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| Food: | Canned Tuna |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| essential Waitrose Tuna Chunks in Spring Water | 112 | 126.6 | 0.1 | 0.0 | 1.00 |
| Princes Tuna Flakes in Brine | 160 | 132.8 | 0.3 | 0.2 | 0.70 |
| Skipjack Tuna Steaks in Brine | 160 | 152.0 | 0.2 | 4.0 | 2.25 |
| Skipjack Tuna Steaks in Organic Olive Oil | 160 | 153.6 | 1.1 | 0.0 | 3.30 |
| ASDA Smart Price Tuna Chunks in Brine | 145 | 158.1 | 0.4 | 0.0 | 0.65 |
| ASDA Skipjack Tuna Chunks in Spring Water | 145 | 158.1 | 0.4 | 0.0 | 0.89 |
| Stockwell And Co Tuna Chunks In Brine | 145 | 158.1 | 0.4 | 0.0 | 0.59 |
| Princes Tuna Chunks In Spring Water | 160 | 158.4 | 0.2 | 0.2 | 1.25 |
| John West Tuna Chunks in Spring Water | 145 | 163.9 | 0.3 | 0.0 | 0.88 |
| Tesco Tuna Chunks Brine | 160 | 172.8 | 0.5 | 0.0 | 0.95 |
| Tesco Tuna Chunks Spring Water | 160 | 172.8 | 0.5 | 0.0 | 0.95 |
| Morrison’s Tuna Chunks In Brine | 160 | 174.4 | 0.3 | 0.0 | 0.93 |
| ssential Waitrose MSC tuna steak in spring water | 150 | 177.0 | 0.6 | 0.0 | 1.50 |
| Sainsbury's Tuna Chunks In Water | 160 | 180.8 | 0.2 | 0.0 | 1.10 |
| Sainsbury's Tuna Chunks Basics | 160 | 180.8 | 0.2 | 0.5 | 0.80 |
| Sainsbury's Tuna in Brine | 160 | 180.8 | 0.2 | 0.8 | 1.10 |
| John West No Drain Tuna Steak with a Little Sunflower Oil | 110 | 183.7 | 0.9 | 0.0 | 1.17 |
| Morrison’s Tuna Chunks In Sunflower Oil | 160 | 254.4 | 0.6 | 0.0 | 0.93 |
| Sainsbury's Tuna Chunks In Olive Oil | 160 | 302.4 | 2.4 | 0.8 | 1.15 |
| Essential Waitrose MSC tuna steak in olive oil | 150 | 313.5 | 3.0 | 0.0 | 1.50 |

* Values Shown Per Full Can

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | 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*