|  |  |
| --- | --- |
| Food: | Ale |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Shipyard Low Tide Pale Ale | 500 | 85.0 | 0.0 | 15.9 | 1.30 |
| Brewdog Nanny State Alcohol Free Hoppy Ale x 4 | 300 | 78.0 | 0.0 | 3.0 | 4.00 |
| Sainsbury's Rye Pale Ale | 500 | 145.0 | 0.0 | 15.5 | 1.50 |
| Tetley's Smooth Ale | 440 | 145.2 | 0.0 | 11.9 | 0.67 |
| Whitstable Bay Pale Ale | 500 | 170.0 | 0.0 | 14.0 | 1.70 |
| Shepherd Neame Spitfire Premium Kentish Ale | 500 | 185.0 | 0.0 | 15.5 | 1.25 |
| Spitfire Kentish Ale | 500 | 185.0 | 0.0 | 13.5 | 1.25 |
| Sainsbury's Suffolk Blonde Ale | 500 | 190.0 | 0.0 | 15.5 | 1.80 |
| Spitfire Gold Ale | 500 | 190.0 | 0.0 | 15.5 | 1.83 |
| Ghost Ship Pale Ale x 4 | 440 | 171.6 | 0.0 | 13.6 | 4.50 |
| Newcastle Brown Ale | 550 | 220.0 | 0.0 | 17.1 | 1.38 |
| Hyde & Wilde Pale Ale | 330 | 141.9 | 0.0 | 10.2 | 1.50 |
| Sainsbury's Kentish Ale, Taste the Difference | 500 | 225.0 | 0.0 | 15.5 | 1.50 |
| Bishops Finger | 500 | 225.0 | 0.0 | 17.5 | 1.25 |
| Bass British Pale Ale | 355 | 163.3 | 0.0 | 11.0 | 1.70 |
| Wychwood Brewery Hobgoblin Ale | 500 | 235.0 | 0.0 | 15.5 | 1.25 |
| Black Sheep Ale | 500 | 235.0 | 0.0 | 15.5 | 1.82 |
| Hobgoblin | 500 | 235.0 | 0.0 | 15.5 | 1.25 |
| Wychwood Hobgoblin Extra Strong Ale | 500 | 235.0 | 0.0 | 15.5 | 1.25 |
| Sainsbury's India Pale Ale | 500 | 255.0 | 0.0 | 15.5 | 1.50 |
| Theakston Brewery Old Peculier Ale | 500 | 260.0 | 0.0 | 25.5 | 1.83 |
| Shepherd Neame 1698 Bottle Conditioned Ale | 500 | 285.0 | 0.0 | 24.0 | 1.84 |

* Shows Per Bottle

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Shipyard Low Tide Pale Ale | 500 | 17 | 0 | 3.18 | 1.30 |
| Brewdog Nanny State Alcohol Free Hoppy Ale x 4 | 300 | 26 | 0 | 1.0 | 4.00 |
| Sainsbury's Rye Pale Ale | 500 | 29 | 0 | 3.1 | 1.50 |
| Tetley's Smooth Ale | 440 | 33 | 0 | 2.7 | 0.67 |
| Whitstable Bay Pale Ale | 500 | 34 | 0 | 2.8 | 1.70 |
| Shepherd Neame Spitfire Premium Kentish Ale | 500 | 37 | 0 | 3.1 | 1.25 |
| Spitfire Kentish Ale | 500 | 37 | 0 | 2.7 | 1.25 |
| Sainsbury's Suffolk Blonde Ale | 500 | 38 | 0 | 3.1 | 1.80 |
| Spitfire Gold Ale | 500 | 38 | 0 | 3.1 | 1.83 |
| Ghost Ship Pale Ale x 4 | 440 | 39 | 0 | 3.1 | 4.50 |
| Newcastle Brown Ale | 550 | 40 | 0 | 3.1 | 1.38 |
| Hyde & Wilde Pale Ale | 330 | 43 | 0 | 3.1 | 1.50 |
| Sainsbury's Kentish Ale, Taste the Difference | 500 | 45 | 0 | 3.1 | 1.50 |
| Bishops Finger | 500 | 45 | 0 | 3.5 | 1.25 |
| Bass British Pale Ale | 355 | 46 | 0 | 3.1 | 1.70 |
| Wychwood Brewery Hobgoblin Ale | 500 | 47 | 0 | 3.1 | 1.25 |
| Black Sheep Ale | 500 | 47 | 0 | 3.1 | 1.82 |
| Hobgoblin | 500 | 47 | 0 | 3.1 | 1.25 |
| Wychwood Hobgoblin Extra Strong Ale | 500 | 47 | 0 | 3.1 | 1.25 |
| Sainsbury's India Pale Ale | 500 | 51 | 0 | 3.1 | 1.50 |
| Theakston Brewery Old Peculier Ale | 500 | 52 | 0 | 5.1 | 1.83 |
| Shepherd Neame 1698 Bottle Conditioned Ale | 500 | 57 | 0 | 4.8 | 1.84 |

* Shows Per 100 ml

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.*