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| --- | --- |
| Food: | Cooking Oils |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml) | Number of Calories | Saturated Fat | Carbohydrate | Price |
| ASDA Olive Oil | 1000 | 123 | 2.0 | 0.0 | 2.98 |
| ASDA Extra Virgin Olive Oil | 1000 | 123 | 2.0 | 0.0 | 3.40 |
| Sainsbury's Rapeseed Oil, SO Organic | 1000 | 124 | 0.9 | 0.0 | 3.60 |
| Crisp N Dry | 2000 | 124 | 1.1 | 0.0 | 3.50 |
| Mazola Pure Rapeseed Oil | 1000 | 124 | 1.1 | 0.0 | 2.00 |
| ASDA Extra Special Cold-Pressed Rapeseed Oil | 500 | 124 | 0.9 | 0.0 | 1.59 |
| Asda Vegetable Oil | 1000 | 124 | 1.1 | 0.0 | 1.09 |
| Goldenfields Pure Rapeseed Oil | 1000 | 124 | 1.1 | 0.0 | 1.70 |
| Olivio Oil | 500 | 124 | 1.2 | 0.0 | 1.50 |
| ASDA Grapeseed Oil | 500 | 124 | 1.5 | 0.0 | 2.75 |
| ASDA Sunflower Oil | 1000 | 124 | 1.5 | 0.0 | 1.09 |
| ASDA Sunflower Oil | 1000 | 124 | 1.5 | 0.0 | 1.09 |
| Morrisons Vegetable Oil | 1000 | 124 | 1.5 | 0.0 | 1.15 |
| ASDA Sesame Seed Oil | 250 | 124 | 2.0 | 0.0 | 1.39 |
| Carotino Healthier Oil | 500 | 124 | 2.1 | 0.0 | 2.00 |
| Carotino Mild & Light Cooking | 500 | 124 | 2.1 | 0.0 | 2.00 |
| Sainsbury's Stir Fry Oil | 250 | 124 | 1.6 | 0.0 | 1.60 |
| Morrisons Sunflower Oil | 1000 | 124 | 1.7 | 0.0 | 1.15 |
| Mazola Pure Corn Oil | 1000 | 124 | 1.9 | 0.0 | 2.34 |
| Sainsbury's Corn Oil | 1000 | 124 | 2.0 | 0.0 | 1.75 |
| Sainsbury's Grapeseed Oil | 500 | 125 | 1.6 | 0.0 | 2.75 |
| KTC Pure Corn Oil | 1000 | 135 | 1.9 | 0.0 | 2.00 |
| KTC 100% Pure Coconut Cooking Oil | 650 | 135 | 12.8 | 0.0 | 2.50 |
| Tesco Pure Vegetable Oil | 1000 | 135 | 1.0 | 0.0 | 1.20 |
| Tesco Pure Sunflower Oil | 1000 | 135 | 1.7 | 0.0 | 1.20 |

* Values shown per 100 millilitre (ml)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (ml) | Number of Calories | Saturated Fat | Carbohydrate | Price |
| ASDA Olive Oil | 1000 | 823 | 13 | 0 | 2.98 |
| ASDA Extra Virgin Olive Oil | 1000 | 823 | 13 | 0 | 3.40 |
| Sainsbury's Rapeseed Oil, SO Organic | 1000 | 825 | 6.1 | 0 | 3.60 |
| Crisp N Dry | 2000 | 825 | 7.3 | 0 | 3.50 |
| Mazola Pure Rapeseed Oil | 1000 | 825 | 7.6 | 0 | 2.00 |
| ASDA Extra Special Cold-Pressed Rapeseed Oil | 500 | 828 | 6.1 | 0 | 1.59 |
| Asda Vegetable Oil | 1000 | 828 | 7.3 | 0 | 1.09 |
| Goldenfields Pure Rapeseed Oil | 1000 | 828 | 7.4 | 0 | 1.70 |
| Olivio Oil | 500 | 828 | 8 | 0 | 1.50 |
| ASDA Grapeseed Oil | 500 | 828 | 10 | 0 | 2.75 |
| ASDA Sunflower Oil | 1000 | 828 | 10 | 0 | 1.09 |
| ASDA Sunflower Oil | 1000 | 828 | 10 | 0 | 1.09 |
| Morrisons Vegetable Oil | 1000 | 828 | 10.1 | 0 | 1.15 |
| ASDA Sesame Seed Oil | 250 | 828 | 13 | 0 | 1.39 |
| Carotino Healthier Oil | 500 | 828 | 14.3 | 0 | 2.00 |
| Carotino Mild & Light Cooking | 500 | 828 | 14.3 | 0 | 2.00 |
| Sainsbury's Stir Fry Oil | 250 | 829 | 10.5 | 0 | 1.60 |
| Morrisons Sunflower Oil | 1000 | 829 | 11.1 | 0 | 1.15 |
| Mazola Pure Corn Oil | 1000 | 829 | 12.4 | 0 | 2.34 |
| Sainsbury's Corn Oil | 1000 | 829 | 13.3 | 0 | 1.75 |
| Sainsbury's Grapeseed Oil | 500 | 832 | 10.4 | 0 | 2.75 |
| KTC Pure Corn Oil | 1000 | 899 | 12.7 | 0 | 2.00 |
| KTC 100% Pure Coconut Cooking Oil | 650 | 899 | 85.2 | 0 | 2.50 |
| Tesco Pure Vegetable Oil | 1000 | 900 | 6.6 | 0 | 1.20 |
| Tesco Pure Sunflower Oil | 1000 | 900 | 11 | 0 | 1.20 |

* Values shown per 100 millilitre (ml)

Supermarkets Tested

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Lidl | Aldi | Able & Cole |
| YES | YES | YES | YES | NO | NO | NO | NO |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand*