|  |  |
| --- | --- |
| Food: | Stout |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Big Drop Low Alcohol Stout | 330 | 91 | 0.3 | 17.8 | 1.30 |
| Guinness Original Stout | 500 | 185 | 9 | 4.4 | 1.70 |
| Guinness Foreign Extra Stout | 330 | 215 | 0 | 16.5 | 1.83 |
| Black Sheep Choc & Orange Stout | 500 | 280 | 0.5 | 27 | 1.80 |

* Shown Per bottle or Can

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!*