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| --- | --- |
| Food: | Breakfast Items |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Grilled Tomato  | 1 Item | 10 | 0 | 1.6 | n/a |
| Fried Tomato | 1 Item | 34 | 0.7 | 1.9 | n/a |
| Canned tomatoes | ½ Can | 50 | 0.2 | 7.5 | n/a |
| Poached Egg | 1 egg | 66 | 1.3 | 0.08 | n/a |
| Mushrooms (Fried) | 1 cup | 77 | 1.5 | 8.3 | n/a |
| Back Bacon | 2 slices | 89 | 1.3 | 1.0 | n/a |
| Fried Egg | 1 egg | 90 | 2.0 | 0.4 | n/a |
| Scrambled Egg  | 1 egg | 91 | 4.0 | 2.0 | n/a |
| Toast | 1 slice | 96 | 0.2 | 18 | n/a |
| Black Pudding | 1 slice | 108 | 2.1 | 6.7 | n/a |
| White Pudding | 1 slice | 115 | 2.8 | 7.7 | n/a |
| Pork Sausage | 1 link | 125 | 4.0 | 7.8 | n/a |
| Fried Bread | 1 slice | 141 | 1.2 | 13.6 | n/a |
| Baked beans | ½ Can | 162 | 0.0 | 25.9 | n/a |

* **Values shown per item**

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| Similar | Similar | Similar | Similar | Similar | Similar |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*