|  |  |
| --- | --- |
| Food: | Chips |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Home Air/Acti-Fry Organic Chips with 1 cal oil spray | 1500 | 72 | 0.1 | 14.9 | 2.00 |
| Tesco Skin On Chunky Chips | 500 | 83 | 9.1 | 16.4 | 1.00 |
| Slimming World Free Food Chips | 1000 | 104 | 0.1 | 20.9 | 2.25 |
| Home Air/Acti-Fry Organic Chips with 15ml oil | 1500 | 110 | 0.1 | 14.9 | 2.00 |
| Aunt Bessie's Crispy & Fluffy Homestyle Chips | 600 | 116 | 0.4 | 18 | 0.79 |
| McCain Crispy Sweet Potato Fries | 500 | 125 | 0.6 | 14.5 | 2.50 |
| McCain Original Oven Chips 5% Fat Straight Cut | 1360 | 132 | 0.4 | 22.3 | 2.15 |
| ASDA Straight Cut Chips less than 3% oven baked | 1500 | 134 | 0.3 | 24 | 1.25 |
| essential Waitrose steak cut oven chips | 900 | 134 | 0.5 | 22.1 | 1.25 |
| Iceland Low Fat Straight Cut Chips | 1200 | 139 | 0.3 | 25.2 | 1.00 |
| Straight Cut Value Fry Chips | 1500 | 140 | 2.0 | 21.7 | 1.00 |
| Waitrose Frozen Crisp & Fluffy Chunky Chips | 1000 | 141 | 0.3 | 25.3 | 1.69 |
| McCain Lighter Home Chips Straight | 1360 | 142 | 0.3 | 26 | 2.30 |
| McCain Home Chips Straight | 1360 | 144 | 0.5 | 23 | 2.30 |
| Sainsbury's Steak Cut Chips | 1500 | 144 | 0.8 | 25 | 1.50 |
| Sainsbury's Super Chunky Chips | 900 | 145 | 0.4 | 24 | 1.15 |
| McCain Home Chips Crinkle | 1360 | 146 | 0.7 | 20 | 2.30 |
| essential Waitrose French Fries | 900 | 147 | 2.5 | 22.6 | 1.25 |
| Aunt Bessie's Deliciously Crisp French Fries | 700 | 150 | 0.4 | 26 | 1.00 |
| Sainsbury's Straight Cut Oven Chips, Be Good To Yourself | 900 | 151 | 0.3 | 27.7 | 1.20 |
| Waitrose sweet potato oven chips | 500 | 155 | 0.7 | 19.9 | 2.45 |
| Iceland Steak Cut Chips | 1250 | 156 | 0.5 | 24.6 | 1.00 |
| McCain Quick Chips Straight x 6 100g | 600 | 157 | 0.5 | 26.4 | 2.00 |
| Waitrose chunky chips | 450 | 158 | 0.4 | 26.5 | 2.19 |
| Morrisons Eat Smart Oven Chips | 900 | 159 | 0.3 | 29.4 | 1.00 |
| Morrisons Steak Cut Chips | 1200 | 159 | 0.7 | 24.7 | 1.20 |
| Tesco Salt & Pepper Ridge Chips | 750 | 160 | 0.6 | 24.6 | 1.50 |
| Iceland Crinkle Cut Chips | 1250 | 161 | 0.5 | 26.9 | 1.00 |
| Tesco Crinkle Cut Oven Chips | 1500 | 162 | 1 | 26.7 | 1.25 |
| Tesco Steak Oven Cut Chips | 1500 | 162 | 1 | 26.7 | 1.25 |
| Iceland Straight Cut Chips | 1250 | 164 | 0.5 | 26 | 1.00 |
| Champion season coated homestyle chips (Aldi) | 1000 | 165 | 0.6 | 26.5 | 0.99 |
| Sainsbury's Crinkle Cut Chips | 900 | 166 | 0.9 | 27 | 1.20 |
| Albert Bartlett Rooster Deep Crinkle Cut Chips | 1200 | 166 | 0.6 | 23 | 2.50 |
| ASDA Crinkle Cut Chips | 1500 | 167 | 0.9 | 27 | 1.25 |
| Tesco Finest Chunky Chips With Sea Salt | 450 | 167 | 0.3 | 29.6 | 2.60 |
| Sainsbury's Chunky Maris Piper Chips, Taste the Difference | 1500 | 168 | 0.4 | 29.1 | 2.40 |
| ASDA Extra Special Chunky Maris Piper Chips | 750 | 169 | 0.5 | 31 | 1.95 |
| Tesco Oven Chips | 450 | 171 | 0.5 | 24.9 | 2.25 |
| Morrisons The Best Maris Piper Chunky Chips | 450 | 171 | 0.6 | 28.2 | 2.00 |
| Tesco Homestyle Straight Cut Oven Chips | 950 | 174 | 0.5 | 30.9 | 1.35 |
| Morrisons Free From Homestyle Chips | 750 | 174 | 0.5 | 30.9 | 1.00 |
| Tesco Sweet Potato Oven Chips | 500 | 175 | 0.6 | 26.2 | 2.30 |
| ASDA Seasoned Sweet Potato Fries | 500 | 175 | 0.6 | 26 | 1.98 |
| Disney Kitchen French Fries | 1000 | 176 | 0.6 | 27.6 | 1.00 |
| Disney Kitchen Olaf Potato Shapes | 500 | 177 | 0.7 | 27 | 1.00 |
| Iceland Ridiculously Crispy Crinkle Cut Chips | 1200 | 177 | 0.5 | 28.6 | 1.50 |
| McCain Our Menu Signatures Smiles  | 907 | 177 | 0.8 | 25.9 | 2.00 |
| Tesco Homestyle Crinkle Cut Oven Chips | 950 | 177 | 0.5 | 30.5 | 1.35 |
| Morrisons The Best Chunky Chips | 1500 | 177 | 0.5 | 31.4 | 2.50 |
| Morrisons Crinkle Cut Chips | 2000 | 179 | 0.6 | 27.7 | 1.80 |
| Iceland Alphabet Potato Shapes | 550 | 183 | 0.6 | 29.2 | 1.00 |
| McCain Crispy French Fries | 1200 | 184 | 0.8 | 26.9 | 2.60 |
| ASDA Straight Cut Chips | 1500 | 186 | 0.7 | 29 | 1.25 |
| ASDA Smart Price Chips | 1500 | 186 | 0.7 | 29 | 0.90 |
| Morrisons Straight Cut Chips | 1200 | 186 | 0.7 | 29 | 1.20 |
| Sainsbury's Seasoned Rustic Fries | 900 | 186 | 0.7 | 28.7 | 1.25 |
| Sainsbury's Straight Cut Chips | 1500 | 186 | 0.7 | 29 | 1.50 |
| Tesco Curly Fries | 700 | 189 | 0.7 | 29.6 | 1.50 |
| Sainsbury's Sweet Potato Fries | 500 | 189 | 1.6 | 30.1 | 2.30 |
| Sainsbury's Chips, Basics | 900 | 189 | 0.9 | 29.9 | 0.80 |
| Carlos bacon and cheese dirty seasoned wedges (Aldi) | 475 | 190 | 4.0 | 10.7 | 2.49 |
| Tesco Finest British Chunky Oven Chips | 1500 | 192 | 0.7 | 35.1 | 2.50 |
| Iceland Luxury Maris Piper Chunky Oven Chips | 1500 | 194 | 0.6 | 33.2 | 2.00 |
| McCain Spicy Peri Peri Fries | 650 | 195 | 0.9 | 25.5 | 2.50 |
| Iceland Sweet Potato Fries | 600 | 199 | 1.1 | 22.4 | 2.00 |
| ASDA Homestyle Chips | 1500 | 199 | 0.6 | 32 | 1.90 |
| Sainsbury's Lightly Spiced Fries | 900 | 202 | 0.8 | 31 | 1.25 |
| McCain Triple Cooked Gastro Chips | 640 | 203 | 3 | 21 | 2.50 |
| Iceland Ridiculously Crispy Straight Cut Chips | 1200 | 210 | 0.8 | 31.5 | 1.50 |
| Sainsbury's Triple Cooked Chips, Taste the Difference | 900 | 210 | 4.5 | 27.8 | 2.25 |
| Tesco Crispy Sweet Potato Fries | 300 | 213 | 0.9 | 21.6 | 2.50 |
| Sainsbury's French Fries | 900 | 215 | 0.7 | 36 | 1.20 |
| Iceland Ridiculously Chunky Skin On Chips | 900 | 218 | 4.3 | 21.6 | 1.50 |
| Iceland Thin & Crispy French Fries | 1250 | 219 | 0.7 | 35.2 | 1.00 |
| McCain Quick Cook Crispy French Fries | 750 | 222 | 1 | 31.6 | 2.75 |
| ASDA Curly Fries | 750 | 226 | 1.3 | 28 | 1.15 |
| ASDA French Fries | 1500 | 227 | 0.7 | 37 | 1.25 |
| Fries to Go Original X 2 90g | 180 | 246 | 7.3 | 40.2 | 1.00 |
| Tesco French Fries | 1500 | 250 | 0.7 | 41.2 | 1.25 |
| Sainsbury's Seasoned Curly Fries | 700 | 256 | 1 | 35.6 | 1.50 |
| Iceland Criss Cross Fries | 700 | 259 | 1.4 | 33.7 | 1.50 |
| Iceland Southern Fried Chips | 850 | 271 | 1.4 | 32.6 | 1.50 |
| Halloumi Fries | 190 | 326 | 16.4 | 1.8 | 3.00 |
| Iceland Curly Fries | 750 | 369 | 0.9 | 39.5 | 1.50 |

* Values shown per 100 grams serving as purchased

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Home Air/Acti-Fry Organic Chips with 1 cal oil spray | 1500 | 204.5 | 0.3 | 42.3 | 2.00 |
| Tesco Skin On Chunky Chips | 500 | 235.7 | 25.8 | 46.6 | 1.00 |
| Slimming World Free Food Chips | 1000 | 295.4 | 0.3 | 59.4 | 2.25 |
| Home Air/Acti-Fry Organic Chips with 15ml oil | 1500 | 312.4 | 0.3 | 42.3 | 2.00 |
| Aunt Bessie's Crispy & Fluffy Homestyle Chips | 600 | 329.4 | 1.1 | 51.1 | 0.79 |
| McCain Crispy Sweet Potato Fries | 500 | 355.0 | 1.7 | 41.2 | 2.50 |
| McCain Original Oven Chips 5% Fat Straight Cut | 1360 | 374.9 | 1.1 | 63.3 | 2.15 |
| ASDA Straight Cut Chips less than 3% oven baked | 1500 | 380.6 | 0.9 | 68.2 | 1.25 |
| essential Waitrose steak cut oven chips | 900 | 380.6 | 1.4 | 62.8 | 1.25 |
| Iceland Low Fat Straight Cut Chips | 1200 | 394.8 | 0.9 | 71.6 | 1.00 |
| Straight Cut Value Fry Chips | 1500 | 397.6 | 5.7 | 61.6 | 1.00 |
| Waitrose Frozen Crisp & Fluffy Chunky Chips | 1000 | 400.4 | 0.9 | 71.9 | 1.69 |
| McCain Lighter Home Chips Straight | 1360 | 403.3 | 0.9 | 73.8 | 2.30 |
| McCain Home Chips Straight | 1360 | 409.0 | 1.4 | 65.3 | 2.30 |
| Sainsbury's Steak Cut Chips | 1500 | 409.0 | 2.3 | 71.0 | 1.50 |
| Sainsbury's Super Chunky Chips | 900 | 411.8 | 1.1 | 68.2 | 1.15 |
| McCain Home Chips Crinkle | 1360 | 414.6 | 2.0 | 56.8 | 2.30 |
| essential Waitrose French Fries | 900 | 417.5 | 7.1 | 64.2 | 1.25 |
| Aunt Bessie's Deliciously Crisp French Fries | 700 | 426.0 | 1.1 | 73.8 | 1.00 |
| Sainsbury's Straight Cut Oven Chips, Be Good To Yourself | 900 | 428.8 | 0.9 | 78.7 | 1.20 |
| Waitrose sweet potato oven chips | 500 | 440.2 | 2.0 | 56.5 | 2.45 |
| Iceland Steak Cut Chips | 1250 | 443.0 | 1.4 | 69.9 | 1.00 |
| McCain Quick Chips Straight x 6 100g | 600 | 445.9 | 1.4 | 75.0 | 2.00 |
| Waitrose chunky chips | 450 | 448.7 | 1.1 | 75.3 | 2.19 |
| Morrisons Eat Smart Oven Chips | 900 | 451.6 | 0.9 | 83.5 | 1.00 |
| Morrisons Steak Cut Chips | 1200 | 451.6 | 2.0 | 70.1 | 1.20 |
| Tesco Salt & Pepper Ridge Chips | 750 | 454.4 | 1.7 | 69.9 | 1.50 |
| Iceland Crinkle Cut Chips | 1250 | 457.2 | 1.4 | 76.4 | 1.00 |
| Tesco Crinkle Cut Oven Chips | 1500 | 460.1 | 2.8 | 75.8 | 1.25 |
| Tesco Steak Oven Cut Chips | 1500 | 460.1 | 2.8 | 75.8 | 1.25 |
| Iceland Straight Cut Chips | 1250 | 465.8 | 1.4 | 73.8 | 1.00 |
| Champion season coated homestyle chips (Aldi) | 1000 | 469 | 1.7 | 75.3 | 0.99 |
| Sainsbury's Crinkle Cut Chips | 900 | 471.4 | 2.6 | 76.7 | 1.20 |
| Albert Bartlett Rooster Deep Crinkle Cut Chips | 1200 | 471.4 | 1.7 | 65.3 | 2.50 |
| ASDA Crinkle Cut Chips | 1500 | 474.3 | 2.6 | 76.7 | 1.25 |
| Tesco Finest Chunky Chips With Sea Salt | 450 | 474.3 | 0.9 | 84.1 | 2.60 |
| Sainsbury's Chunky Maris Piper Chips, Taste the Difference | 1500 | 477.1 | 1.1 | 82.6 | 2.40 |
| ASDA Extra Special Chunky Maris Piper Chips | 750 | 480.0 | 1.4 | 88.0 | 1.95 |
| Tesco Oven Chips | 450 | 485.6 | 1.4 | 70.7 | 2.25 |
| Morrisons The Best Maris Piper Chunky Chips | 450 | 485.6 | 1.7 | 80.1 | 2.00 |
| Tesco Homestyle Straight Cut Oven Chips | 950 | 494.2 | 1.4 | 87.8 | 1.35 |
| Morrisons Free From Homestyle Chips | 750 | 494.2 | 1.4 | 87.8 | 1.00 |
| Tesco Sweet Potato Oven Chips | 500 | 497.0 | 1.7 | 74.4 | 2.30 |
| ASDA Seasoned Sweet Potato Fries | 500 | 497.0 | 1.7 | 73.8 | 1.98 |
| Disney Kitchen French Fries | 1000 | 499.8 | 1.7 | 78.4 | 1.00 |
| Disney Kitchen Olaf Potato Shapes | 500 | 502.7 | 2.0 | 76.7 | 1.00 |
| Iceland Ridiculously Crispy Crinkle Cut Chips | 1200 | 502.7 | 1.4 | 81.2 | 1.50 |
| McCain Our Menu Signatures Smiles  | 907 | 502.7 | 2.3 | 73.6 | 2.00 |
| Tesco Homestyle Crinkle Cut Oven Chips | 950 | 502.7 | 1.4 | 86.6 | 1.35 |
| Morrisons The Best Chunky Chips | 1500 | 502.7 | 1.4 | 89.2 | 2.50 |
| Morrisons Crinkle Cut Chips | 2000 | 508.4 | 1.7 | 78.7 | 1.80 |
| Iceland Alphabet Potato Shapes | 550 | 519.7 | 1.7 | 82.9 | 1.00 |
| McCain Crispy French Fries | 1200 | 522.6 | 2.3 | 76.4 | 2.60 |
| ASDA Straight Cut Chips | 1500 | 528.2 | 2.0 | 82.4 | 1.25 |
| ASDA Smart Price Chips | 1500 | 528.2 | 2.0 | 82.4 | 0.90 |
| Morrisons Straight Cut Chips | 1200 | 528.2 | 2.0 | 82.4 | 1.20 |
| Sainsbury's Seasoned Rustic Fries | 900 | 528.2 | 2.0 | 81.5 | 1.25 |
| Sainsbury's Straight Cut Chips | 1500 | 528.2 | 2.0 | 82.4 | 1.50 |
| Tesco Curly Fries | 700 | 536.8 | 2.0 | 84.1 | 1.50 |
| Sainsbury's Sweet Potato Fries | 500 | 536.8 | 4.5 | 85.5 | 2.30 |
| Sainsbury's Chips, Basics | 900 | 536.8 | 2.6 | 84.9 | 0.80 |
| Carlos bacon and cheese dirty seasoned wedges (Aldi) | 475 | 540 | 11.4 | 30.4 | 2.49 |
| Tesco Finest British Chunky Oven Chips | 1500 | 545.3 | 2.0 | 99.7 | 2.50 |
| Iceland Luxury Maris Piper Chunky Oven Chips | 1500 | 551.0 | 1.7 | 94.3 | 2.00 |
| McCain Spicy Peri Peri Fries | 650 | 553.8 | 2.6 | 72.4 | 2.50 |
| Iceland Sweet Potato Fries | 600 | 565.2 | 3.1 | 63.6 | 2.00 |
| ASDA Homestyle Chips | 1500 | 565.2 | 1.7 | 90.9 | 1.90 |
| Sainsbury's Lightly Spiced Fries | 900 | 573.7 | 2.3 | 88.0 | 1.25 |
| McCain Triple Cooked Gastro Chips | 640 | 576.5 | 8.5 | 59.6 | 2.50 |
| Iceland Ridiculously Crispy Straight Cut Chips | 1200 | 596.4 | 2.3 | 89.5 | 1.50 |
| Sainsbury's Triple Cooked Chips, Taste the Difference | 900 | 596.4 | 12.8 | 79.0 | 2.25 |
| Tesco Crispy Sweet Potato Fries | 300 | 604.9 | 2.6 | 61.3 | 2.50 |
| Sainsbury's French Fries | 900 | 610.6 | 2.0 | 102.2 | 1.20 |
| Iceland Ridiculously Chunky Skin On Chips | 900 | 619.1 | 12.2 | 61.3 | 1.50 |
| Iceland Thin & Crispy French Fries | 1250 | 622.0 | 2.0 | 100.0 | 1.00 |
| McCain Quick Cook Crispy French Fries | 750 | 630.5 | 2.8 | 89.7 | 2.75 |
| ASDA Curly Fries | 750 | 641.8 | 3.7 | 79.5 | 1.15 |
| ASDA French Fries | 1500 | 644.7 | 2.0 | 105.1 | 1.25 |
| Fries to Go Original X 2 90g | 180 | 698.6 | 20.7 | 114.2 | 1.00 |
| Tesco French Fries | 1500 | 710.0 | 2.0 | 117.0 | 1.25 |
| Sainsbury's Seasoned Curly Fries | 700 | 727.0 | 2.8 | 101.1 | 1.50 |
| Iceland Criss Cross Fries | 700 | 735.6 | 4.0 | 95.7 | 1.50 |
| Iceland Southern Fried Chips | 850 | 769.6 | 4.0 | 92.6 | 1.50 |
| Halloumi Fries | 190 | 925.8 | 46.6 | 5.1 | 3.00 |
| Iceland Curly Fries | 750 | 1048.0 | 2.6 | 112.2 | 1.50 |

* Values shown per 284 grams serving

Supermarkets Tested

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