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| Food: | Spreads (Butter and Margarine)  |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| I Can't Believe It's Not Butter Light | 500 | 270 | 6.8 | 1.2 | 1.00 |
| Tesco Buttery Spread 30% Less Fat | 500 | 288 | 7.1 | 1.7 | 0.85 |
| Tesco Light Olive Spread | 500 | 296 | 8.1 | 2.3 | 0.95 |
| Flora ProActiv Light Spread | 500 | 315 | 8 | 0.02 | 2.75 |
| Bertolli Light | 500 | 346 | 9.2 | 1.3 | 1.50 |
| Utterly Butterly Lightly Spread | 500 | 355 | 10.9 | 2.8 | 1.00 |
| I Can't Believe It's Not Butter Original | 500 | 373 | 8.6 | 0.02 | 1.00 |
| Morrisons Savers Soft Spread | 1000 | 381 | 10.2 | 0.6 | 1.25 |
| Sainsbury's Buttersoft Light | 500 | 385 | 13.1 | 1.4 | 2.00 |
| Stockwell & Co. Soft Spread | 500 | 388 | 8.9 | 0.5 | 0.69 |
| Kerry LowLow Original  | 500 | 394 | 11 | 3 | 1.60 |
| Flora Light Spread | 500 | 398 | 13 | 0.02 | 1.25 |
| ASDA Olive Spread | 500 | 408 | 11 | 0.02 | 0.90 |
| Morrisons Sunflower Spread | 500 | 411 | 11 | 1 | 0.85 |
| Morrisons Olive Spread | 500 | 412 | 11.4 | 1.4 | 1.00 |
| ASDA Brilliantly Buttery | 500 | 414 | 11 | 0.9 | 0.79 |
| Tesco Buttery Spread | 1000 | 414 | 10.5 | 0.9 | 1.60 |
| Tesco Olive Spread | 1000 | 415 | 11 | 2 | 1.80 |
| Tesco Sunflower Spread | 500 | 421 | 11.8 | 2.1 | 0.95 |
| ASDA Sunflower Spread | 500 | 422 | 11 | 4 | 0.79 |
| Just Like Butte | 1000 | 445 | 15 | 0.5 | 1.00 |
| Beautifully Buttery (aldi) | 500 | 450 | 11 | 5.0 | 0.69 |
| Utterly Butterly Spread | 500 | 450 | 12.3 | 2.1 | 1.00 |
| Golden Cow Easispread | 1000 | 452 | 13.2 | 1.7 | 3.75 |
| Kerrymaid Spread | 500 | 452 | 13.1 | 2.8 | 1.75 |
| Clover Light Spread | 1000 | 456 | 17.6 | 2 | 2.10 |
| Pure Spread Olive | 500 | 497 | 12.3 | 0.6 | 1.60 |
| Pure Dairy Free Olive Spread | 500 | 497 | 12.3 | 0.6 | 1.60 |
| Vitalite Dairy Free Spread | 500 | 503 | 12.6 | 0 | 1.00 |
| ASDA Spreadable with Real Butter Light | 500 | 513 | 25 | 0.6 | 1.98 |
| Lurpak Lighter Slightly Salted Spreadable | 500 | 516 | 22 | 0.4 | 3.00 |
| Anchor Lighter Spreadable | 500 | 516 | 21 | 0.02 | 2.75 |
| Bertolli Spread | 500 | 527 | 14 | 0.02 | 1.50 |
| Pure Dairy Free Sunflower Spread | 500 | 536 | 13.5 | 1.6 | 1.50 |
| Pure Sunflower Spread | 500 | 536 | 13.5 | 1.6 | 1.00 |
| Benecol Buttery Taste Spread | 500 | 537 | 11 | 0.8 | 2.75 |
| Sainsbury's Buttersoft | 500 | 548 | 21.4 | 1.2 | 2.00 |
| Clover Spread | 1000 | 587 | 22,2 | 1 | 2.10 |
| Country Life British Spreadable | 500 | 596 | 27.8 | 0.3 | 2.50 |
| Country Life British Spreadable | 750 | 596 | 27.8 | 0.3 | 3.75 |
| Stork Spread | 500 | 619 | 19 | 0.02 | 1.05 |
| Stork with Butter | 400 | 626 | 28 | 0.6 | 2.00 |
| Flora ProActiv Buttery Taste Spread | 500 | 629 | 16 | 0.02 | 2.75 |
| Sainsbury's Soft Spread | 500 | 630 | 18 | 0 | 0.95 |
| Tesco British Spreadable Salted | 500 | 641 | 25.2 | 1.7 | 2.20 |
| Morrison Salted Spreadable Butter | 500 | 641 | 25.2 | 1.7 | 2.50 |
| Tesco Baking Spread | 500 | 642 | 16.8 | 1.8 | 0.85 |
| Crown | 500 | 646 | 35.5 | 0 | 2.00 |
| Anchor Spreadable | 500 | 668 | 29 | 0.02 | 2.75 |
| Valley Spreadable (aldi) | 500 | 670 | 25 | 5.0 | 1.99 |
| Sainsbury's Baking Block | 250 | 675 | 28 | 0 | 0.60 |
| Tesco Baking Block | 250 | 677 | 27 | 0.5 | 0.55 |
| Arla Lactofree Spreadable | 250 | 679 | 34 | 0.02 | 1.65 |
| Tesco Butterpak Spreadable Slight Salted | 500 | 683 | 30.6 | 1.3 | 2.20 |
| Willow Block | 250 | 698 | 34 | 0.5 | 0.85 |
| Flora Buttery Spread | 500 | 698 | 20 | 0.02 | 1.25 |
| Flora Plant Butter Alternative Salted | 250 | 701 | 47 | 0.5 | 1.80 |
| Flora Plant Butter Unsalted | 250 | 701 | 47 | 0.5 | 1.80 |
| ASDA Spreadable with Real Butter | 500 | 706 | 38 | 0.6 | 1.98 |
| Lurpak Slightly Salted Spreadable | 500 | 706 | 35 | 0.6 | 3.00 |
| Morrisons The Best Spreadable Made With West Country Butter | 500 | 707 | 39 | 3 | 3.00 |
| Morrisons Spreadable | 500 | 715 | 35.2 | 0.9 | 2.00 |
| Isigny Sainte-Mere Unpasteurised Salted Butter | 250 | 725 | 57.6 | 0.5 | 2.55 |
| The Butterworks Softer Butter | 250 | 725 | 52 | 0.6 | 1.90 |
| Dromona Spreadeasy Butter | 500 | 725 | 52.1 | 0.6 | 3.50 |
| Dromona Pure Northern Ireland Spreadeasy Butter | 250 | 725 | 52.1 | 0.6 | 2.00 |
| Waitrose French Butter With Sea Salt Crystals | 250 | 727 | 55 | 1.0 | 2.00 |
| Loseley Butter | 250 | 728 | 47 | 0.7 | 2.05 |
| Loseley summer meadow butter naturally softer | 250 | 728 | 47 | 0.7 | 2.00 |
| Tesco Finest West Country Butter & Sea Salt | 250 | 734 | 52.1 | 0.6 | 1.85 |
| Duchy Organic English Salted Butter | 250 | 734 | 52.1 | 0.6 | 2.00 |
| Country Life British Salted Butter | 250 | 737 | 54 | 0 | 1.65 |
| ASDA Smart Price Salted Butter | 250 | 737 | 49.4 | 0.8 | 1.45 |
| essential Waitrose Salted Dairy Butter | 250 | 737 | 54 | 0 | 1.60 |
| Lurpak Slightly Salted Butter | 250 | 739 | 52 | 0.7 | 1.80 |
| ASDA Organic Slightly Salted Butter | 250 | 742 | 51 | 0.7 | 1.80 |
| President Unsalted Butter | 250 | 743 | 57 | 0.5 | 2.00 |
| Anchor Salted Butter | 250 | 744 | 52 | 0.6 | 1.70 |
| Kerrygold Salted Butter | 250 | 744 | 53 | 0.6 | 1.90 |
| Wensleydale Creamy Yorkshire Butter Salted | 250 | 744 | 68.7 | 0.6 | 1.57 |
| Lescure unsalted butter French | 250 | 744 | 67.7 | 0 | 2.60 |
| The Butter Works Cornish Butter with Sea Salt | 250 | 744 | 52.1 | 0.6 | 2.00 |
| ASDA Salted Butter | 250 | 745 | 52 | 0.6 | 1.49 |
| Tesco British Salted Block Butter | 250 | 745 | 52.1 | 0.6 | 1.49 |
| Tesco British Unsalted Butter | 250 | 745 | 52.1 | 0.6 | 1.49 |
| Tesco Organic Butter | 250 | 745 | 51.1 | 0.6 | 1.85 |
| Tesco Organic Unsalted Butter | 250 | 745 | 52.1 | 0.6 | 1.85 |
| Yeo Valley Organic Block Butter | 250 | 745 | 52 | 0.6 | 2.00 |
| Morrisons Savers Salted Butter | 250 | 745 | 52.1 | 0.6 | 1.45 |
| M Organic Salted Creamy Butter | 250 | 745 | 52.1 | 0.6 | 1.85 |
| Morrisons British Salted Butter | 250 | 745 | 52.1 | 0.6 | 1.60 |
| Sainsbury's English Butter, Salted | 250 | 745 | 52.1 | 0.6 | 1.50 |
| Sainsbury's British Butter Slightly Salted, SO Organic | 250 | 745 | 52.1 | 0.6 | 1.90 |
| Sainsbury's British Butter Unsalted, SO Organic 250g | 250 | 745 | 51.1 | 0.6 | 1.90 |
| Sainsbury's English Butter, Salted | 500 | 745 | 52.1 | 0.6 | 3.00 |
| Sainsbury's Farmhouse Butter | 250 | 745 | 52.1 | 0.6 | 1.80 |
| Iceland British Salted Butter | 250 | 745 | 52.1 | 0.6 | 1.49 |
| Iceland British Unsalted Butter | 250 | 745 | 52.1 | 0.6 | 1.49 |
| essential Waitrose Unsalted Dairy Butter | 250 | 746 | 54 | 0 | 1.60 |
| ASDA Extra Special Somerset Farmhouse Butter with Sea Salt Crystals | 250 | 747 | 62 | 1.0 | 1.75 |
| Guernsey Dairy Guernsey butter salted | 250 | 750 | 50.1 | 0 | 2.10 |
| Sainsbury's English Butter, Unsalted | 250 | 751 | 49.3 | 0.6 | 1.50 |
| Sainsbury's Farmhouse Butter, Taste the Difference | 250 | 753 | 53.1 | 0 | 2.15 |
| ASDA Unsalted Butter | 250 | 754 | 49 | 1.1 | 1.55 |
| Delamere Goats Butter | 250 | 793 | 59 | 0.5 | 2.00 |
| St Helens Farm Goats Butter | 250 | 794 | 60.4 | 0 | 2.30 |
| East End Pure Butter Ghee | 500 | 900 | 67 | 0 | 4.50 |

Shown as per 100 grams

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Aldi | 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*