|  |  |
| --- | --- |
| Food: | Cider |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Waitrose Duchy Organic Herefordshire | 500 | 125 | 0 | 0 | 1.67 |
| Aspall Premier Cru Dry Suffolk Cider | 500 | 137 | 0 | 18.0 | 1.76 |
| Magners Original | 440 | 162.7 | 0 | 8.8 | 0.67 |
| Kopparberg Premium Cider with Mixed Fruits | 400 | 168.5 | 0 | 30.3 | 2.03 |
| Scrumpy Jack | 440 | 185 | 0 | 17 | 1.00 |
| Strongbow original | 440 | 189 | 0 | 15.0 | 0.75 |
| Thatchers Gold Somerset Cider | 440 | 200 | 0 | 24 | 0.90 |
| Average Cider Drink | 440 | 210 | 0 | 23.3 | 1.00 |
| Bulmers Pear Cider | 500 | 220 | 0.9 | 44 | ??? |
| Tesco Pear Cider | 440 | 224 | 0 | 20.6 | 0.55 |
| Bulmers Original Cider | 500 | 238.6 | 0 | 25.8 | 0.94 |
| Carling Cider | 500 | 240 | 0 | 0 | 0.90 |
| Stella Artois Cidre Apple Cider | 500 | 352.1 | 1.4 | 56.3 | 1.00 |
| Aspall medium cider | 500 | 360.9 | 1.8 | 23.7 | 2.09 |
| Strongbow Dark Fruit Cider | 440 | 528 | 8.8 | 61.6 | 1.25 |

* Per serving shown / PRICE PER 440ML

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | 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. Nots all ciders nutrition information* ***not shown*** *on supermarkets web site so used* [*myfitnesspal*](https://www.myfitnesspal.com/) *instead!*