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| Food: |  |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
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Supermarkets Tested

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| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | YES | YES | YES | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*

|  |
| --- |
| Have you used this brand compare Form to check your own purchases?  IF you have, why not email it to [wecantspellsuccesswithoutyou@gmail.com](mailto:wecantspellsuccesswithoutyou@gmail.com)  so It can be shared with others on the [WWW.NADIET.INFO](http://WWW.NADIET.INFO) website!! |