Argentina	18	18	100.0%	856	145	558	765	903	950	1067
		Costa Rica	34	34	100.0%	754	162	373	567	833	867	933
		Paraguay	18	18	100.0%	915	120	610	867	942	1000	1075
		Peru	20	20	100.0%	789	388	96	597	733	1000	2000
	2017-2018	Regional	139	136	97.8%	897	630	1	767	850	942	7698
		Argentina	35	35	100.0%	862	91	550	842	850	925	1042
		Costa Rica	32	32	100.0%	1064	1262	487	668	767	896	7698
		Paraguay	56	56	100.0%	877	126	333	850	925	942	1025
		Peru	16	13	81.3%	666	335	1	505	633	1000	1133
	2022	Regional	100	96	96.0%	708	209	247	599	733	825	1333
		Argentina	31	31	100.0%	753	153	275	672	742	825	1225
		Costa Rica	21	21	100.0%	728	245	247	595	667	843	1333
		Panama	17	16	94.1%	772	176	500	619	767	903	1067
		Peru	31	28	90.3%	608	226	339	400	600	768	1110
Meats and sausages	2015-2016	Regional	378	378	100.0%	865	587	0	640	818	1030	7000
		Argentina	162	162	100.0%	925	349	30	750	875	1050	2420

		Costa Rica	60	60	100.0%	976	676	31	533	859	1240	4200
		Paraguay	109	109	100.0%	755	427	38	520	710	856	3000
		Peru	47	47	100.0%	766	1147	0	72	560	1036	7000
	<b>2017-2018</b>	<b>Regional</b>	<b>565</b>	<b>498</b>	<b>88.1%</b>	<b>890</b>	<b>412</b>	<b>2</b>	<b>658</b>	<b>834</b>	<b>1076</b>	<b>2720</b>
		Argentina	207	207	100.0%	940	370	46	746	850	1084	2200
		Costa Rica	169	107	63.3%	932	459	2	701	929	1198	2321
		Paraguay	182	177	97.3%	800	403	54	570	728	920	2720
		Peru	7	7	100.0%	1026	684	301	304	1320	1650	1708
	<b>2022</b>	<b>Regional</b>	<b>536</b>	<b>297</b>	<b>55.4%</b>	<b>844</b>	<b>432</b>	<b>63</b>	<b>663</b>	<b>820</b>	<b>980</b>	<b>4700</b>
		Argentina	110	110	100.0%	791	227	260	664	788	897	1574
		Costa Rica	155	93	60.0%	987	594	63	773	900	1107	4700
		Panama	108	49	45.4%	879	388	110	717	850	1000	2495
		Peru	163	45	27.6%	639	362	222	329	560	797	1500
<b>Cured and preserved meats</b>	<b>2015-2016</b>	<b>Regional</b>	<b>41</b>	<b>41</b>	<b>100.0%</b>	<b>1433</b>	<b>962</b>	<b>0</b>	<b>596</b>	<b>1540</b>	<b>1700</b>	<b>3500</b>
		Argentina	28	28	100.0%	1631	1047	310	810	1540	2125	3500
		Costa Rica	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Paraguay	12	12	100.0%	1090	511	0	798	1118	1599	1657
		Peru	1	1	100%	0	n/a	0	0	0	0	0
	<b>2017-2018</b>	<b>Regional</b>	<b>142</b>	<b>84</b>	<b>59.2%</b>	<b>1580</b>	<b>1761</b>	<b>153</b>	<b>822</b>	<b>1403</b>	<b>1764</b>	<b>15400</b>
		Argentina	14	14	100.0%	2011	769	1380	1405	1763	2250	3623
		Costa Rica	105	48	45.7%	1570	2105	273	822	1350	1717	15400
		Paraguay	23	22	95.7%	1328	1339	153	471	1039	1658	6475
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	<b>2022</b>	<b>Regional</b>	<b>309</b>	<b>160</b>	<b>51.8%</b>	<b>1398</b>	<b>939</b>	<b>5</b>	<b>790</b>	<b>1206</b>	<b>1700</b>	<b>5460</b>
		Argentina	36	36	100.0%	1904	1197	274	1175	1535	2559	5460
		Costa Rica	109	59	54.1%	1470	955	5	906	1440	1697	4800
		Panama	30	27	90.0%	862	310	400	723	815	946	2071
		Peru	134	38	28.4%	1186	649	198	790	953	1691	2640
<b>Breaded meat and poultry</b>	<b>2015-2016</b>	<b>Regional</b>	<b>72</b>	<b>72</b>	<b>100.0%</b>	<b>756</b>	<b>440</b>	<b>71</b>	<b>511</b>	<b>617</b>	<b>900</b>	<b>2110</b>
		Argentina	22	22	100.0%	541	102	317	466	555	610	709
		Costa Rica	41	41	100.0%	853	500	71	511	785	917	2110
		Paraguay	8	8	100.0%	862	540	153	445	723	1405	1600
		Peru	1	1	100%	624	n/a	624	624	624	624	624

Pasta and noodles, as consumed	<b>2017-2018</b>	<b>Regional</b>	<b>134</b>	<b>108</b>	<b>80.6%</b>	<b>474</b>	<b>272</b>	<b>1</b>	<b>284</b>	<b>446</b>	<b>620</b>	<b>1139</b>
		Argentina	10	10	100.0%	524	209	152	398	498	590	843
		Costa Rica	26	20	76.9%	732	240	375	531	740	908	1139
		Paraguay	41	40	97.6%	449	311	54	119	452	668	1030
		Peru	57	38	66.7%	352	139	1	269	357	446	630
	<b>2022</b>	<b>Regional</b>	<b>122</b>	<b>109</b>	<b>89.3%</b>	<b>477</b>	<b>219</b>	<b>38</b>	<b>308</b>	<b>485</b>	<b>621</b>	<b>935</b>
		Argentina	32	32	100.0%	486	127	46	448	494	610	632
		Costa Rica	37	32	86.4%	577	267	38	384	619	772	935
		Panama	15	15	100.0%	371	275	96	126	278	621	830
		Peru	38	30	78.9%	413	167	225	285	360	526	721
	<b>2015-2016</b>	<b>Regional</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>	<b>n/a</b>
		Argentina	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Costa Rica	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Paraguay	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	<b>2017-2018</b>	<b>Regional</b>	<b>271</b>	<b>263</b>	<b>97.0%</b>	<b>517</b>	<b>288</b>	<b>0</b>	<b>340</b>	<b>553</b>	<b>664</b>	<b>2496</b>
		Argentina	134	129	96.3%	494	237	0	360	536	640	1075
		Costa Rica	9	7	77.8%	325	70	250	283	300	354	462
		Paraguay	128	127	99.2%	552	333	0	351	593	711	2496
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	<b>2022</b>	<b>Regional</b>	<b>168</b>	<b>111</b>	<b>66.0%</b>	<b>409</b>	<b>196</b>	<b>0</b>	<b>283</b>	<b>384</b>	<b>509</b>	<b>1200</b>
		Argentina	72	72	100.0%	431	148	31	313	419	520	765
		Costa Rica	44	20	45.5%	354	202	18	249	328	361	1040
		Panama	5	5	100.0%	509	562	0	0	343	1000	1200
		Peru	47	14	29.8%	342	178	85	229	325	396	760
Pasta and noodles, dry uncooked	<b>2015-2016</b>	<b>Regional</b>	<b>337</b>	<b>337</b>	<b>100.0%</b>	<b>445</b>	<b>628</b>	<b>0</b>	<b>10</b>	<b>190</b>	<b>735</b>	<b>7000</b>
		Argentina	96	96	100.0%	296	412	0	10	14	685	1572
		Costa Rica	48	48	100.0%	840	640	0	456	810	1045	2800
		Paraguay	120	120	100.0%	545	513	0	35	494	766	2035
		Peru	73	73	100%	218	843	0	0	5	129	7000
	<b>2017-2018</b>	<b>Regional</b>	<b>770</b>	<b>738</b>	<b>95.8%</b>	<b>84</b>	<b>270</b>	<b>0</b>	<b>0</b>	<b>7</b>	<b>16</b>	<b>2283</b>
		Argentina	140	138	98.6%	46	139	0	7	10	17	916
		Costa Rica	203	179	88.2%	124	312	0	0	0	14	2040

Snacks	2022	Paraguay	424	419	98.8%	80	283	0	0	10	20	2283
		Peru	3	2	66.7%	1	1	0	0	1	1	1
		<b>Regional</b>	<b>593</b>	<b>576</b>	<b>97.1%</b>	<b>57</b>	<b>193</b>	<b>0</b>	<b>0</b>	<b>5</b>	<b>11</b>	<b>2040</b>
		Argentina	214	214	100.0%	33	79	0	9	10	13	445
		Costa Rica	148	148	100.0%	138	330	0	0	2	14	2040
		Panama	46	42	91.3%	66	214	0	0	4	12	857
		Peru	185	172	93.0%	15	71	0	0	2	5	770
	2015-2016	<b>Regional</b>	<b>604</b>	<b>604</b>	<b>100.0%</b>	<b>715</b>	<b>648</b>	<b>0</b>	<b>399</b>	<b>609</b>	<b>891</b>	<b>8000</b>
		Argentina	123	123	100.0%	863	1043	0	420	608	900	8000
		Costa Rica	206	206	100.0%	735	579	0	394	643	957	5013
		Paraguay	159	159	100.0%	670	425	0	400	610	944	2333
		Peru	116	116	100.0%	584	399	0	375	537	700	3000
	2017-2018	<b>Regional</b>	<b>765</b>	<b>749</b>	<b>97.9%</b>	<b>583</b>	<b>353</b>	<b>0</b>	<b>361</b>	<b>596</b>	<b>760</b>	<b>2667</b>
		Argentina	165	165	100.0%	634	231	0	500	608	752	1237
		Costa Rica	361	347	96.1%	580	410	0	272	536	780	2667
		Paraguay	239	237	99.2%	552	328	0	420	600	720	1237
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	2022	<b>Regional</b>	<b>823</b>	<b>730</b>	<b>88.7%</b>	<b>531</b>	<b>362</b>	<b>0</b>	<b>280</b>	<b>467</b>	<b>733</b>	<b>2491</b>
		Argentina	143	143	100.0%	602	250	0	429	604	780	1292
		Costa Rica	338	336	99.4%	516	390	0	202	445	720	2467
		Panama	94	92	97.9%	646	467	27	358	532	842	2491
		Peru	248	159	64.1%	434	276	19	266	359	577	1434
Noodles in broth	2015-2016	<b>Regional</b>	<b>71</b>	<b>71</b>	<b>100.0%</b>	<b>349</b>	<b>92</b>	<b>108</b>	<b>304</b>	<b>345</b>	<b>396</b>	<b>640</b>
		Argentina	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
		Costa Rica	13	13	100.0%	427	110	322	345	376	483	640
		Paraguay	3	3	100.0%	272	40	227	227	283	305	305
		Peru	55	55	100.0%	335	79	108	300	344	386	502
	2017-2018	<b>Regional</b>	<b>65</b>	<b>65</b>	<b>100.0%</b>	<b>381</b>	<b>114</b>	<b>156</b>	<b>308</b>	<b>365</b>	<b>424</b>	<b>900</b>
		Argentina	9	9	100.0%	488	113	330	385	550	570	625
		Costa Rica	13	13	100.0%	411	64	308	369	406	448	528
		Paraguay	23	23	100.0%	322	80	156	273	306	367	507
		Peru	20	20	100.0%	381	135	291	308	336	401	900
	2022	<b>Regional</b>	<b>116</b>	<b>101</b>	<b>87.1%</b>	<b>885</b>	<b>806</b>	<b>97</b>	<b>327</b>	<b>463</b>	<b>1215</b>	<b>3250</b>



		Argentina	27	27	100.0%	373	145	98	279	335	375	702
		Costa Rica	16	16	100.0%	1589	1117	298	327	1465	2633	3250
		Panama	27	19	70.4%	1226	867	318	338	1215	1944	3062
		Peru	46	39	84.8%	785	619	97	355	473	1160	3062
Wet and dry soups	2015-2016	Regional	217	217	100.0%	564	899	2	260	322	621	5900
		Argentina	79	79	100.0%	884	1417	2	245	327	975	5900
		Costa Rica	71	71	100.0%	416	220	17	238	370	654	737
		Paraguay	28	28	100.0%	339	149	205	257	298	310	766
		Peru	39	39	100.0%	345	151	18	270	320	373	885
	2017-2018	Regional	151	148	98.0%	298	92	40	255	299	330	725
		Argentina	49	49	100.0%	266	61	40	228	282	303	415
		Costa Rica	80	77	96.3%	322	112	47	288	325	365	725
		Paraguay	22	22	100.0%	290	30	223	282	288	305	351
		Peru	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	2022	Regional	143	131	91.6%	2294	2615	14	252	658	4904	13600
		Argentina	18	18	100.0%	238	74	32	208	252	280	336
		Costa Rica	71	68	95.8%	2278	2674	14	221	721	4593	13600
		Panama	30	29	96.7%	4496	2115	543	3609	5258	5636	7940
		Peru	24	15	62.5%	576	1098	170	265	296	344	4538

**Note:** The 2015-2016 and 2017-2018 data collections include Argentina, Costa Rica, Paraguay and Peru. The 2022 data collection includes Argentina, Costa Rica, Panama and Peru.

**Table.3.3.2 Number and percentage of products meeting 2015 PAHO regional targets in PAHO countries between 2015-2016, 2017-2018 and in 2022.**

PAHO categories	Collection	Region/Country	Products with sodium data	Meeting Regional Targets	
			<i>n</i>	<i>n</i>	%
Bread products	2015-2016	Regional	350	273	78.0%
		Argentina	123	91	74.0%
		Costa Rica	83	62	74.7%
		Paraguay	76	67	88.2%
		Peru	68	53	77.9%

Breakfast cereals	2017-2018	<b>Regional</b>	<b>309</b>	<b>288</b>	<b>93.2%</b>
		Argentina	110	103	93.6%
		Costa Rica	85	76	89.4%
		Paraguay	91	87	95.6%
		Peru	23	22	95.7%
	2022	<b>Regional</b>	<b>355</b>	<b>295</b>	<b>83.1%</b>
		Argentina	133	112	84.2%
		Costa Rica	132	102	77.3%
		Panama	30	26	86.7%
		Peru	60	55	91.7%
	2015-2016	<b>Regional</b>	<b>392</b>	<b>350</b>	<b>89.3%</b>
		Argentina	88	76	86.4%
		Costa Rica	115	99	86.1%
		Paraguay	98	93	94.9%
		Peru	91	82	90.1%
	2017-2018	<b>Regional</b>	<b>427</b>	<b>393</b>	<b>92.0%</b>
		Argentina	85	79	92.9%
		Costa Rica	135	117	86.7%
		Paraguay	128	125	97.7%
		Peru	79	72	91.1%
	2022	<b>Regional</b>	<b>472</b>	<b>451</b>	<b>95.6%</b>
		Argentina	87	84	96.6%
		Costa Rica	195	184	94.4%
		Panama	48	44	91.7%
		Peru	142	139	97.9%
Butter and margarine	2015-2016	<b>Regional</b>	<b>101</b>	<b>82</b>	<b>81.2%</b>
		Argentina	23	23	100.0%
		Costa Rica	43	35	81.4%
		Paraguay	17	14	82.4%
		Peru	18	10	55.6%
	2017-2018	<b>Regional</b>	<b>140</b>	<b>114</b>	<b>81.4%</b>
		Argentina	38	37	97.4%
		Costa Rica	44	34	77.3%

		Paraguay	40	32	80.0%
		Peru	18	11	61.1%
	<b>2022</b>	<b>Regional</b>	<b>108</b>	<b>77</b>	<b>71.3%</b>
		Argentina	16	15	93.8%
		Costa Rica	45	35	77.8%
		Panama	17	11	64.7%
		Peru	30	16	53.3%
<b>Cakes</b>	<b>2015-2016</b>	<b>Regional</b>	<b>312</b>	<b>197</b>	<b>63.1%</b>
		Argentina	127	89	70.1%
		Costa Rica	44	34	77.3%
		Paraguay	35	11	31.4%
		Peru	33	19	57.6%
	<b>2017-2018</b>	<b>Regional</b>	<b>237</b>	<b>187</b>	<b>78.9%</b>
		Argentina	N/A	N/A	N/A
		Costa Rica	102	71	69.6%
		Paraguay	135	116	85.9%
		Peru	N/A	N/A	N/A
	<b>2022</b>	<b>Regional</b>	<b>358</b>	<b>249</b>	<b>69.6%</b>
		Argentina	143	111	77.6%
		Costa Rica	138	80	58.0%
		Panama	27	14	51.9%
		Peru	50	44	88.0%
<b>Bouillon cubes and powders</b>	<b>2015-2016</b>	<b>Regional</b>	<b>79</b>	<b>43</b>	<b>54.4%</b>
		Argentina	23	14	60.9%
		Costa Rica	26	16	61.5%
		Paraguay	6	5	83.3%
		Peru	24	8	33.3%
	<b>2017-2018</b>	<b>Regional</b>	<b>78</b>	<b>45</b>	<b>57.7%</b>
		Argentina	38	18	47.4%
		Costa Rica	13	7	53.8%
		Paraguay	27	20	74.1%
		Peru	N/A	N/A	N/A
	<b>2022</b>	<b>Regional</b>	<b>46</b>	<b>36</b>	<b>78.3%</b>

		Argentina	35	34	97.1%
		Costa Rica	N/A	N/A	N/A
		Panama	5	2	40.0%
		Peru	6	0	0.0%
Meat and fish seasonings	2015-2016	<b>Regional</b>	<b>58</b>	<b>52</b>	<b>89.7%</b>
		Argentina	26	23	88.5%
		Costa Rica	15	15	100.0%
		Paraguay	6	3	50.0%
		Peru	11	11	100.0%
	2017-2018	<b>Regional</b>	<b>85</b>	<b>76</b>	<b>89.4%</b>
		Argentina	19	18	94.7%
		Costa Rica	45	40	88.9%
		Paraguay	21	18	85.7%
		Peru	N/A	N/A	N/A
	2022	<b>Regional</b>	<b>121</b>	<b>104</b>	<b>80.0%</b>
		Argentina	36	36	100.0%
		Costa Rica	54	41	75.9%
		Panama	16	15	93.8%
		Peru	15	12	80.0%
Seasonings for side and main dishes	2015-2016	<b>Regional</b>	<b>145</b>	<b>141</b>	<b>97.2%</b>
		Argentina	22	22	100.0%
		Costa Rica	44	44	100.0%
		Paraguay	28	24	85.7%
		Peru	51	51	100.0%
	2017-2018	<b>Regional</b>	<b>74</b>	<b>74</b>	<b>100.0%</b>
		Argentina	26	26	1
		Costa Rica	8	8	100.0%
		Paraguay	40	40	100.0%
		Peru	N/A	N/A	N/A
	2022	<b>Regional</b>	<b>43</b>	<b>42</b>	<b>97.7%</b>
		Argentina	3	3	100.0%
		Costa Rica	10	10	100.0%
		Panama	15	14	93.3%

<b>Cookies and sweet cookies</b>	<b>2015-2016</b>	Peru	15	15	<b>100.0%</b>
		<b>Regional</b>	<b>432</b>	<b>408</b>	<b>94.4%</b>
		Argentina	98	94	95.9%
		Costa Rica	127	118	92.9%
		Paraguay	116	114	98.3%
	<b>2017-2018</b>	Peru	91	82	90.1%
		<b>Regional</b>	<b>930</b>	<b>889</b>	<b>95.6%</b>
		Argentina	235	230	97.9%
		Costa Rica	286	272	95.1%
		Paraguay	381	362	95.0%
	<b>2022</b>	Peru	28	25	89.3%
		<b>Regional</b>	<b>856</b>	<b>826</b>	<b>96.5%</b>
		Argentina	342	329	96.2%
		Costa Rica	295	287	97.3%
		Panama	64	55	85.9%
		Peru	155	155	100.0%
<b>Flavored cookies and crackers</b>	<b>2015-2016</b>	<b>Regional</b>	<b>180</b>	<b>173</b>	<b>96.1%</b>
		Argentina	67	66	98.5%
		Costa Rica	43	38	88.4%
		Paraguay	32	32	100.0%
		Peru	38	37	97.4%
	<b>2017-2018</b>	<b>Regional</b>	<b>243</b>	<b>241</b>	<b>99.2%</b>
		Argentina	76	76	100.0%
		Costa Rica	81	80	98.8%
		Paraguay	85	84	98.8%
		Peru	1	1	100.0%
	<b>2022</b>	<b>Regional</b>	<b>273</b>	<b>271</b>	<b>99.3%</b>
		Argentina	144	142	<b>98.6%</b>
		Costa Rica	64	64	<b>100.0%</b>
		Panama	9	9	<b>100.0%</b>
		Peru	56	56	<b>100.0%</b>
<b>Mayonnaise</b>	<b>2015-2016</b>	<b>Regional</b>	<b>90</b>	<b>86</b>	<b>95.6%</b>
		Argentina	18	17	94.4%

		Costa Rica	34	34	100.0%
		Paraguay	18	17	94.4%
		Peru	20	18	90.0%
	<b>2017-2018</b>	<b>Regional</b>	<b>136</b>	<b>128</b>	<b>94.1%</b>
		Argentina	35	35	100.0%
		Costa Rica	32	26	81.3%
		Paraguay	56	56	100.0%
		Peru	13	11	84.6%
	<b>2022</b>	<b>Regional</b>	<b>96</b>	<b>89</b>	<b>92.7%</b>
		Argentina	31	30	96.8%
		Costa Rica	21	18	85.7%
		Panama	16	15	93.8%
		Peru	28	26	92.9%
<b>Meats and sausages</b>	<b>2015-2016</b>	<b>Regional</b>	<b>378</b>	<b>328</b>	<b>86.8%</b>
		Argentina	162	143	88.3%
		Costa Rica	60	42	70.0%
		Paraguay	109	101	92.7%
		Peru	47	42	89.4%
	<b>2017-2018</b>	<b>Regional</b>	<b>498</b>	<b>420</b>	<b>84.3%</b>
		Argentina	207	174	84.1%
		Costa Rica	107	83	77.6%
		Paraguay	177	160	90.4%
		Peru	7	3	42.9%
	<b>2022</b>	<b>Regional</b>	<b>297</b>	<b>272</b>	<b>91.6%</b>
		Argentina	110	106	96.4%
		Costa Rica	93	80	86.0%
		Panama	49	46	93.9%
		Peru	45	40	88.9%
<b>Cured and preserved meats</b>	<b>2015-2016</b>	<b>Regional</b>	<b>41</b>	<b>33</b>	<b>80.5%</b>
		Argentina	28	20	71.4%
		Costa Rica	N/A	N/A	N/A
		Paraguay	12	12	100.0%
		Peru	1	1	100.0%

<b>Breaded meat and poultry</b>	<b>2017-2018</b>	<b>Regional</b>	<b>84</b>	<b>70</b>	<b>83.3%</b>
		Argentina	14	9	64.3%
		Costa Rica	48	43	89.6%
		Paraguay	22	18	81.8%
		Peru	N/A	N/A	N/A
	<b>2022</b>	<b>Regional</b>	<b>160</b>	<b>131</b>	<b>81.9%</b>
		Argentina	36	22	61.1%
		Costa Rica	59	51	86.4%
		Panama	27	26	96.3%
		Peru	38	32	84.2%
	<b>2015-2016</b>	<b>Regional</b>	<b>72</b>	<b>44</b>	<b>61.1%</b>
		Argentina	22	22	100.0%
		Costa Rica	41	17	41.5%
		Paraguay	8	4	50.0%
		Peru	1	1	100.0%
	<b>2017-2018</b>	<b>Regional</b>	<b>108</b>	<b>90</b>	<b>83.3%</b>
		Argentina	10	8	80.0%
		Costa Rica	20	10	50.0%
		Paraguay	40	34	85.0%
		Peru	38	38	100.0%
	<b>2022</b>	<b>Regional</b>	<b>109</b>	<b>98</b>	<b>89.9%</b>
		Argentina	32	32	100.0%
		Costa Rica	32	23	71.9%
		Panama	15	13	86.7%
		Peru	30	30	100.0%
<b>Pasta and noodles, as consumed</b>	<b>2015-2016</b>	<b>Regional</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
		Argentina	N/A	N/A	N/A
		Costa Rica	N/A	N/A	N/A
		Paraguay	N/A	N/A	N/A
		Peru	N/A	N/A	N/A
	<b>2017-2018</b>	<b>Regional</b>	<b>263</b>	<b>182</b>	<b>69.2%</b>
		Argentina	129	97	75.2%
		Costa Rica	7	7	100.0%

		Paraguay	127	78	61.4%
		Peru	N/A	N/A	N/A
	<b>2022</b>	<b>Regional</b>	<b>111</b>	<b>101</b>	<b>91.0%</b>
		Argentina	72	66	91.7%
		Costa Rica	20	19	95.0%
		Panama	5	3	60.0%
		Peru	14	13	92.9%
<b>Pasta and noodles, dry uncooked</b>	<b>2015-2016</b>	<b>Regional</b>	<b>337</b>	<b>332</b>	<b>98.5%</b>
		Argentina	96	96	100.0%
		Costa Rica	48	45	93.8%
		Paraguay	120	119	99.2%
		Peru	73	72	98.6%
	<b>2017-2018</b>	<b>Regional</b>	<b>738</b>	<b>736</b>	<b>99.7%</b>
		Argentina	138	138	100.0%
		Costa Rica	179	178	99.4%
		Paraguay	419	418	99.8%
		Peru	2	2	100.0%
	<b>2022</b>	<b>Regional</b>	<b>576</b>	<b>575</b>	<b>99.8%</b>
		Argentina	214	214	100.0%
		Costa Rica	148	147	99.3%
		Panama	42	42	100.0%
		Peru	172	172	100.0%
<b>Snacks</b>	<b>2015-2016</b>	<b>Regional</b>	<b>604</b>	<b>459</b>	<b>76.0%</b>
		Argentina	123	93	75.6%
		Costa Rica	206	149	72.3%
		Paraguay	159	115	72.3%
		Peru	116	102	87.9%
	<b>2017-2018</b>	<b>Regional</b>	<b>749</b>	<b>642</b>	<b>85.7%</b>
		Argentina	165	150	90.9%
		Costa Rica	347	284	81.8%
		Paraguay	237	208	87.8%
		Peru	N/A	N/A	N/A
	<b>2022</b>	<b>Regional</b>	<b>730</b>	<b>644</b>	<b>88.2%</b>



		Argentina	143	136	95.1%
		Costa Rica	336	291	86.6%
		Panama	92	71	77.2%
		Peru	159	146	91.8%
Noodles in broth	2015-2016	<b>Regional</b>	<b>71</b>	<b>61</b>	<b>85.9%</b>
		Argentina	N/A	N/A	N/A
		Costa Rica	13	8	61.5%
		Paraguay	3	3	100.0%
		Peru	55	50	90.9%
	2017-2018	<b>Regional</b>	<b>65</b>	<b>49</b>	<b>75.4%</b>
		Argentina	9	4	44.4%
		Costa Rica	13	7	53.8%
		Paraguay	23	21	91.3%
		Peru	20	17	85.0%
	2022	<b>Regional</b>	<b>101</b>	<b>48</b>	<b>47.5%</b>
		Argentina	27	21	77.8%
		Costa Rica	16	5	31.3%
		Panama	19	8	42.1%
		Peru	39	14	35.9%
Wet and dry soups	2015-2016	<b>Regional</b>	<b>217</b>	<b>136</b>	<b>62.7%</b>
		Argentina	79	51	64.6%
		Costa Rica	71	34	47.9%
		Paraguay	28	22	78.6%
		Peru	39	29	74.4%
	2017-2018	<b>Regional</b>	<b>148</b>	<b>120</b>	<b>81.1%</b>
		Argentina	49	47	95.9%
		Costa Rica	77	51	66.2%
		Paraguay	22	22	100.0%
		Peru	N/A	N/A	N/A
	2022	<b>Regional</b>	<b>130</b>	<b>56</b>	<b>43.1%</b>
		Argentina	18	18	100.0%
		Costa Rica	68	26	38.2%
		Panama	29	0	0.0%

Peru	15	12	80.0%
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**Note:** The 2015-2016 and 2017-2018 data collections include Argentina, Costa Rica, Paraguay and Peru. The 2022 data collection includes Argentina, Costa Rica, Panama and Peru.

### 3.4 Objective 4

**Table 3.4.1 Number and proportion of products with trans fat data; Distribution of trans fat content per 100g/ml of packaged foods per WHO food category at the regional level and by country**

WHO Categories	Country	Products	Products with trans fat data	Percentage	Products with > 0.2g per 100g	Trans fat (mg per 100g/ml)		Percentiles (mg per 100g/ml)				
		<i>n</i>	<i>n</i>	<i>n</i>	<i>n</i>	Mean	SD	Min	25th	50 <sup>th</sup>	75 <sup>th</sup>	Max
<b>1. Chocolate and sugar confectionery, energy bars, and sweet toppings and desserts</b>	<b>Regional</b>	<b>2053</b>	<b>1335</b>	<b>65%</b>	<b>34</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>4.0</b>
	Argentina	557	556	100%	23	0.0	0.2	0.0	0.0	0.0	0.0	1.2
	Costa Rica	937	418	45%	6	0.0	0.4	0.0	0.0	0.0	0.0	4.0
	Panama	34	27	79%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	525	334	64%	5	0.0	0.0	0.0	0.0	0.0	0.0	0.5
<b>a) Granola and cereal-type bars</b>	<b>Regional</b>	<b>213</b>	<b>167</b>	<b>78%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.2</b>
	Argentina	35	35	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	107	79	74%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
	Panama	19	18	95%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	52	35	67%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>b) Nut butters</b>	<b>Regional</b>	<b>39</b>	<b>29</b>	<b>74%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	15	14	93%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	15	9	60%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	9	6	67%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	<b>Regional</b>	<b>1550</b>	<b>1076</b>	<b>69%</b>	<b>91</b>	<b>0.1</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>5.6</b>

<b>2. Cakes, sweet biscuits and pastries; other sweet bakery wares; and dry mixes</b>	Argentina	482	482	100%	83	0.2	0.6	0.0	0.0	0.0	0.0	5.6
	Costa Rica	604	300	50%	7	0.0	0.4	0.0	0.0	0.0	0.0	5.2
	Panama	110	101	92%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
	Peru	354	193	55%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
<b>a) Cookies/sweet biscuits</b>	<b>Regional</b>	<b>888</b>	<b>658</b>	<b>74%</b>	<b>68</b>	<b>0.1</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>5.3</b>
	Argentina	283	283	100%	63	0.2	0.6	0.0	0.0	0.0	0.0	5.3
	Costa Rica	347	176	51%	5	0.1	0.5	0.0	0.0	0.0	0.0	5.2
	Panama	61	58	95%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	197	141	72%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
<b>b) Cakes and sponges</b>	<b>Regional</b>	<b>254</b>	<b>155</b>	<b>61%</b>	<b>14</b>	<b>0.1</b>	<b>0.7</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>5.6</b>
	Argentina	88	88	100%	11	0.2	0.9	0.0	0.0	0.0	0.0	5.6
	Costa Rica	106	38	36%	3	0.0	0.1	0.0	0.0	0.0	0.0	0.3
	Panama	9	6	67%	0	0.0	0.1	0.0	0.0	0.0	0.0	0.2
	Peru	51	23	45%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>c) Pies and pastries</b>	<b>Regional</b>	<b>161</b>	<b>76</b>	<b>47%</b>	<b>6</b>	<b>0.1</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.5</b>
	Argentina	55	55	100%	6	0.1	0.2	0.0	0.0	0.0	0.0	1.5
	Costa Rica	38	7	18%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	2	2	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	66	12	18%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>d) Baked and cooked desserts</b>	<b>Regional</b>	<b>31</b>	<b>16</b>	<b>52%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	19	13	68%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	11	2	18%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>e) Pancakes, waffles and French toast</b>	<b>Regional</b>	<b>20</b>	<b>17</b>	<b>85%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	3	3	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	12	9	75%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

	Peru	4	4	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>g) Dry mixes</b>	<b>Regional</b>	<b>186</b>	<b>145</b>	<b>78%</b>	<b>1</b>	<b>0.0</b>	<b>0.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.3</b>
	Argentina	44	44	100%	1	0.0	0.2	0.0	0.0	0.0	0.0	1.3
	Costa Rica	81	57	70%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	36	33	92%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	25	11	44%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>3. Savory snacks</b>	<b>Regional</b>	<b>1275</b>	<b>1012</b>	<b>79%</b>	<b>21</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>2.0</b>
	Argentina	310	309	100%	18	0.1	0.3	0.0	0.0	0.0	0.0	2.0
	Costa Rica	517	401	78%	3	0.0	0.1	0.0	0.0	0.0	0.0	2.0
	Panama	108	100	93%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
	Peru	340	202	59%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
<b>a) Crackers/savory biscuits</b>	<b>Regional</b>	<b>422</b>	<b>339</b>	<b>80%</b>	<b>9</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.7</b>
	Argentina	175	174	99%	8	0.1	0.2	0.0	0.0	0.0	0.0	1.7
	Costa Rica	142	85	60%	1	0.0	0.1	0.0	0.0	0.0	0.0	1.1
	Panama	12	12	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	93	68	73%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>b) Nuts, seeds and kernels</b>	<b>Regional</b>	<b>294</b>	<b>213</b>	<b>72%</b>	<b>3</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>2.0</b>
	Argentina	41	41	100%	2	0.1	0.4	0.0	0.0	0.0	0.0	2.0
	Costa Rica	122	102	84%	1	0.0	0.2	0.0	0.0	0.0	0.0	2.0
	Panama	35	31	89%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	96	39	41%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>c) Potato, vegetable and grain chips</b>	<b>Regional</b>	<b>301</b>	<b>248</b>	<b>82%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.4</b>
	Argentina	40	40	100%	0	0.0	0.1	0.0	0.0	0.0	0.0	0.4
	Costa Rica	103	97	94%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	45	41	91%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
	Peru	113	70	62%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
<b>d) Extruded snacks</b>	<b>Regional</b>	<b>172</b>	<b>158</b>	<b>92%</b>	<b>5</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.6</b>
	Argentina	54	54	100%	5	0.1	0.3	0.0	0.0	0.0	0.0	1.6
	Costa Rica	81	75	93%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

	Panama	14	14	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	23	15	65%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>e) Pretzels</b>	<b>Regional</b>	<b>46</b>	<b>28</b>	<b>61%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	29	16	55%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	2	2	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	15	10	67%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>4. Beverages</b>	<b>Regional</b>	<b>2061</b>	<b>838</b>	<b>41%</b>	<b>13</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>3.3</b>
	Argentina	528	526	100%	2	0.0	0.1	0.0	0.0	0.0	0.0	1.3
	Costa Rica	819	144	18%	10	0.1	0.6	0.0	0.0	0.0	0.0	3.3
	Panama	149	28	19%	1	0.0	0.0	0.0	0.0	0.0	0.0	0.3
	Peru	565	140	25%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
<b>5. Edible Ices</b>	<b>Regional</b>	<b>443</b>	<b>234</b>	<b>53%</b>	<b>12</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>2.0</b>
	Argentina	83	83	100%	1	0.0	0.0	0.0	0.0	0.0	0.0	0.3
	Costa Rica	247	106	43%	6	0.0	0.2	0.0	0.0	0.0	0.0	2.0
	Panama	6	1	17%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	107	44	41%	5	0.0	0.1	0.0	0.0	0.0	0.0	0.4
<b>6. Breakfast cereals</b>	<b>Regional</b>	<b>612</b>	<b>471</b>	<b>77%</b>	<b>1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.5</b>
	Argentina	93	93	100%	1	0.0	0.1	0.0	0.0	0.0	0.0	0.5
	Costa Rica	209	172	82%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	52	39	75%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	258	167	65%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>a) Minimally processed</b>	<b>Regional</b>	<b>119</b>	<b>73</b>	<b>61%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	8	8	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	32	24	75%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	12	10	83%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	67	31	46%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>b) Highly processed</b>	<b>Regional</b>	<b>492</b>	<b>397</b>	<b>81%</b>	<b>1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.5</b>
	Argentina	85	85	100%	1	0.0	0.1	0.0	0.0	0.0	0.0	0.5

	Costa Rica	176	147	84%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	40	29	73%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	191	136	71%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>7. Yoghurt, sour milk, cream and similar foods</b>	<b>Regional</b>	<b>888</b>	<b>614</b>	<b>69%</b>	<b>16</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>2.0</b>
	Argentina	299	299	100%	6	0.0	0.2	0.0	0.0	0.0	0.0	2.0
	Costa Rica	230	63	27%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	65	9	14%	1	0.2	0.7	0.0	0.0	0.0	0.0	2.0
	Peru	294	243	83%	9	0.1	0.1	0.0	0.0	0.1	0.1	1.3
<b>8. Cheese</b>	<b>Regional</b>	<b>898</b>	<b>459</b>	<b>51%</b>	<b>102</b>	<b>0.2</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>2.0</b>
	Argentina	256	255	100%	54	0.3	0.5	0.0	0.0	0.0	0.0	2.0
	Costa Rica	344	90	26%	11	0.1	0.3	0.0	0.0	0.0	0.0	1.0
	Panama	75	44	59%	3	0.0	0.2	0.0	0.0	0.0	0.0	1.0
	Peru	223	70	31%	34	0.4	0.5	0.0	0.0	0.2	0.6	1.8
<b>a) Fresh unripened cheese</b>	<b>Regional</b>	<b>269</b>	<b>173</b>	<b>64%</b>	<b>33</b>	<b>0.2</b>	<b>0.4</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.7</b>
	Argentina	116	116	100%	19	0.2	0.4	0.0	0.0	0.0	0.0	1.7
	Costa Rica	69	14	20%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	18	9	50%	1	0.1	0.2	0.0	0.0	0.0	0.0	0.5
	Peru	66	34	52%	13	0.2	0.2	0.0	0.0	0.0	0.3	1.0
<b>b) Soft to medium ripened cheese</b>	<b>Regional</b>	<b>37</b>	<b>14</b>	<b>38%</b>	<b>2</b>	<b>0.1</b>	<b>0.4</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.3</b>
	Argentina	8	8	100%	1	0.1	0.2	0.0	0.0	0.0	0.0	0.7
	Costa Rica	9	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	6	5	83%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	14	1	7%	1	1.3	0.0	1.3	1.3	1.3	1.3	1.3
<b>c) Semi-hard ripened cheese</b>	<b>Regional</b>	<b>321</b>	<b>124</b>	<b>39%</b>	<b>32</b>	<b>0.3</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.4</b>	<b>2.0</b>
	Argentina	63	62	98%	15	0.3	0.6	0.0	0.0	0.0	0.0	2.0
	Costa Rica	160	35	22%	3	0.1	0.2	0.0	0.0	0.0	0.0	1.0
	Panama	13	10	77%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	85	17	20%	14	0.7	0.5	0.0	0.5	0.6	0.9	1.8
	<b>Regional</b>	<b>127</b>	<b>73</b>	<b>57%</b>	<b>14</b>	<b>0.3</b>	<b>0.6</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>2.0</b>

<b>d) Exta-hard ripened cheese</b>	Argentina	50	50	100%	11	0.3	0.6	0.0	0.0	0.0	0.0	2.0
	Costa Rica	44	10	23%	2	0.2	0.4	0.0	0.0	0.0	0.0	0.9
	Panama	9	6	67%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	24	7	29%	1	0.2	0.4	0.0	0.0	0.0	0.0	1.0
<b>e) Mould ripened cheese, white and red</b>	<b>Regional</b>	<b>15</b>	<b>7</b>	<b>47%</b>	<b>2</b>	<b>0.3</b>	<b>0.4</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.4</b>	<b>1.0</b>
	Argentina	N/A	N/A	N/A	2	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	6	4	67%	0	0.5	0.5	0.0	0.0	0.4	0.9	1.0
	Panama	2	2	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	7	1	14%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>f) Mould ripened cheese, blue</b>	<b>Regional</b>	<b>16</b>	<b>11</b>	<b>69%</b>	<b>3</b>	<b>0.3</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.5</b>	<b>1.3</b>
	Argentina	5	5	100%	1	0.3	0.6	0.0	0.0	0.0	0.0	1.3
	Costa Rica	6	4	67%	2	0.5	0.6	0.0	0.0	0.5	1.0	1.0
	Panama	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	4	1	25%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>g) Processed cheese</b>	<b>Regional</b>	<b>109</b>	<b>54</b>	<b>50%</b>	<b>15</b>	<b>0.3</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.6</b>	<b>1.6</b>
	Argentina	14	14	100%	7	0.6	0.6	0.0	0.0	0.3	1.2	1.3
	Costa Rica	47	21	45%	1	0.0	0.2	0.0	0.0	0.0	0.0	0.7
	Panama	25	10	40%	2	0.2	0.4	0.0	0.0	0.0	0.0	1.0
	Peru	23	9	39%	5	0.5	0.6	0.0	0.0	0.3	1.0	1.6
<b>h) Brine-stored cheese</b>	<b>Regional</b>	<b>109</b>	<b>54</b>	<b>50%</b>	<b>1</b>	<b>0.3</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.6</b>	<b>1.6</b>
	Argentina	14	14	100%	1	0.6	0.6	0.0	0.0	0.3	1.2	1.3
	Costa Rica	47	21	45%	0	0.0	0.2	0.0	0.0	0.0	0.0	0.7
	Panama	25	10	40%	0	0.2	0.4	0.0	0.0	0.0	0.0	1.0
	Peru	23	9	39%	0	0.5	0.6	0.0	0.0	0.3	1.0	1.6
<b>9. Ready-made and convenience foods and composite dishes</b>	<b>Regional</b>	<b>886</b>	<b>479</b>	<b>54%</b>	<b>13</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>3.0</b>
	Argentina	202	202	100%	9	0.1	0.3	0.0	0.0	0.0	0.0	3.0
	Costa Rica	293	118	40%	3	0.0	0.1	0.0	0.0	0.0	0.0	1.2
	Panama	98	62	63%	1	0.0	0.1	0.0	0.0	0.0	0.0	0.5

	Peru	293	97	33%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
<b>a) Canned foods</b>	<b>Regional</b>	<b>7</b>	<b>3</b>	<b>43%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	3	1	33%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	4	2	50%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>b) i) Pasta, noodles, and rice or grains with sauce or seasoned (prepared)</b>	<b>Regional</b>	<b>31</b>	<b>9</b>	<b>29%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	17	3	18%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	7	1	14%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	7	5	71%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>b) ii) Pasta, noodles, and rice or grains with sauce or seasoned (dry-mix, concentrated)</b>	<b>Regional</b>	<b>193</b>	<b>145</b>	<b>75%</b>	<b>1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.5</b>
	Argentina	41	41	100%	1	0.0	0.1	0.0	0.0	0.0	0.0	0.5
	Costa Rica	58	39	67%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	35	25	71%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	59	40	68%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>c) Pizza and pizza snacks</b>	<b>Regional</b>	<b>64</b>	<b>38</b>	<b>59%</b>	<b>1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.2</b>
	Argentina	22	22	100%	1	0.0	0.1	0.0	0.0	0.0	0.0	0.2
	Costa Rica	15	9	60%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	3	3	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	24	4	17%	0	0.0	0.1	0.0	0.0	0.0	0.0	0.1
<b>d) Sandwiches and wraps</b>	<b>Regional</b>	<b>46</b>	<b>13</b>	<b>28%</b>	<b>1</b>	<b>0.0</b>	<b>0.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.4</b>
	Argentina	3	3	100%	1	0.1	0.2	0.0	0.0	0.0	0.2	0.4
	Costa Rica	25	10	40%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	18	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>e) Prepared salads</b>	<b>Regional</b>	<b>22</b>	<b>2</b>	<b>9%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	9	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A



	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	13	2	15%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>f) Ready-to-eat meals composed of a combination of carb and either veg or meat, or all 3 combined</b>	<b>Regional</b>	<b>366</b>	<b>164</b>	<b>45%</b>	<b>6</b>	<b>0.0</b>	<b>0.3</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>3.0</b>
	Argentina	105	105	100%	5	0.1	0.4	0.0	0.0	0.0	0.0	3.0
	Costa Rica	95	18	19%	1	0.0	0.1	0.0	0.0	0.0	0.0	0.3
	Panama	22	11	50%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	144	30	21%	0	0.0	0.1	0.0	0.0	0.0	0.0	0.2
<b>g) i) Soups (ready-to-serve, canned, refrigerated)</b>	<b>Regional</b>	<b>56</b>	<b>28</b>	<b>50%</b>	<b>3</b>	<b>0.1</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.2</b>
	Argentina	N/A	N/A	N/A	2	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	42	19	45%	1	0.1	0.3	0.0	0.0	0.0	0.0	1.2
	Panama	5	4	80%	0	0.1	0.2	0.0	0.0	0.0	0.1	0.5
	Peru	9	5	56%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>g) ii) Soups (dry, concentrated)</b>	<b>Regional</b>	<b>101</b>	<b>77</b>	<b>76%</b>	<b>1</b>	<b>0.0</b>	<b>0.3</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>2.9</b>
	Argentina	31	31	100%	1	0.1	0.5	0.0	0.0	0.0	0.0	2.9
	Costa Rica	29	19	66%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	26	18	69%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	15	9	60%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>10. Butter and other fats and oils</b>	<b>Regional</b>	<b>323</b>	<b>209</b>	<b>65%</b>	<b>15</b>	<b>0.1</b>	<b>0.7</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>8.0</b>
	Argentina	16	16	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	164	112	68%	6	0.1	0.8	0.0	0.0	0.0	0.0	8.0
	Panama	17	11	65%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	126	70	56%	9	0.2	0.6	0.0	0.0	0.0	0.0	2.6
<b>a) Salted butter, butter blends, margarine and oil-based spreads</b>	<b>Regional</b>	<b>130</b>	<b>109</b>	<b>84%</b>	<b>11</b>	<b>0.2</b>	<b>0.9</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>8.0</b>
	Argentina	16	16	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	64	53	83%	5	0.2	1.2	0.0	0.0	0.0	0.0	8.0
	Panama	17	11	65%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	33	29	88%	6	0.4	0.9	0.0	0.0	0.0	0.0	2.6
	<b>Regional</b>	<b>578</b>	<b>376</b>	<b>65%</b>	<b>3</b>	<b>0.0</b>	<b>0.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.6</b>
	Argentina	152	152	100%	1	0.0	0.1	0.0	0.0	0.0	0.0	1.6

<b>11. Bread, bread products and crisp breads</b>	Costa Rica	226	115	51%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	65	38	58%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	135	71	53%	2	0.0	0.1	0.0	0.0	0.0	0.0	0.6
<b>a) Sweet and raisin breads</b>	<b>Regional</b>	<b>56</b>	<b>28</b>	<b>50%</b>	<b>2</b>	<b>0.0</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.6</b>
	Argentina	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	36	15	42%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	4	1	25%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	15	11	73%	2	0.1	0.3	0.0	0.0	0.0	0.0	0.6
<b>b) Leavened bread</b>	<b>Regional</b>	<b>392</b>	<b>273</b>	<b>70%</b>	<b>1</b>	<b>0.0</b>	<b>0.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.6</b>
	Argentina	149	149	100%	1	0.0	0.1	0.0	0.0	0.0	0.0	1.6
	Costa Rica	115	58	50%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	33	24	73%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	95	42	44%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>c) Flatbreads</b>	<b>Regional</b>	<b>130</b>	<b>75</b>	<b>58%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	2	2	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	75	42	56%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	28	13	46%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	25	18	72%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>12. Fresh or dried pasta, noodles, rice and grains</b>	<b>Regional</b>	<b>724</b>	<b>479</b>	<b>66%</b>	<b>1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.4</b>
	Argentina	242	242	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	256	111	43%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	43	26	60%	1	0.0	0.1	0.0	0.0	0.0	0.0	0.4
	Peru	183	100	55%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>13. Fresh and frozen meat, poultry, game, fish and similar</b>	<b>Regional</b>	<b>280</b>	<b>15</b>	<b>5%</b>	<b>1</b>	<b>0.1</b>	<b>0.2</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.9</b>
	Argentina	9	9	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	271	6	2%	1	0.2	0.4	0.0	0.0	0.0	0.0	0.9
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	<b>Regional</b>	<b>1418</b>	<b>651</b>	<b>46%</b>	<b>53</b>	<b>0.1</b>	<b>0.7</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>14.8</b>

<b>14. Processed meat, poultry, game, fish and similar</b>	Argentina	226	226	100%	38	0.2	1.0	0.0	0.0	0.0	0.0	14.8
	Costa Rica	534	181	34%	3	0.1	0.6	0.0	0.0	0.0	0.0	7.3
	Panama	226	106	47%	1	0.0	0.1	0.0	0.0	0.0	0.0	1.1
	Peru	432	138	32%	11	0.0	0.2	0.0	0.0	0.0	0.0	1.5
<b>a) Canned fish</b>	<b>Regional</b>	<b>304</b>	<b>195</b>	<b>64%</b>	<b>1</b>	<b>0.0</b>	<b>0.5</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>7.3</b>
	Argentina	31	31	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	162	87	54%	1	0.1	0.8	0.0	0.0	0.0	0.0	7.3
	Panama	62	37	60%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	49	40	82%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>b) Processed fish and seafood products, raw</b>	<b>Regional</b>	<b>70</b>	<b>33</b>	<b>47%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	7	7	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	36	12	33%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	9	8	89%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	18	6	33%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>c) Processed fish and seafood products, non head-treated</b>	<b>Regional</b>	<b>25</b>	<b>18</b>	<b>72%</b>	<b>0</b>	<b>0.0</b>	<b>0.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.2</b>
	Argentina	7	7	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	9	4	44%	0	0.1	0.1	0.0	0.0	0.0	0.1	0.2
	Panama	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	8	6	75%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
<b>d) Raw meat products and preparations</b>	<b>Regional</b>	<b>385</b>	<b>172</b>	<b>45%</b>	<b>46</b>	<b>0.2</b>	<b>0.4</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.2</b>	<b>1.5</b>
	Argentina	71	71	100%	32	0.4	0.4	0.0	0.0	0.0	0.8	1.4
	Costa Rica	104	25	24%	2	0.1	0.3	0.0	0.0	0.0	0.0	1.3
	Panama	65	20	31%	1	0.1	0.2	0.0	0.0	0.0	0.0	1.1
	Peru	145	56	39%	11	0.1	0.3	0.0	0.0	0.0	0.0	1.5
<b>e) i) Whole muscle meat products, heat treated (frozen and canned products)</b>	<b>Regional</b>	<b>6</b>	<b>2</b>	<b>33%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	2	2	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	4	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A

<b>e) ii) Whole muscle meat products, heat treated (refrigerated products)</b>	<b>Regional</b>	<b>42</b>	<b>4</b>	<b>10%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	21	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	4	1	25%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	17	3	18%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>f) Whole muscle meat products, non-heat preservation</b>	<b>Regional</b>	<b>61</b>	<b>16</b>	<b>26%</b>	<b>1</b>	<b>0.1</b>	<b>0.3</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>1.0</b>
	Argentina	12	12	100%	1	0.1	0.3	0.0	0.0	0.0	0.0	1.0
	Costa Rica	23	3	13%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	26	1	4%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>g) Comminuted meat products, heat treated (cooked)</b>	<b>Regional</b>	<b>453</b>	<b>179</b>	<b>40%</b>	<b>3</b>	<b>0.0</b>	<b>0.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.8</b>
	Argentina	83	83	100%	3	0.0	0.1	0.0	0.0	0.0	0.0	0.8
	Costa Rica	143	36	25%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	80	36	45%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	147	24	16%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
<b>h) Comminuted meat products, non-heat preservation</b>	<b>Regional</b>	<b>72</b>	<b>32</b>	<b>44%</b>	<b>2</b>	<b>0.5</b>	<b>2.6</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>14.8</b>
	Argentina	15	15	100%	2	1.0	3.8	0.0	0.0	0.0	0.0	14.8
	Costa Rica	36	14	39%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	3	1	33%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	18	2	11%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>15. Fresh and frozen fruit, vegetables, and legumes</b>	<b>Regional</b>	<b>141</b>	<b>41</b>	<b>29%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	35	35	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	102	6	6%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	4	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>16. Processed fruit, vegetables, and legumes</b>	<b>Regional</b>	<b>810</b>	<b>485</b>	<b>60%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.1</b>
	Argentina	155	155	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	439	233	53%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
	Panama	103	59	57%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

	Peru	113	38	34%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>a) Canned vegetables and legumes</b>	<b>Regional</b>	<b>334</b>	<b>234</b>	<b>70%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	93	93	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	145	83	57%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	59	36	61%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	37	22	59%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>b) Pickled vegetables</b>	<b>Regional</b>	<b>153</b>	<b>66</b>	<b>43%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	10	10	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	102	47	46%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	13	4	31%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	28	5	18%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>c) Olives and sundried tomatoes</b>	<b>Regional</b>	<b>149</b>	<b>70</b>	<b>47%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.1</b>
	Argentina	35	35	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	59	23	39%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
	Panama	15	7	47%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	40	5	13%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>d) Vegetable juice and cocktail</b>	<b>Regional</b>	<b>19</b>	<b>6</b>	<b>32%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	18	6	33%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	1	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>e) Frozen vegetables and legumes</b>	<b>Regional</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	1	0	0%	0	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>f) Frozen potatoes and other</b>	<b>Regional</b>	<b>43</b>	<b>28</b>	<b>65%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>

<b>potato products (ready-to-eat)</b>	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	21	10	48%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	14	12	86%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	8	6	75%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>h) Other</b>	<b>Regional</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Panama	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>17. Plant-based food/meat analogues</b>	<b>Regional</b>	<b>160</b>	<b>137</b>	<b>86%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	77	77	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	51	37	73%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	5	5	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	27	18	67%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>a) Tofu and tempeh</b>	<b>Regional</b>	<b>4</b>	<b>4</b>	<b>100%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	2	2	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>b) Meat analogues</b>	<b>Regional</b>	<b>155</b>	<b>132</b>	<b>85%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	75	75	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	49	35	71%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	4	4	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	27	18	67%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>18. Sauces, dips and dressings</b>	<b>Regional</b>	<b>1505</b>	<b>829</b>	<b>55%</b>	<b>4</b>	<b>0.2</b>	<b>5.1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>145.7</b>
	Argentina	259	259	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	565	246	44%	1	0.0	0.0	0.0	0.0	0.0	0.0	0.3
	Panama	210	103	49%	3	1.5	14.4	0.0	0.0	0.0	0.0	145.7
	Peru	471	221	47%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2

<b>a) ii) Bouillon and soup stock (concentrated)</b>	<b>Regional</b>	<b>252</b>	<b>141</b>	<b>56%</b>	<b>2</b>	<b>1.0</b>	<b>12.3</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>145.7</b>
	Argentina	52	52	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	89	44	49%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	38	17	45%	2	8.6	35.3	0.0	0.0	0.0	0.0	145.7
	Peru	73	28	38%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
<b>b) Cooking sauces including pasta sauces and tomato sauces (not concentrated)</b>	<b>Regional</b>	<b>313</b>	<b>168</b>	<b>54%</b>	<b>1</b>	<b>0.0</b>	<b>0.3</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>4.0</b>
	Argentina	46	46	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	125	61	49%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	38	17	45%	1	0.2	1.0	0.0	0.0	0.0	0.0	4.0
	Peru	104	44	42%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>c) Dips and dipping sauces</b>	<b>Regional</b>	<b>149</b>	<b>78</b>	<b>52%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	7	7	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	49	15	31%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	21	15	71%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	72	41	57%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>d) Emulsion-based dips, sauces and dressings</b>	<b>Regional</b>	<b>261</b>	<b>160</b>	<b>61%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.2</b>
	Argentina	71	71	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	108	33	31%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	27	16	59%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	55	40	73%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
<b>e) Condiments</b>	<b>Regional</b>	<b>389</b>	<b>213</b>	<b>55%</b>	<b>1</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.3</b>
	Argentina	77	77	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	149	70	47%	1	0.0	0.0	0.0	0.0	0.0	0.0	0.3
	Panama	43	17	40%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	120	49	41%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>f) Soy sauce and fish sauce</b>	<b>Regional</b>	<b>45</b>	<b>22</b>	<b>49%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	5	5	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	16	8	50%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	12	5	42%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

	Peru	12	4	33%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>g) Other Asian-style sauces</b>	<b>Regional</b>	<b>40</b>	<b>21</b>	<b>53%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.1</b>
	Argentina	1	1	100%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Costa Rica	14	5	36%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	18	11	61%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
	Peru	7	4	57%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>h) Marinades and thick pastes</b>	<b>Regional</b>	<b>54</b>	<b>25</b>	<b>46%</b>	<b>0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>	<b>0.0</b>
	Argentina	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	Costa Rica	13	9	69%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Panama	13	5	38%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Peru	28	11	39%	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0



