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| Food: | Spirits (Whiskey) |

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| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| Sainsbury's Scotch Whisky, Basics | 70cl | 88 | 0 | 0 | 11.00 |
| Tesco Special Reserve Scotch Whisky | 1L | 89 | 0 | 0 | 16.30 |
| Waitrose Blended Scotch Whisky | 1L | 89 | 0 | 0 | 18.49 |
| Jack Daniel's Old No. 7 Tennessee Whiskey | 70cl | 90 | 0 | 0 | 16.00 |
| Bulleit Bourbon Frontier Whiskey | 70cl | 95 | 0 | 0 | 27.00 |
| The Famous Grouse Blended Scotch Whisky | 1L | 95 | 0 | 0 | 16.00 |
| Whyte & Mackay Blended Scotch Whisky | 1L | 95 | 0 | 0 | 16.00 |
| Jameson Irish Whiskey | 1L | 95 | 0 | 0 | 25.00 |
| Cardhu Gold Reserve Single Malt Whisky | 70cl | 95 | 0 | 0 | 26.00 |
| Glenfairn Islay Single Malt Whisky | 70cl | 95 | 0 | 0 | 20.00 |
| ASDA McKendrick's Blended Scotch Whisky 3 Years Old | 1.5L | 95 | 0 | 0 | 23.62 |
| ASDA Extra Special Islay Single Malt Scotch Whisky | 70cl | 95 | 0 | 0 | 18.50 |
| Bells Original Original | 1L | 95 | 0 | 0 | 20.50 |
| Morrisons Scotch Whisky | 70cl | 95 | 0 | 0 | 12.00 |
| Sainsbury's Blended Whisky | 1L | 95 | 0 | 0 | 16.00 |
| Sainsbury's Speyside Whisky, Taste the Difference | 70cl | 95 | 0 | 0 | 18.00 |
| High Commissioner Blended Scotch Whisky | 70cl | 95 | 0 | 0 | 13.50 |
| Johnnie Walker Red Label Blended Scotch Whisky | 70cl | 95 | 0 | 0 | 18.00 |
| Glen Moray Speyside Single Malt Scotch Whisky | 70cl | 95 | 0 | 0 | 20.00 |

* Shows Per 40 ml shot

Supermarkets

|  |  |  |  |  |  |  |
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| 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.*