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| --- | --- |
| Food: | Bitter and Beer |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)Per bottle | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| M savers Bitter 2% | 440 | 73 | 0 | 0 | 0.23 |
| Bud Light Bottles | 330 | 89 | 0 | 5 | 0.50 |
| Corona | 330 | 98 | 0 | 5 | 2.25 |
| Morrisons Best Bitter | 440 | 107 | 0 | 0 | 0.50 |
| Budweiser alcohol free | 330 | 111 | 0 | 26.5 | 0.75 |
| Bud Light Cans | 440 | 119 | 0 | 6.6 | 0.87 |
| Boddingtons  | 440 | 132 | 0 | 0 | 0.93 |
| John Smiths | 440 | 132 | 0 | 0 | 0.94 |
| Tetley's Original Bitter | 440 | 145 | 0 | 11.9 | 0.77 |
| Kronenbourg 1664 | 440 | 189 | 0 | 20.1 | 0.93 |
| King Fisher | 650 | 208 | 0 | 0 | 2.08 |
| Cobra | 620 | 248 | 0 | 18.7 | 1.93 |
| Becks | 620 | 257 | 0 | 18.6 | 1.76 |
| Carlsberg Special Brew | 440 | 304 | 0 | 0 | 1.88 |
| Budweiser  | 660 | 317 | 0 | 21 | 1.95 |
| Stella Artois Beer | 660 | 320 | 0 | 13.1 | 1.76 |
| Leffe | 750 | 459 | 0 | 41 | 2.75 |

* Per serving shown / PRICE PER item

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!*