

Sodium Content in Take AWAYS

Which FISH is best?

MacDonalds Filet-O-Fish REGULAR BUN:

Wheat Flour, Water, Yeast, Sugar, Vegetable Oil (Canola), Iodised Salt, Gluten, Soy Flour, Preservative (282), Emulsifiers (471, 472e, 481), Malt Flour, Mineral Salt (170), Antioxidant (300, 304, 307, 330), Enzyme (1100), Vitamin (Thiamin, Folate) FISH PORTION: Fish [Alaskan Pollock or Hoki, Water, Acidity Regulator (451)], Water, Batter [Modified Food Starch (1422), Yellow Corn Flour, Cellulose Gum, Bleached Wheat Flour, Salt] Breader [Wheat Flour, Bleached Wheat Flour, Salt, Whey, Dextrose, Dried Yeast, Sugar, Paprika (160c) and Turmeric (100) Extract, Black Pepper]. TARTAR SAUCE: Pickles, Water, Soybean Oil, Distilled Vinegar, Onions and Onion Extracts, Modified Corn Starch, Egg Yolks, Corn Syrup Solids, Sugar, Salt, Spice, Vegetable Gum (415), Capers, Preservative (202), Dextrose, Dehydrated Parsley, Spice Extracts CHEESE: Cheese (Milk, Salt, Starter Cultures, Enzyme (rennet)), Water, Butter, Milk Solids, Food Acid (331, 260), Salt, Colours (160b, 160c), Soy Lecithin, Preservative (200), Acidity Regulator (339). Contains gluten, egg, milk, soy and fish. REGULAR BUNS are produced on equipment that also produces products containing sesame seeds. Note: Fish portion is cooked in canola oil blend..

Sodium per burger 573mg (aim less than 2000mg per day)

Fat per burger 13.1g

Carbs per burger 31.4g

Chemicals etc 22!

Fish and chips

Dietary sodium is measured in milligrams (mg). The most common form of sodium used is table salt, which is 40% sodium. One teaspoon of table salt contains 2,300 milligrams of sodium. Battered or breaded and fried has approx 480mg of sodium.

Fresh Fish Fillet

Nothing beats a fresh fillet from a trawler or from a place that sells FRESH fish. Chose a fish based on the fisherman's recommendation and pan fry quickly in butter or bake in foil in the oven.