|  |  |
| --- | --- |
| Food: | larger |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml)Per bottle | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Becks | 275 | 118 | 0 | 7.7 | 0.47 |
| Red stripe | 330 | 140 | 0 | 12.8 | 1.00 |
| Carlsberg | 440 | 141 | 0 | 8.8 | 0.84 |
| Grolsch | 330 | 142 | 0 | 6.9 | 0.83 |
| Asahi  | 500 | 210 | 0 | 15 | 2.00 |
| Fosters  | 440 | 227 | 0 | 17.6 | 0.90 |
| Amstel | 650 | 260 | 0 | 19.5 | 2.00 |
| Staropramen | 660 | 271 | 0 | 17.4 | 2.00 |
| Peroni | 500 | 273 | 0 | 29.8 | 2.70 |
| San Miguel |  660  | 288 | 0 | 0 | 1.49 |
| San Niguel | 660 | 288 | 0 | 0 | 2.00 |
| Birra Moreetti | 660 | 300 | 0 | 22 | 2.00 |
| Tsingtao | 330 | 314 | 0 | 28.6 | 2.00 |
| Budweiser  | 660 | 317 | 0 | 21 | 1.95 |
| Stella Artois Lager | 660 | 320 | 0 | 13.1 | 1.76 |

* 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 |