|  |  |
| --- | --- |
| Food: | Flour |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Sainsbury's Wholemeal Bread Mix | 500 | 220 | 0.5 | 37.1 | 0.85 |
| Cooks' Ingredients Wholemeal Bread Mix | 500 | 221 | 0.5 | 37.1 | 1.30 |
| Cooks' Ingredients Ciabatta Bread Mix | 500 | 225 | 0.2 | 43.2 | 1.30 |
| FREEE by Doves Farm Free From White Bread Mix | 500 | 235 | 0.3 | 46 | 3.50 |
| Doves Farm Free From White Bread Mix | 500 | 235 | 0.3 | 46 | 3.00 |
| Cooks' Ingredients Sundried Tomato & Chilli Bread Mix | 500 | 238 | 0.7 | 42.7 | 1.30 |
| Doves Farm Free From Seeded Bread Mix | 500 | 240 | 0.7 | 40 | 3.50 |
| Morrisons Free From Brown Bread Mix | 340 | 241 | 0.6 | 42.4 | 2.10 |
| Wright's Bread Mix, Premium White | 500 | 242 | 0.3 | 44.5 | 1.00 |
| Morrisons Free From White Bread Mix | 340 | 243 | 0.5 | 45.9 | 2.10 |
| Wright's Oat & Linseed Bread Mix | 500 | 244 | 0.7 | 41.2 | 1.00 |
| Cooks' Ingredients Oat & Linseed Bread Mix | 500 | 244 | 0.7 | 42.4 | 1.30 |
| Wright's Baking Cheddar Cheese & Onion Bread Mix | 500 | 245 | 0.7 | 43.1 | 1.00 |
| Tesco Crusty Wholemeal Bread Mix | 500 | 246 | 0.5 | 43.3 | 0.85 |
| Wright's Mixed Grain Bread Mix | 500 | 246 | 0.5 | 41.3 | 1.00 |
| ASDA White Bread Mix | 500 | 248 | 0.4 | 46 | 0.64 |
| ASDA Mixed Grain & Seed Bread Mix | 500 | 248 | 0.7 | 40 | 0.69 |
| Tesco Sourdough Bread Mix | 500 | 248 | 0.6 | 43 | 0.85 |
| Morrisons Crusty White Bread Mix | 500 | 248 | 0.4 | 46.2 | 0.90 |
| Arise Bakery White Bread Mix | 500 | 249 | 0.7 | 46.6 | 1.50 |
| Morrisons Crusty Seeded Bread Mix | 500 | 253 | 0.4 | 47.7 | 1.00 |
| Wright's Baking Cheddar and Sun Dried Tomato Bread Mix | 500 | 254 | 0.9 | 45.5 | 1.00 |
| Wright's Ciabatta Bread Mix | 500 | 255 | 0.5 | 44.3 | 1.00 |
| Sainsbury's Spelt & Sunflower Seed Bread Mix, Taste the Difference | 500 | 256 | 0.7 | 42 | 0.80 |
| Cooks' Ingredients Multi Seed Malt Bread Mix | 500 | 256 | 0.9 | 38.2 | 1.30 |
| Tesco Multiseed Bread Mix | 500 | 274 | 0.9 | 38.1 | 0.85 |
| Wright's Garlic & Rosemary Focaccia Bread Mix | 500 | 298 | 5.1 | 44 | 1.00 |
| Carrs Breadmaker Wholemeal | 1500 | 316 | 0.4 | 58.9 | 1.50 |
| Waitrose dark rye | 1000 | 320 | 0.3 | 57.9 | 1.49 |
| Odlums Brown Bread Mix | 1000 | 320 | 0.3 | 61.4 | 1.90 |
| Allinson Self-Raising Wholemeal | 1000 | 326 | 0.4 | 60 | 1.94 |
| McDougalls Self Raising | 1100 | 330 | 0.2 | 67.9 | 1.00 |
| Doves Farm Organic Spelt | 1000 | 330 | 0.4 | 63.6 | 2.20 |
| Allinson Wholemeal Very Strong Bread | 1500 | 333 | 0.5 | 59 | 1.97 |
| Tesco Strong Stone Ground 100% Wholemeal Bread | 1500 | 333 | 0.6 | 59.4 | 1.10 |
| essential Waitrose strong wholemeal bread | 1500 | 333 | 0.6 | 59.3 | 1.19 |
| Hovis Malted Brown Granary | 1000 | 334 | 0.2 | 68.6 | 1.80 |
| Sainsbury's Self Raising | 1500 | 335 | 0.2 | 69.9 | 0.80 |
| Sainsbury's Self Raising Flour, Basics | 1500 | 335 | 0.2 | 69.9 | 0.60 |
| Doves Farm Organic Strong White | 1500 | 335 | 0.3 | 67.4 | 2.00 |
| Doves Farm Wholemeal Buckwheat | 1000 | 335 | 0.6 | 65.4 | 3.00 |
| Waitrose Canadian & strong stoneground wholemeal bread | 1500 | 335 | 0.5 | 57 | 1.79 |
| Waitrose Duchy Organic stoneground strong wholemeal bread | 1500 | 337 | 0.5 | 59.4 | 1.99 |
| Morrisons Self Raising | 1500 | 338 | 0.3 | 69.3 | 0.80 |
| Waitrose Duchy Organic stoneground plain wholemeal | 1500 | 338 | 0.3 | 63.9 | 1.99 |
| Biona Organic Coconut | 500 | 339 | 8.0 | 46 | 3.98 |
| Doves Farm Organic White | 1000 | 339 | 0.3 | 71.3 | 1.75 |
| Homepride Self Raising | 1000 | 340 | 0.14 | 72 | 1.50 |
| McDougalls Plain | 1100 | 340 | 0.2 | 70.1 | 1.00 |
| Allinson Wholemeal Seed & Grain Bread | 1000 | 340 | 0.3 | 58.3 | 1.50 |
| Tesco Plain | 1500 | 340 | 0.2 | 70.4 | 0.60 |
| Morrisons Brown  | 1500 | 340 | 0.4 | 64.3 | 1.15 |
| Carrs Breadmaker Strong White | 1500 | 340 | 0.3 | 68.7 | 1.50 |
| Sainsbury's Strong Brown | 1500 | 340 | 0.3 | 61.8 | 1.00 |
| Sharpham Park organic spelt flour wholegrain | 1000 | 340 | 0.9 | 60 | 3.49 |
| Sharpham Park spelt & rye | 1000 | 340 | 0.6 | 62.5 | 2.75 |
| Homepride Plain | 1000 | 341 | 0.19 | 70.8 | 1.50 |
| Doves Farm Gluten Free Brown Bread Flour | 1000 | 341 | 0.2 | 74 | 1.75 |
| Allinson Strong White Bread | 1500 | 342 | 0.2 | 68.6 | 2.00 |
| Sainsbury's Plain Flour, Basics | 1500 | 342 | 0.2 | 71.7 | 0.60 |
| Sainsbury's Plain | 1500 | 342 | 0.2 | 71.7 | 0.80 |
| ASDA Organic Wholemeal Bread  | 1000 | 344 | 0.4 | 60 | 1.29 |
| Allinson Seed & Grain White | 1000 | 344 | 0.4 | 66.7 | 1.50 |
| Tesco Very Strong Canadian Bread | 1000 | 344 | 0.2 | 68.1 | 1.25 |
| Morrisons Plain | 1500 | 344 | 0.4 | 70.3 | 0.80 |
| Morrisons 00 Flour | 500 | 344 | 0.3 | 70.7 | 0.65 |
| Sainsbury's Strong White Unbleached Bread | 1500 | 344 | 0.3 | 68.2 | 1.05 |
| Sharpham Park Organic spelt flour artisan | 1000 | 344 | 0.78 | 64 | 3.49 |
| ASDA Free From Self Raising | 1000 | 345 | 0.2 | 79 | 1.50 |
| ASDA Wholemeal Bread | 1500 | 346 | 0.5 | 60 | 0.69 |
| Sainsbury's Very Strong Canadian Bread Flour, | 1000 | 346 | 0.3 | 67.3 | 1.10 |
| Leckford Estate plain white | 1500 | 346 | 0.5 | 68.9 | 1.59 |
| ASDA Free From Gluten Free Plain | 1000 | 347 | 0.2 | 80 | 1.50 |
| Morrisons Strong White | 1500 | 347 | 0.3 | 68.6 | 1.00 |
| ASDA Smart Price Self Raising | 1500 | 348 | 0.1 | 75 | 0.45 |
| ASDA Strong White Bread | 1500 | 348 | 0.3 | 70 | 0.69 |
| FREEE by Doves Farm Self Raising White Flour Free From Gluten | 1000 | 348 | 0.3 | 79.8 | 1.65 |
| Stockwell And Co. Self Raising | 1500 | 348 | 0.05 | 74.6 | 0.45 |
| Tesco Strong White | 1500 | 348 | 0.3 | 69.9 | 1.00 |
| Waitrose Canadian & very strong white bread | 1500 | 348 | 0.4 | 67.4 | 1.79 |
| ASDA Smart Price White Plain | 1500 | 349 | 0.1 | 74 | 0.45 |
| Stockwell And Co. Plain | 1500 | 349 | 0.05 | 74.3 | 0.45 |
| Waitrose Duchy Organic strong white bread | 1500 | 349 | 0.3 | 69.5 | 1.89 |
| Sharpham Park organic spelt stoneground | 1000 | 349 | 0.6 | 60 | 3.59 |
| Allinson Plain Wholemeal | 1000 | 350 | 0.5 | 65 | 1.94 |
| essential Waitrose self-raising white wheat | 1500 | 350 | 0.9 | 72.3 | 0.92 |
| ASDA Brown Bread | 1500 | 351 | 0.4 | 64 | 0.79 |
| Allinson Very Strong Bread | 1500 | 351 | 0.4 | 67 | 1.97 |
| FREEE by Doves Farm Gluten Free White Bread Flour | 1000 | 351 | 0.2 | 79.8 | 1.68 |
| Tesco Strong Brown Bread | 1500 | 351 | 0.4 | 64.4 | 1.00 |
| Waitrose Duchy Organic strong malted grain bread | 1500 | 351 | 0.4 | 68.4 | 2.25 |
| ASDA Self Raising | 1500 | 352 | 0.3 | 73 | 0.54 |
| KTC Super Fine Gram | 1000 | 352 | 0.4 | 55 | 1.40 |
| Tesco Self Raising | 1500 | 352 | 0.3 | 73 | 0.60 |
| The Groovy Food Company Organic Coconut Flour | 500 | 352 | 11 | 16 | 3.76 |
| essential Waitrose plain white | 1500 | 352 | 1.4 | 71.2 | 0.92 |
| Waitrose spelt | 1000 | 352 | 0.4 | 66.6 | 1.99 |
| Leckford Estate self raising white | 1500 | 352 | 0.4 | 71.3 | 1.59 |
| Groovy Food Organic Coconut | 500 | 352 | 11 | 16 | 3.85 |
| FREEE by Doves Farm Plain White Flour Free From Gluten | 1000 | 353 | 0.3 | 79.9 | 1.65 |
| Morrisons Organic Self Raising | 1000 | 353 | 0.3 | 70.1 | 1.25 |
| Doves Farm Gluten Free Plain | 1000 | 353 | 0.3 | 79.9 | 1.75 |
| Waitrose LoveLife Calorie Controlled seeded wholemeal bread | 1500 | 353 | 0.6 | 55.6 | 1.99 |
| FREEE by Doves Farm Rice Flour Free From Gluten | 1000 | 354 | 0.5 | 75.2 | 1.65 |
| Suryaa Wheat | 1000 | 354 | 0.6 | 75.2 | 1.69 |
| Leckford Estate strong white bread | 1500 | 354 | 0.5 | 69.7 | 1.79 |
| ASDA Plain | 1500 | 357 | 0.3 | 74 | 0.54 |
| Waitrose Duchy Organic self raising brown | 1500 | 359 | 0.5 | 69.8 | 1.99 |
| ASDA Organic White Bread | 1000 | 360 | 0.3 | 72 | 1.29 |
| Waitrose Duchy Organic self raising white | 1500 | 360 | 0.3 | 73.2 | 1.89 |
| Tesco Organic Plain | 1000 | 361 | 0.3 | 73 | 1.25 |
| New - Morrisons Organic Plain | 1000 | 361 | 0.3 | 73 | 1.25 |
| essential Waitrose strong white bread wheat | 1500 | 361 | 0.9 | 71.7 | 1.15 |
| Waitrose Duchy Organic plain white | 1500 | 363 | 0.4 | 73.5 | 1.89 |
| Sainsbury's Wholegrain Seeded Flour, Taste the Difference | 1000 | 365 | 0.9 | 56.9 | 1.10 |
| essential Waitrose strong brown bread | 1500 | 366 | 0.9 | 72.3 | 1.09 |
| Waitrose LoveLife Calorie Controlled crunchy mixed seed bread | 1500 | 373 | 0.5 | 69 | 1.99 |
| Waitrose LoveLife Crunchy Mixed Seed Bread Flour | 1500 | 373 | 0.5 | 69 | 2.00 |
| McDougalls Supreme Sponge Premium Self Raising | 1000 | 383 | 0.2 | 76.7 | 1.99 |
| Waitrose LoveLife Calorie Controlled seeded & malted bread | 1500 | 397 | 0.9 | 67.5 | 1.99 |
| McDougalls 00 Grade Premium Plain | 1000 | 399 | 0.2 | 84.7 | 1.79 |

* Values shown is per 100 Grams

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*