

Packaging Benchmarking Database (Instant Noodles)

Content weight	Weight (grams)			% difference	
	Lightest	Median	Heaviest	Median vs. Lightest	Heaviest vs. Lightest
55 g					
Plastic packet	1.4	1.9	1.9	26.5	26.5
60 g					
Plastic packet	1.9	2.2	2.4	13.6	20.8
70 g					
Plastic Packet					
Overall	6.2	7.6	8.8	18.4	29.5
Outer packaging	2.9	4.0	3.6		
Inner packaging	-	-	1.6		
Container	3.3	3.5	3.6		
75 g					
Plastic packet	1.5	1.8	1.9	16.6	21.1

(Information correct as of May 2016)

Overall weight may differ due to rounding.

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Content weight	Weight (grams)			% difference	
	Lightest	Median	Heaviest	Median vs. Lightest	Heaviest vs. Lightest
80 g					
Plastic packet	1.5	1.8	3.3	16.7	54.5
85 g					
Plastic packet	1.5	2.4	2.8	37.5	46.4
90 g					
Plastic packet					
Overall	2.0	2.4	7.6	16.7	73.7
Outer packaging	2.0	2.4	4.2		
Container	-	-	3.5		
100 g					
Plastic packet	1.6	2.3	6.1	30.4	73.8
120 g					
Plastic packet	2.3	3.1	4.0	25.8	42.5

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Content weight	Weight (grams)			% difference	
	Lightest	Median	Heaviest	Median vs. Lightest	Heaviest vs. Lightest
60 g					
Overall	16.7	21.4	25.3	22.0	34.0
Paper bowl	12.0	10.7	16.2		
Cover	1.2	1.2	0.9		
Wrapping	1.1	0.8	1.0		
Label	2.4	8.7	7.2		
65 g					
Overall	22.2	23.9	57.0	7.1	61.1
Plastic bowl	20.1	20.3	50.9		
Cover	1.2	1.2	2.3		
Wrapping	0.6	0.6	-		
Label	0.2	1.8	2.3		
Inside wrapping	-	-	1.6		

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Content weight	Weight (grams)			% difference	
	Lightest	Median	Heaviest	Median vs. Lightest	Heaviest vs. Lightest
70 g					
Overall	13.3	23.5	23.5	43.4	43.4
Plastic bowl	6.1	13.2	19.8		
Cover	1.1	1.2	1.2		
Wrapping	0.7	0.9	0.6		
Label	5.4	8.2	1.8		
70 g to 75 g					
Overall	19.6	23.2	25.5	15.5	23.1
Paper bowl	16.0	11.8	14.0		
Cover	1.3	1.9	2.4		
Wrapping	0.6	1.0	1.2		
Label	1.7	8.4	7.9		

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Content weight	Weight (grams)			% difference	
	Lightest	Median	Heaviest	Median vs. Lightest	Heaviest vs. Lightest
75 g					
Overall	8.5	21.9	32.4	61.2	73.8
Plastic bowl	5.9	18.3	19.0		
Cover	0.9	1.2	1.2		
Wrapping	0.8	0.6	0.7		
Label	0.9	1.8	11.5		
80 g					
Overall	19.8	22.8	29.0	13.2	31.7
Paper bowl	13.9	11.0	17.1		
Cover	2.6	1.5	3.0		
Wrapping	1.2	0.9	1.2		
Label	2.2	9.4	7.7		

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Content weight	Weight (grams)			% difference	
	Lightest	Median	Heaviest	Median vs. Lightest	Heaviest vs. Lightest
100 g					
Overall	32.2	33.8	37.5	4.7	14.1
Paper bowl	18.5	18.4	19.2		
Cover	3.2	2.7	2.9		
Wrapping	1.4	1.6	1.5		
Label	9.2	11.0	14.0		
100 g					
Overall	11.6	14.5	16.6	20.0	30.1
Plastic bowl	5.7	8.3	6.9		
Cover	2.3	2.2	2.1		
Wrapping	1.3	1.1	1.3		
Label	2.3	2.9	6.3		

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Content weight	Weight (grams)			% difference	
	Lightest	Median	Heaviest	Median vs. Lightest	Heaviest vs. Lightest
110 g					
Overall	26.5	30.7	31.9	13.7	16.9
Paper bowl	14.9	17.5	18.5		
Cover	2.7	2.8	3.1		
Wrapping	1.1	1.1	1.3		
Label	7.8	9.3	9.0		

(Information correct as of May 2016)

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