|  |  |
| --- | --- |
| Food: | Pizza  |

Table 1 – Shows Per Pizza Eaten

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Cheese & Tomato Pizza | 110 | 294.8 | 3.6 | 40.7 | 0.61 |
| ASDA Cheese & Ham Pizza | 114 | 303.2 | 2.3 | 43.3 | 0.61 |
| Sainsbury's Cheese & Tomato Pizza, Basics 7'' | 119 | 365.3 | 5.1 | 48.7 | 0.75 |
| Morrisons 2 Pepperoni Pizza Baguettes | 225 | 504.0 | 7.7 | 62.8 | 1.00 |
| Pizza Express Vegan Giardiniera | 272 | 549.4 | 7.9 | 82.4 | 5.00 |
| Morrisons Savers Cheese & Tomato | 220 | 567.6 | 11.2 | 68.2 | 0.95 |
| Whole Creations Butternut Squash, Red Pepper & Caramelised Onion Sheesy | 300 | 585.0 | 9.0 | 89.4 | 3.75 |
| Pizza Express Margherita | 245 | 600.3 | 20.8 | 77.2 | 2.50 |
| Pizza Express La Reine | 290 | 611.9 | 6.7 | 80.3 | 5.00 |
| ASDA Smart Price Cheese & Tomato | 268 | 627.1 | 5.4 | 93.8 | 0.60 |
| Chicago Town 3 Cheese & Tomato Pizza Toasties | 225 | 643.5 | 8.1 | 83.3 | 1.65 |
| Schar Lactose Free Margherita | 280 | 644.0 | 14.0 | 75.6 | 3.00 |
| Pizza Express American | 250 | 677.5 | 12.8 | 76.3 | 2.50 |
| ASDA Fajita Chicken Stonebaked 10" | 330 | 689.7 | 9.9 | 79.2 | 1.87 |
| ASDA Cheese & Tomato 10" | 257 | 696.5 | 10.5 | 87.4 | 1.11 |
| Dr. Oetker Yes It's Pizza Spinach Based Broccoli & Mushroom | 335 | 696.8 | 10.7 | 73.7 | 3.00 |
| Sainsbury's Stonebaked Margherita Pizza 10'' | 290 | 698.9 | 12.2 | 82.1 | 2.00 |
| No Cheese Houmous | 284 | 701.5 | 4.5 | 68.2 | 2.00 |
| Sainsbury's Deliciously Free From Vegan Margherita | 330 | 716.1 | 12.9 | 99.7 | 3.50 |
| ASDA Spicy Meat Feast Thin Stonebaked 10" | 290 | 719.2 | 13.3 | 84.1 | 1.87 |
| Sainsbury's Stonebaked Ham & Pineapple Pizza 10'' | 305 | 719.8 | 11.0 | 87.2 | 2.00 |
| Pizza Express American Hot | 260 | 720.2 | 13.3 | 80.9 | 5.00 |
| Sainsbury's Stonebaked Hot & Spicy Pizza 10'' | 320 | 723.2 | 11.5 | 81.0 | 3.00 |
| Sainsbury's Stonebaked Spinach & Ricotta Pizza 10' | 320 | 726.4 | 10.2 | 91.2 | 3.00 |
| Morrisons Spicy Chicken Thin & Crispy | 320 | 732.8 | 8.6 | 98.6 | 2.00 |
| ASDA Cheese Feast Thin Stonebaked 10" | 290 | 733.7 | 15.4 | 81.2 | 1.87 |
| Sainsbury's Thin & Crispy Cheese & Tomato Pizza 10'' | 265 | 736.7 | 12.7 | 78.2 | 1.80 |
| Morrisons V Taste Diced Tomato & Dried Basil Margherita | 340 | 737.8 | 13.3 | 102.7 | 3.00 |
| Tesco Stonebaked Thin Sweet Chilli Chicken | 330 | 739.2 | 7.3 | 99.7 | 1.50 |
| The White Rabbit Pizza Co. Smokin' Vegan | 340 | 741.2 | 11.9 | 106.4 | 5.00 |
| Dr. Oetker Yes It's Pizza Beetroot Based Ham & Vegetable | 315 | 743.4 | 15.1 | 78.8 | 3.00 |
| No Cheese Italian Garden | 382 | 744.9 | 3.1 | 110.8 | 2.00 |
| Sainsbury's Stonebaked Chicken & Pesto Pizza 10” | 315 | 746.6 | 9.8 | 80.3 | 2.00 |
| ASDA Pepperoni Thin Stonebaked 10" | 289 | 754.3 | 16.2 | 75.1 | 1.87 |
| Iceland Vegetable Thin | 329 | 756.7 | 7.2 | 98.4 | 1.00 |
| Iceland Stonebaked Mediterranean Vegetable | 408 | 758.9 | 9.8 | 110.6 | 1.59 |
| Waitrose 1 wood-fired spicy calabrian salami | 300 | 759.0 | 13.8 | 78.3 | 3.89 |
| Tesco Stonebaked Thin Mediterranean Vegetable | 390 | 760.5 | 12.5 | 106.5 | 1.50 |
| Morrisons Ham & Pineapple Thin & Crispy | 315 | 762.3 | 8.5 | 109.9 | 2.00 |
| essential Waitrose thin & crispy pepperoni | 255 | 762.5 | 14.5 | 77.8 | 2.50 |
| Waitrose 1 wood-fired buffalo mozzarella & sun soaked tomato | 295 | 764.1 | 10.0 | 97.1 | 3.89 |
| Iceland Stonebaked BBQ Chicken & Bacon | 345 | 769.4 | 10.0 | 103.8 | 1.59 |
| Sainsbury's Thin & Crispy Pepperoni Pizza 10' | 275 | 775.5 | 14.3 | 75.9 | 2.00 |
| Gino's Minced Keema | 320 | 780.8 | 12.2 | 81.6 | 1.50 |
| Morrisons Thin & Crispy Cheese Feast | 285 | 786.6 | 13.4 | 102.6 | 2.00 |
| Hearty Food Thin Cheese And Tomato | 314 | 788.1 | 9.7 | 111.5 | 0.67 |
| Dr. Oetker Ristorante Thin & Crispy Pollo | 355 | 791.7 | 11.0 | 92.3 | 2.50 |
| Waitrose 1 wood-fired roasted vegetable & pesto | 335 | 794.0 | 10.4 | 100.2 | 3.89 |
| Sainsbury's Stonebaked Pepperoni Pizza 10'' | 310 | 806.0 | 14.3 | 85.9 | 2.00 |
| Iceland Chicken Fajita Thin | 335 | 807.4 | 8.4 | 99.8 | 1.00 |
| Iceland Stonebaked Sweet Chilli Chicken | 415 | 809.3 | 10.0 | 118.3 | 1.59 |
| ASDA Sweet Chilli Chicken Extra Thin & Crisp | 375 | 810.0 | 9.4 | 90.0 | 1.20 |
| Hearty Food Thin Pepperoni | 314 | 813.3 | 10.7 | 103.0 | 0.67 |
| Morrisons Cheese & Ham Thin | 345 | 821.1 | 8.6 | 105.6 | 1.00 |
| Iceland Four Cheese Thin | 322 | 821.1 | 14.5 | 83.7 | 1.00 |
| Tesco Stonebaked Ham And Pineapple | 375 | 821.3 | 10.5 | 99.8 | 1.50 |
| Morrisons Mediterranean Veg Extra Thin | 375 | 821.3 | 9.0 | 85.9 | 1.50 |
| Iceland Ham & Pineapple Thin | 345 | 824.6 | 9.3 | 105.9 | 1.00 |
| Morrisons Thin Cheese | 318 | 826.8 | 9.5 | 121.5 | 1.00 |
| Tesco Stonebaked Thin Four Cheese | 330 | 828.3 | 18.5 | 89.8 | 1.50 |
| Sainsbury's Thin & Crispy Pepperoni | 314 | 829.0 | 13.2 | 98.0 | 1.00 |
| ASDA Cheese & Tomato (Margherita) Thin & Crispy Pizza | 330 | 831.6 | 8.9 | 108.9 | 0.90 |
| Chicago Town 2 Deep Dish Chicken Club | 320 | 835.2 | 9.3 | 102.4 | 2.00 |
| Morrisons BBQ Chicken Sourdough | 395 | 837.4 | 6.3 | 112.2 | 1.50 |
| Iceland Southern Spiced Chicken Thin | 336 | 840.0 | 8.1 | 102.5 | 1.00 |
| Waitrose Vegan Stonebaked Margherita | 385 | 843.2 | 10.0 | 132.4 | 4.99 |
| Goodfella's Ham & Pineapple Thin | 365 | 843.2 | 11.0 | 105.9 | 2.00 |
| Morrisons Meat Feast Crispy | 313 | 845.1 | 12.5 | 104.5 | 2.00 |
| Sainsbury's Thin & Crispy Meat Feast Pizza 10'' | 325 | 848.3 | 15.0 | 79.3 | 2.00 |
| Iceland Stonebaked Spicy Double Pepperoni | 370 | 854.7 | 14.1 | 105.5 | 1.59 |
| Tesco Stonebaked Thin Double Pepperoni | 330 | 854.7 | 17.2 | 88.1 | 1.50 |
| Iceland Barbecue Chicken Thin | 334 | 855.0 | 8.4 | 111.9 | 1.00 |
| Iceland Cheese & Ham Thin | 327 | 856.7 | 11.4 | 100.1 | 1.00 |
| Tesco Stonebaked Thin Bbq Meat Feast | 340 | 856.8 | 8.8 | 116.6 | 1.50 |
| Dr. Oetker Ristorante Mozzarella | 335 | 861.0 | 15.1 | 7.0 | 2.50 |
| Sainsbury's Deliciously Free From Margherita | 300 | 861.0 | 16.8 | 99.9 | 2.50 |
| Sainsbury's Stonebaked Chargrilled Vegetable & Goats' Cheese | 392 | 862.4 | 13.3 | 100.7 | 2.00 |
| Morrisons Triple Pepperoni Sourdough | 333 | 869.1 | 15.0 | 94.9 | 1.50 |
| essential Waitrose cheese & tomato | 300 | 870.0 | 13.5 | 98.1 | 1.40 |
| Dr. Oetker Ristorante Speciale | 330 | 871.2 | 15.5 | 85.8 | 2.50 |
| Waitrose 1 Speck & Gorgonzola | 295 | 873.2 | 12.7 | 101.5 | 4.89 |
| Morrisons Extra Thin Tex Mex | 370 | 876.9 | 13.0 | 78.1 | 1.50 |
| Sainsbury's Vegetable | 406 | 877.0 | 10.6 | 114.5 | 1.40 |
| Morrisons Pepperoni Thin & Crispy | 287 | 878.2 | 16.1 | 101.9 | 2.00 |
| Goodfella's Pepperoni Thin Pizza | 340 | 880.6 | 13.6 | 98.6 | 2.00 |
| Sainsbury's Thin & Crispy Cheese & Tomato | 327 | 882.9 | 15.7 | 104.3 | 1.00 |
| Sainsbury's Thin & Crispy Hawaiian | 413 | 883.8 | 9.9 | 121.4 | 1.40 |
| ASDA Stonebaked BBQ Chicken | 395 | 896.7 | 11.5 | 114.6 | 1.20 |
| Goodfella's Gluten Free Pepperoni, Ham & Mushroom | 349 | 896.9 | 14.0 | 104.7 | 3.00 |
| Dr. Oetker Ristorante Pepperoni-Salame | 320 | 899.2 | 44.8 | 16.0 | 1.50 |
| Morrisons Mozzarella & Pesto Sourdough | 353 | 900.2 | 9.2 | 110.1 | 1.50 |
| Iceland Ham & Mushroom Deep Pan | 413 | 900.3 | 8.3 | 133.0 | 1.00 |
| ASDA Pepperoni Thin & Crispy Pizza | 330 | 904.2 | 14.5 | 112.2 | 0.90 |
| Sainsbury's Spicy Chicken | 404 | 909.0 | 11.3 | 117.6 | 1.40 |
| Tesco Deep Pan Cheese | 386 | 914.8 | 12.7 | 123.5 | 1.00 |
| Goodfella's Romano Chicken, Roquito Pepper & Red Onion with a Garlic Oil Drizzle | 389 | 918.0 | 10.9 | 101.1 | 2.50 |
| Crosta & Mollica Margherita Tomato, Mozzarella & Oregano Wood-Fired Sourdough | 403 | 926.9 | 13.3 | 120.9 | 4.00 |
| Chicago Town The Pizza Kitchen Roasted Chicken | 385 | 939.4 | 34.3 | 107.8 | 3.00 |
| Whole Creations Dairy & Gluten Free Roasted Tomato & Basil Sheesy | 375 | 945.0 | 13.5 | 138.8 | 3.75 |
| ASDA Mediterranean Vegetable Extra Thin & Crispy | 375 | 952.5 | 10.5 | 21.4 | 1.20 |
| Iceland Chicken & Sweetcorn Pizza Deep Pan | 411 | 953.5 | 11.1 | 125.8 | 1.00 |
| ASDA Extra Special Smoked Ham, Mushroom & Mascarpone 12" | 392 | 956.5 | 16.5 | 98.0 | 3.59 |
| Iceland Meat Feast Deep Pan Pizza | 358 | 959.4 | 12.9 | 114.6 | 1.00 |
| ASDA Stonebaked Double Pepperoni | 364 | 961.0 | 18.2 | 101.9 | 1.20 |
| Morrisons Thin Pepperoni | 346 | 961.9 | 14.5 | 115.2 | 1.00 |
| Tesco Deep Pan Meat Feast | 386 | 965.0 | 12.4 | 127.4 | 1.00 |
| ASDA BBQ Chicken Deep Pan Pizza | 423 | 968.7 | 11.8 | 135.4 | 0.90 |
| Sainsbury's Stonebaked Roasted Tomato & Green Pesto | 383 | 972.8 | 16.9 | 100.3 | 2.00 |
| Iceland Double Pepperoni Thin | 320 | 979.2 | 18.9 | 95.4 | 1.00 |
| Morrisons The Best Cajun Chicken & Sweet Red Peppers | 426 | 979.8 | 15.3 | 114.6 | 2.50 |
| Sainsbury's Deliciously Free From Pepperoni | 300 | 987.0 | 18.3 | 89.7 | 2.50 |
| Morrisons Sweet Chilli Chicken Extra Thin | 362 | 988.3 | 5.8 | 119.8 | 1.50 |
| Sainsbury's Deep Pan BBQ Chicken | 422 | 991.7 | 9.3 | 148.5 | 1.30 |
| Goodfella's Roast Chicken Stonebaked Thin Pizza | 365 | 996.5 | 14.6 | 113.2 | 2.00 |
| Sainsbury's Stonebaked Hot & Spicy Meat Feast | 387 | 998.5 | 17.4 | 96.0 | 2.00 |
| Morrisons Meat Feast Sourdough | 377 | 999.1 | 16.6 | 91.6 | 1.50 |
| Sainsbury's Thin & Crispy Four Cheese | 377 | 999.1 | 18.9 | 113.1 | 1.40 |
| Iceland Double Cheeseburger Deep Pan | 380 | 1003.2 | 10.6 | 138.7 | 1.00 |
| ASDA Meat Feast Deep Pan | 400 | 1004.0 | 15.6 | 124.0 | 0.90 |
| Pizza Express Margherita 12" | 455 | 1019.2 | 17.7 | 121.0 | 3.00 |
| Sainsbury's Deep Pan Meat Feast | 402 | 1025.1 | 14.9 | 125.4 | 1.30 |
| ASDA Double Pepperoni Deep Pan | 386 | 1026.8 | 16.2 | 123.5 | 0.90 |
| Goodfella's Margherita Thin Pizza | 345 | 1028.1 | 20.7 | 110.4 | 2.00 |
| ASDA Four Cheese Deep Pan Pizza | 407 | 1033.8 | 21.2 | 122.1 | 0.90 |
| ASDA Four Cheese Deep Pan | 407 | 1033.8 | 21.2 | 122.1 | 0.90 |
| Iceland Four Cheese Deep Pan | 408 | 1040.4 | 20.4 | 114.2 | 1.00 |
| Crosta & Mollica Piccante Spicy Salami, Rocket & Red Pepper Wood-Fired Sourdough Pizza | 436 | 1042.0 | 14.8 | 126.4 | 4.00 |
| ASDA 4 Cheese & Tomato Mini | 356 | 1043.1 | 19.9 | 113.9 | 2.00 |
| Iceland Double Pepperoni Deep Pan | 385 | 1043.4 | 17.3 | 120.1 | 1.00 |
| Morrisons Deep Pan Pepperoni | 398 | 1046.7 | 15.1 | 131.7 | 1.00 |
| Morrisons Deep Pan Meat Feast | 415 | 1050.0 | 13.7 | 140.3 | 1.00 |
| Waitrose hand stretched chicken & chorizo | 395 | 1050.7 | 11.5 | 126.4 | 4.50 |
| Sainsbury's Deep Pan Cheese & Tomato | 403 | 1051.8 | 17.7 | 132.6 | 1.00 |
| Morrisons Deep Pan Cheese | 426 | 1052.2 | 14.9 | 142.7 | 1.00 |
| Waitrose hand stretched pepper & ricotta | 430 | 1053.5 | 10.8 | 147.5 | 4.50 |
| Sainsbury's Deep Pan Pepperoni | 401 | 1062.7 | 16.0 | 131.1 | 1.00 |
| Goodfella's Pepperoni Deep Pan Baked | 419 | 1068.5 | 16.8 | 15.1 | 2.00 |
| Waitrose hand stretched garlic mushroom & spinach | 395 | 1074.4 | 14.2 | 141.4 | 4.50 |
| Chicago Town The Pizza Kitchen Cheese Medley | 350 | 1074.5 | 29.8 | 108.5 | 3.00 |
| Morrisons Stuffed Crust Cheese | 420 | 1075.2 | 18.1 | 123.5 | 2.00 |
| Waitrose hand stretched margherita | 400 | 1088.0 | 15.6 | 132.0 | 4.50 |
| Morrisons The Best Chargrilled Vegetables | 510 | 1101.6 | 8.7 | 147.4 | 4.00 |
| Chicago Town The Pizza Kitchen Pepperoni | 355 | 1107.6 | 29.8 | 103.0 | 3.00 |
| Morrisons The Best Hoisin Pork | 470 | 1109.2 | 14.1 | 145.2 | 4.00 |
| Goodfella's Cheese Deep Pan Baked Pizza | 417 | 1113.4 | 19.2 | 120.9 | 2.00 |
| Waitrose hand stretched ham & pineapple | 410 | 1115.2 | 12.7 | 148.4 | 4.50 |
| Morrisons Best Four Cheese | 416 | 1119.0 | 24.5 | 117.7 | 2.50 |
| Sainsbury's Takeaway Stuffed Crust Pepperoni | 424 | 1119.4 | 19.5 | 136.1 | 2.25 |
| Morrisons The Best Spicy Milano Salami & 'Nduja | 405 | 1121.9 | 25.1 | 110.2 | 2.50 |
| Waitrose hand stretched mushroom, bacon & mascarpone | 440 | 1126.4 | 20.2 | 118.8 | 4.50 |
| Sainsbury's Salami, Prosciutto & Chorizo Pizza, Taste the Difference | 445 | 1134.8 | 14.7 | 132.6 | 4.50 |
| Morrisons The Best Sri Lankan Chicken | 475 | 1135.3 | 12.8 | 151.5 | 4.00 |
| Morrisons The Best Margherita | 465 | 1143.9 | 17.2 | 141.8 | 4.00 |
| Morrisons Stuffed Crust Pepperoni | 429 | 1154.0 | 21.0 | 119.7 | 2.00 |
| Sainsbury's Mozzarella & Cherry Tomato Pizza, Taste the Difference | 490 | 1161.3 | 17.6 | 131.3 | 4.00 |
| Iceland Takeaway Stuffed Crust Hot & Spicy Chicken | 465 | 1162.5 | 23.3 | 138.1 | 2.00 |
| Sainsbury's Prosciutto Mushroom & Mascarpone Pizza, Taste the Difference | 500 | 1170.0 | 17.5 | 131.5 | 4.50 |
| Sainsbury's Chicken Arrabiata With Nduja Pizza, Taste the Difference | 470 | 1175.0 | 13.6 | 135.8 | 4.50 |
| Sainsbury's Takeaway Stuffed Crust Four Cheese | 445 | 1179.3 | 24.0 | 138.8 | 2.25 |
| Pizza Express Sloppy Guiseppe 12 I | 560 | 1187.2 | 19.0 | 148.4 | 3.00 |
| Morrisons The Best Meat Feast | 465 | 1190.4 | 14.9 | 151.6 | 4.00 |
| Morrisons The Best Ham, Mushroom & Mascarpone | 515 | 1210.3 | 19.6 | 145.7 | 4.00 |
| Sainsbury's Classic Crust Tandoori Chicken Limited Edition | 530 | 1213.7 | 12.2 | 161.1 | 3.00 |
| Morrisons Stuffed Crust Cheese Feast | 450 | 1228.5 | 22.5 | 141.8 | 3.50 |
| Iceland Stonebaked Sharing Margherita | 450 | 1228.5 | 20.3 | 160.7 | 3.00 |
| Sainsbury's Cheese & Tomato Pizza, Basics 12'' | 440 | 1236.4 | 18.0 | 153.6 | 1.60 |
| Waitrose hand stretched pepperoni | 385 | 1243.6 | 20.8 | 135.1 | 4.50 |
| Sainsbury's Classic Crust Veggie Delight | 565 | 1248.7 | 13.6 | 166.7 | 4.20 |
| Iceland Takeaway Cheese Stuffed Crust Pepperoni | 429 | 1261.3 | 27.9 | 148.4 | 2.00 |
| Waitrose 1 mozzarella & tomato | 480 | 1281.6 | 15.8 | 165.1 | 5.59 |
| Waitrose 1 wood-fired king prawn, garlic & chilli | 500 | 1285.0 | 17.5 | 154.0 | 5.59 |
| essential Waitrose cheese & tomato | 500 | 1315.0 | 21.5 | 144.0 | 3.49 |
| Sainsbury's Classic Crust Meat Feast | 520 | 1326.0 | 19.8 | 150.3 | 3.00 |
| Waitrose hand stretched feta & caramelised onion | 440 | 1333.2 | 27.7 | 150.5 | 4.50 |
| Morrisons Hot Dog Stuffed Crust | 495 | 1336.5 | 19.8 | 153.0 | 2.00 |
| Morrisons Take Away Stuffed Crust Pepperoni | 467 | 1340.3 | 25.7 | 147.1 | 3.50 |
| Sainsbury's Classic Crust BBQ Chicken | 530 | 1340.9 | 13.8 | 177.6 | 4.20 |
| Sainsbury's Fig, Prosciutto Di Speck & Gorgonzola Pizza, Taste the Difference | 445 | 1357.3 | 20.0 | 138.0 | 5.00 |
| Iceland Takeaway Stuffed Crust Cheese Feast | 453 | 1359.0 | 34.9 | 159.0 | 2.00 |
| Morrisons Takeaway Pulled Pork | 547 | 1367.5 | 18.6 | 181.1 | 2.00 |
| Morrisons Takeaway Chicken & Bacon | 535 | 1385.7 | 23.0 | 150.3 | 2.00 |
| Iceland Takeaway Hot Dog Stuffed Crust New Yorker | 551 | 1394.0 | 29.8 | 132.2 | 2.00 |
| Morrisons Takeaway Tex Mex | 553 | 1399.1 | 24.9 | 154.3 | 2.00 |
| Sainsbury's Takeaway Fully Loaded Fiery Chicken | 570 | 1413.6 | 22.2 | 153.9 | 2.00 |
| Sainsbury's Takeaway Fully Loaded American Hot | 542 | 1414.6 | 27.1 | 137.1 | 2.00 |
| Chicago Town Takeaway Large Chicken & Bacon Classic Crust | 495 | 1430.6 | 31.7 | 158.4 | 4.00 |
| Iceland Cheese & Tomato Thin Sharing | 510 | 1443.3 | 20.9 | 167.3 | 2.00 |
| Sainsbury's Takeaway Fully Loaded BBQ Pulled Pork | 547 | 1444.1 | 20.8 | 171.8 | 2.00 |
| Iceland Takeaway Hot Dog Stuffed Crust Cheese & Tomato | 531 | 1492.1 | 30.3 | 158.2 | 2.00 |
| Morrisons Market St Takeaway Chicken & Bacon | 560 | 1517.6 | 12.9 | 230.2 | 3.50 |
| Morrisons Market St Takeaway Meat Feast Pizza | 560 | 1540.0 | 20.7 | 185.9 | 3.50 |
| Iceland Pepperoni Sharing Thin | 555 | 1581.8 | 26.6 | 166.5 | 2.00 |
| Sainsbury's Takeaway Fully Loaded Meat Feast | 560 | 1596.0 | 30.8 | 153.4 | 2.00 |
| Goodfella's Takeaway Big Cheese | 555 | 1692.8 | 35.5 | 16.7 | 3.00 |
| Goodfella's Takeaway Mighty Meat | 596 | 1740.3 | 34.0 | 166.9 | 3.00 |
| Sainsbury's Stuffed Crust Cheese Feast | 600 | 1746.0 | 31.2 | 190.8 | 3.00 |
| Goodfella's Takeaway Loaded Pepperoni | 553 | 1764.1 | 39.8 | 138.3 | 3.00 |
| Sainsbury's Stuffed Crust Pepperoni Delight | 620 | 1816.6 | 30.4 | 186.6 | 3.00 |
| Chicago Town Takeaway Large Four Cheese Stuffed Crust | 630 | 1839.6 | 44.1 | 207.9 | 4.00 |
| Chicago Town Takeaway Large Pepperoni Stuffed Crust | 645 | 1928.6 | 43.9 | 212.9 | 4.00 |
| Iceland Meat Combo Classic Crust | 790 | 1943.4 | 30.0 | 267.8 | 4.00 |

Table 2 – ¼ Slice of Pizza Eaten

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Cheese & Tomato Pizza | 110 | 73.7 | 0.9 | 10.2 | 0.61 |
| ASDA Cheese & Ham Pizza | 114 | 75.8 | 0.6 | 10.8 | 0.61 |
| Sainsbury's Cheese & Tomato Pizza, Basics 7'' | 119 | 91.3 | 1.3 | 12.2 | 0.75 |
| Morrisons 2 Pepperoni Pizza Baguettes | 225 | 126.0 | 1.9 | 15.7 | 1.00 |
| Pizza Express Vegan Giardiniera | 272 | 137.4 | 2.0 | 20.6 | 5.00 |
| Morrisons Savers Cheese & Tomato | 220 | 141.9 | 2.8 | 17.1 | 0.95 |
| Whole Creations Butternut Squash, Red Pepper & Caramelised Onion Sheesy | 300 | 146.3 | 2.3 | 22.4 | 3.75 |
| Pizza Express Margherita | 245 | 150.1 | 5.2 | 19.3 | 2.50 |
| Pizza Express La Reine | 290 | 153.0 | 1.7 | 20.1 | 5.00 |
| ASDA Smart Price Cheese & Tomato | 268 | 156.8 | 1.4 | 23.5 | 0.60 |
| Chicago Town 3 Cheese & Tomato Pizza Toasties | 225 | 160.9 | 2.0 | 20.8 | 1.65 |
| Schar Lactose Free Margherita | 280 | 161.0 | 3.5 | 18.9 | 3.00 |
| Pizza Express American | 250 | 169.4 | 3.2 | 19.1 | 2.50 |
| ASDA Fajita Chicken Stonebaked 10" | 330 | 172.4 | 2.5 | 19.8 | 1.87 |
| ASDA Cheese & Tomato 10" | 257 | 174.1 | 2.6 | 21.9 | 1.11 |
| Dr. Oetker Yes It's Pizza Spinach Based Broccoli & Mushroom | 335 | 174.2 | 2.7 | 18.4 | 3.00 |
| Sainsbury's Stonebaked Margherita Pizza 10'' | 290 | 174.7 | 3.1 | 20.5 | 2.00 |
| No Cheese Houmous | 284 | 175.4 | 1.1 | 17.1 | 2.00 |
| Sainsbury's Deliciously Free From Vegan Margherita | 330 | 179.0 | 3.2 | 24.9 | 3.50 |
| ASDA Spicy Meat Feast Thin Stonebaked 10" | 290 | 179.8 | 3.3 | 21.0 | 1.87 |
| Sainsbury's Stonebaked Ham & Pineapple Pizza 10'' | 305 | 180.0 | 2.8 | 21.8 | 2.00 |
| Pizza Express American Hot | 260 | 180.1 | 3.3 | 20.2 | 5.00 |
| Sainsbury's Stonebaked Hot & Spicy Pizza 10'' | 320 | 180.8 | 2.9 | 20.3 | 3.00 |
| Sainsbury's Stonebaked Spinach & Ricotta Pizza 10' | 320 | 181.6 | 2.6 | 22.8 | 3.00 |
| Morrisons Spicy Chicken Thin & Crispy | 320 | 183.2 | 2.2 | 24.7 | 2.00 |
| ASDA Cheese Feast Thin Stonebaked 10" | 290 | 183.4 | 3.9 | 20.3 | 1.87 |
| Sainsbury's Thin & Crispy Cheese & Tomato Pizza 10'' | 265 | 184.2 | 3.2 | 19.6 | 1.80 |
| Morrisons V Taste Diced Tomato & Dried Basil Margherita | 340 | 184.5 | 3.3 | 25.7 | 3.00 |
| Tesco Stonebaked Thin Sweet Chilli Chicken | 330 | 184.8 | 1.8 | 24.9 | 1.50 |
| The White Rabbit Pizza Co. Smokin' Vegan | 340 | 185.3 | 3.0 | 26.6 | 5.00 |
| Dr. Oetker Yes It's Pizza Beetroot Based Ham & Vegetable | 315 | 185.9 | 3.8 | 19.7 | 3.00 |
| No Cheese Italian Garden | 382 | 186.2 | 0.8 | 27.7 | 2.00 |
| Sainsbury's Stonebaked Chicken & Pesto Pizza 10” | 315 | 186.7 | 2.5 | 20.1 | 2.00 |
| ASDA Pepperoni Thin Stonebaked 10" | 289 | 188.6 | 4.1 | 18.8 | 1.87 |
| Iceland Vegetable Thin | 329 | 189.2 | 1.8 | 24.6 | 1.00 |
| Iceland Stonebaked Mediterranean Vegetable | 408 | 189.7 | 2.5 | 27.7 | 1.59 |
| Waitrose 1 wood-fired spicy calabrian salami | 300 | 189.8 | 3.5 | 19.6 | 3.89 |
| Tesco Stonebaked Thin Mediterranean Vegetable | 390 | 190.1 | 3.1 | 26.6 | 1.50 |
| Morrisons Ham & Pineapple Thin & Crispy | 315 | 190.6 | 2.1 | 27.5 | 2.00 |
| essential Waitrose thin & crispy pepperoni | 255 | 190.6 | 3.6 | 19.5 | 2.50 |
| Waitrose 1 wood-fired buffalo mozzarella & sun soaked tomato | 295 | 191.0 | 2.5 | 24.3 | 3.89 |
| Iceland Stonebaked BBQ Chicken & Bacon | 345 | 192.4 | 2.5 | 26.0 | 1.59 |
| Sainsbury's Thin & Crispy Pepperoni Pizza 10' | 275 | 193.9 | 3.6 | 19.0 | 2.00 |
| Gino's Minced Keema | 320 | 195.2 | 3.1 | 20.4 | 1.50 |
| Morrisons Thin & Crispy Cheese Feast | 285 | 196.7 | 3.4 | 25.7 | 2.00 |
| Hearty Food Thin Cheese And Tomato | 314 | 197.0 | 2.4 | 27.9 | 0.67 |
| Dr. Oetker Ristorante Thin & Crispy Pollo | 355 | 197.9 | 2.8 | 23.1 | 2.50 |
| Waitrose 1 wood-fired roasted vegetable & pesto | 335 | 198.5 | 2.6 | 25.1 | 3.89 |
| Sainsbury's Stonebaked Pepperoni Pizza 10'' | 310 | 201.5 | 3.6 | 21.5 | 2.00 |
| Iceland Chicken Fajita Thin | 335 | 201.9 | 2.1 | 25.0 | 1.00 |
| Iceland Stonebaked Sweet Chilli Chicken | 415 | 202.3 | 2.5 | 29.6 | 1.59 |
| ASDA Sweet Chilli Chicken Extra Thin & Crisp | 375 | 202.5 | 2.4 | 22.5 | 1.20 |
| Hearty Food Thin Pepperoni | 314 | 203.3 | 2.7 | 25.8 | 0.67 |
| Morrisons Cheese & Ham Thin | 345 | 205.3 | 2.2 | 26.4 | 1.00 |
| Iceland Four Cheese Thin | 322 | 205.3 | 3.6 | 20.9 | 1.00 |
| Tesco Stonebaked Ham And Pineapple | 375 | 205.3 | 2.6 | 25.0 | 1.50 |
| Morrisons Mediterranean Veg Extra Thin | 375 | 205.3 | 2.3 | 21.5 | 1.50 |
| Iceland Ham & Pineapple Thin | 345 | 206.2 | 2.3 | 26.5 | 1.00 |
| Morrisons Thin Cheese | 318 | 206.7 | 2.4 | 30.4 | 1.00 |
| Tesco Stonebaked Thin Four Cheese | 330 | 207.1 | 4.6 | 22.5 | 1.50 |
| Sainsbury's Thin & Crispy Pepperoni | 314 | 207.3 | 3.3 | 24.5 | 1.00 |
| ASDA Cheese & Tomato (Margherita) Thin & Crispy Pizza | 330 | 207.9 | 2.2 | 27.2 | 0.90 |
| Chicago Town 2 Deep Dish Chicken Club | 320 | 208.8 | 2.3 | 25.6 | 2.00 |
| Morrisons BBQ Chicken Sourdough | 395 | 209.4 | 1.6 | 28.1 | 1.50 |
| Iceland Southern Spiced Chicken Thin | 336 | 210.0 | 2.0 | 25.6 | 1.00 |
| Waitrose Vegan Stonebaked Margherita | 385 | 210.8 | 2.5 | 33.1 | 4.99 |
| Goodfella's Ham & Pineapple Thin | 365 | 210.8 | 2.8 | 26.5 | 2.00 |
| Morrisons Meat Feast Crispy | 313 | 211.3 | 3.1 | 26.1 | 2.00 |
| Sainsbury's Thin & Crispy Meat Feast Pizza 10'' | 325 | 212.1 | 3.8 | 19.8 | 2.00 |
| Iceland Stonebaked Spicy Double Pepperoni | 370 | 213.7 | 3.5 | 26.4 | 1.59 |
| Tesco Stonebaked Thin Double Pepperoni | 330 | 213.7 | 4.3 | 22.0 | 1.50 |
| Iceland Barbecue Chicken Thin | 334 | 213.8 | 2.1 | 28.0 | 1.00 |
| Iceland Cheese & Ham Thin | 327 | 214.2 | 2.9 | 25.0 | 1.00 |
| Tesco Stonebaked Thin Bbq Meat Feast | 340 | 214.2 | 2.2 | 29.2 | 1.50 |
| Dr. Oetker Ristorante Mozzarella | 335 | 215.3 | 3.8 | 1.8 | 2.50 |
| Sainsbury's Deliciously Free From Margherita | 300 | 215.3 | 4.2 | 25.0 | 2.50 |
| Sainsbury's Stonebaked Chargrilled Vegetable & Goats' Cheese | 392 | 215.6 | 3.3 | 25.2 | 2.00 |
| Morrisons Triple Pepperoni Sourdough | 333 | 217.3 | 3.8 | 23.7 | 1.50 |
| essential Waitrose cheese & tomato | 300 | 217.5 | 3.4 | 24.5 | 1.40 |
| Dr. Oetker Ristorante Speciale | 330 | 217.8 | 3.9 | 21.5 | 2.50 |
| Waitrose 1 Speck & Gorgonzola | 295 | 218.3 | 3.2 | 25.4 | 4.89 |
| Morrisons Extra Thin Tex Mex | 370 | 219.2 | 3.3 | 19.5 | 1.50 |
| Sainsbury's Vegetable | 406 | 219.3 | 2.7 | 28.6 | 1.40 |
| Morrisons Pepperoni Thin & Crispy | 287 | 219.6 | 4.0 | 25.5 | 2.00 |
| Goodfella's Pepperoni Thin Pizza | 340 | 220.2 | 3.4 | 24.7 | 2.00 |
| Sainsbury's Thin & Crispy Cheese & Tomato | 327 | 220.7 | 3.9 | 26.1 | 1.00 |
| Sainsbury's Thin & Crispy Hawaiian | 413 | 221.0 | 2.5 | 30.4 | 1.40 |
| ASDA Stonebaked BBQ Chicken | 395 | 224.2 | 2.9 | 28.7 | 1.20 |
| Goodfella's Gluten Free Pepperoni, Ham & Mushroom | 349 | 224.2 | 3.5 | 26.2 | 3.00 |
| Dr. Oetker Ristorante Pepperoni-Salame | 320 | 224.8 | 11.2 | 4.0 | 1.50 |
| Morrisons Mozzarella & Pesto Sourdough | 353 | 225.1 | 2.3 | 27.5 | 1.50 |
| Iceland Ham & Mushroom Deep Pan | 413 | 225.1 | 2.1 | 33.3 | 1.00 |
| ASDA Pepperoni Thin & Crispy Pizza | 330 | 226.1 | 3.6 | 28.1 | 0.90 |
| Sainsbury's Spicy Chicken | 404 | 227.3 | 2.8 | 29.4 | 1.40 |
| Tesco Deep Pan Cheese | 386 | 228.7 | 3.2 | 30.9 | 1.00 |
| Goodfella's Romano Chicken, Roquito Pepper & Red Onion with a Garlic Oil Drizzle | 389 | 229.5 | 2.7 | 25.3 | 2.50 |
| Crosta & Mollica Margherita Tomato, Mozzarella & Oregano Wood-Fired Sourdough | 403 | 231.7 | 3.3 | 30.2 | 4.00 |
| Chicago Town The Pizza Kitchen Roasted Chicken | 385 | 234.9 | 8.6 | 27.0 | 3.00 |
| Whole Creations Dairy & Gluten Free Roasted Tomato & Basil Sheesy | 375 | 236.3 | 3.4 | 34.7 | 3.75 |
| ASDA Mediterranean Vegetable Extra Thin & Crispy | 375 | 238.1 | 2.6 | 5.4 | 1.20 |
| Iceland Chicken & Sweetcorn Pizza Deep Pan | 411 | 238.4 | 2.8 | 31.5 | 1.00 |
| ASDA Extra Special Smoked Ham, Mushroom & Mascarpone 12" | 392 | 239.1 | 4.1 | 24.5 | 3.59 |
| Iceland Meat Feast Deep Pan Pizza | 358 | 239.9 | 3.2 | 28.7 | 1.00 |
| ASDA Stonebaked Double Pepperoni | 364 | 240.3 | 4.6 | 25.5 | 1.20 |
| Morrisons Thin Pepperoni | 346 | 240.5 | 3.6 | 28.8 | 1.00 |
| Tesco Deep Pan Meat Feast | 386 | 241.3 | 3.1 | 31.9 | 1.00 |
| ASDA BBQ Chicken Deep Pan Pizza | 423 | 242.2 | 3.0 | 33.9 | 0.90 |
| Sainsbury's Stonebaked Roasted Tomato & Green Pesto | 383 | 243.2 | 4.2 | 25.1 | 2.00 |
| Iceland Double Pepperoni Thin | 320 | 244.8 | 4.7 | 23.9 | 1.00 |
| Morrisons The Best Cajun Chicken & Sweet Red Peppers | 426 | 245.0 | 3.8 | 28.7 | 2.50 |
| Sainsbury's Deliciously Free From Pepperoni | 300 | 246.8 | 4.6 | 22.4 | 2.50 |
| Morrisons Sweet Chilli Chicken Extra Thin | 362 | 247.1 | 1.5 | 30.0 | 1.50 |
| Sainsbury's Deep Pan BBQ Chicken | 422 | 247.9 | 2.3 | 37.1 | 1.30 |
| Goodfella's Roast Chicken Stonebaked Thin Pizza | 365 | 249.1 | 3.7 | 28.3 | 2.00 |
| Sainsbury's Stonebaked Hot & Spicy Meat Feast | 387 | 249.6 | 4.4 | 24.0 | 2.00 |
| Morrisons Meat Feast Sourdough | 377 | 249.8 | 4.2 | 22.9 | 1.50 |
| Sainsbury's Thin & Crispy Four Cheese | 377 | 249.8 | 4.7 | 28.3 | 1.40 |
| Iceland Double Cheeseburger Deep Pan | 380 | 250.8 | 2.7 | 34.7 | 1.00 |
| ASDA Meat Feast Deep Pan | 400 | 251.0 | 3.9 | 31.0 | 0.90 |
| Pizza Express Margherita 12" | 455 | 254.8 | 4.4 | 30.3 | 3.00 |
| Sainsbury's Deep Pan Meat Feast | 402 | 256.3 | 3.7 | 31.4 | 1.30 |
| ASDA Double Pepperoni Deep Pan | 386 | 256.7 | 4.1 | 30.9 | 0.90 |
| Goodfella's Margherita Thin Pizza | 345 | 257.0 | 5.2 | 27.6 | 2.00 |
| ASDA Four Cheese Deep Pan Pizza | 407 | 258.5 | 5.3 | 30.5 | 0.90 |
| ASDA Four Cheese Deep Pan | 407 | 258.5 | 5.3 | 30.5 | 0.90 |
| Iceland Four Cheese Deep Pan | 408 | 260.1 | 5.1 | 28.6 | 1.00 |
| Crosta & Mollica Piccante Spicy Salami, Rocket & Red Pepper Wood-Fired Sourdough Pizza | 436 | 260.5 | 3.7 | 31.6 | 4.00 |
| ASDA 4 Cheese & Tomato Mini | 356 | 260.8 | 5.0 | 28.5 | 2.00 |
| Iceland Double Pepperoni Deep Pan | 385 | 260.9 | 4.3 | 30.0 | 1.00 |
| Morrisons Deep Pan Pepperoni | 398 | 261.7 | 3.8 | 32.9 | 1.00 |
| Morrisons Deep Pan Meat Feast | 415 | 262.5 | 3.4 | 35.1 | 1.00 |
| Waitrose hand stretched chicken & chorizo | 395 | 262.7 | 2.9 | 31.6 | 4.50 |
| Sainsbury's Deep Pan Cheese & Tomato | 403 | 263.0 | 4.4 | 33.2 | 1.00 |
| Morrisons Deep Pan Cheese | 426 | 263.1 | 3.7 | 35.7 | 1.00 |
| Waitrose hand stretched pepper & ricotta | 430 | 263.4 | 2.7 | 36.9 | 4.50 |
| Sainsbury's Deep Pan Pepperoni | 401 | 265.7 | 4.0 | 32.8 | 1.00 |
| Goodfella's Pepperoni Deep Pan Baked | 419 | 267.1 | 4.2 | 3.8 | 2.00 |
| Waitrose hand stretched garlic mushroom & spinach | 395 | 268.6 | 3.6 | 35.4 | 4.50 |
| Chicago Town The Pizza Kitchen Cheese Medley | 350 | 268.6 | 7.5 | 27.1 | 3.00 |
| Morrisons Stuffed Crust Cheese | 420 | 268.8 | 4.5 | 30.9 | 2.00 |
| Waitrose hand stretched margherita | 400 | 272.0 | 3.9 | 33.0 | 4.50 |
| Morrisons The Best Chargrilled Vegetables | 510 | 275.4 | 2.2 | 36.9 | 4.00 |
| Chicago Town The Pizza Kitchen Pepperoni | 355 | 276.9 | 7.5 | 25.8 | 3.00 |
| Morrisons The Best Hoisin Pork | 470 | 277.3 | 3.5 | 36.3 | 4.00 |
| Goodfella's Cheese Deep Pan Baked Pizza | 417 | 278.4 | 4.8 | 30.2 | 2.00 |
| Waitrose hand stretched ham & pineapple | 410 | 278.8 | 3.2 | 37.1 | 4.50 |
| Morrisons Best Four Cheese | 416 | 279.8 | 6.1 | 29.4 | 2.50 |
| Sainsbury's Takeaway Stuffed Crust Pepperoni | 424 | 279.9 | 4.9 | 34.0 | 2.25 |
| Morrisons The Best Spicy Milano Salami & 'Nduja | 405 | 280.5 | 6.3 | 27.6 | 2.50 |
| Waitrose hand stretched mushroom, bacon & mascarpone | 440 | 281.6 | 5.1 | 29.7 | 4.50 |
| Sainsbury's Salami, Prosciutto & Chorizo Pizza, Taste the Difference | 445 | 283.7 | 3.7 | 33.2 | 4.50 |
| Morrisons The Best Sri Lankan Chicken | 475 | 283.8 | 3.2 | 37.9 | 4.00 |
| Morrisons The Best Margherita | 465 | 286.0 | 4.3 | 35.5 | 4.00 |
| Morrisons Stuffed Crust Pepperoni | 429 | 288.5 | 5.3 | 29.9 | 2.00 |
| Sainsbury's Mozzarella & Cherry Tomato Pizza, Taste the Difference | 490 | 290.3 | 4.4 | 32.8 | 4.00 |
| Iceland Takeaway Stuffed Crust Hot & Spicy Chicken | 465 | 290.6 | 5.8 | 34.5 | 2.00 |
| Sainsbury's Prosciutto Mushroom & Mascarpone Pizza, Taste the Difference | 500 | 292.5 | 4.4 | 32.9 | 4.50 |
| Sainsbury's Chicken Arrabiata With Nduja Pizza, Taste the Difference | 470 | 293.8 | 3.4 | 34.0 | 4.50 |
| Sainsbury's Takeaway Stuffed Crust Four Cheese | 445 | 294.8 | 6.0 | 34.7 | 2.25 |
| Pizza Express Sloppy Guiseppe 12 I | 560 | 296.8 | 4.8 | 37.1 | 3.00 |
| Morrisons The Best Meat Feast | 465 | 297.6 | 3.7 | 37.9 | 4.00 |
| Morrisons The Best Ham, Mushroom & Mascarpone | 515 | 302.6 | 4.9 | 36.4 | 4.00 |
| Sainsbury's Classic Crust Tandoori Chicken Limited Edition | 530 | 303.4 | 3.1 | 40.3 | 3.00 |
| Morrisons Stuffed Crust Cheese Feast | 450 | 307.1 | 5.6 | 35.5 | 3.50 |
| Iceland Stonebaked Sharing Margherita | 450 | 307.1 | 5.1 | 40.2 | 3.00 |
| Sainsbury's Cheese & Tomato Pizza, Basics 12'' | 440 | 309.1 | 4.5 | 38.4 | 1.60 |
| Waitrose hand stretched pepperoni | 385 | 310.9 | 5.2 | 33.8 | 4.50 |
| Sainsbury's Classic Crust Veggie Delight | 565 | 312.2 | 3.4 | 41.7 | 4.20 |
| Iceland Takeaway Cheese Stuffed Crust Pepperoni | 429 | 315.3 | 7.0 | 37.1 | 2.00 |
| Waitrose 1 mozzarella & tomato | 480 | 320.4 | 4.0 | 41.3 | 5.59 |
| Waitrose 1 wood-fired king prawn, garlic & chilli | 500 | 321.3 | 4.4 | 38.5 | 5.59 |
| essential Waitrose cheese & tomato | 500 | 328.8 | 5.4 | 36.0 | 3.49 |
| Sainsbury's Classic Crust Meat Feast | 520 | 331.5 | 5.0 | 37.6 | 3.00 |
| Waitrose hand stretched feta & caramelised onion | 440 | 333.3 | 6.9 | 37.6 | 4.50 |
| Morrisons Hot Dog Stuffed Crust | 495 | 334.1 | 5.0 | 38.3 | 2.00 |
| Morrisons Take Away Stuffed Crust Pepperoni | 467 | 335.1 | 6.4 | 36.8 | 3.50 |
| Sainsbury's Classic Crust BBQ Chicken | 530 | 335.2 | 3.5 | 44.4 | 4.20 |
| Sainsbury's Fig, Prosciutto Di Speck & Gorgonzola Pizza, Taste the Difference | 445 | 339.3 | 5.0 | 34.5 | 5.00 |
| Iceland Takeaway Stuffed Crust Cheese Feast | 453 | 339.8 | 8.7 | 39.8 | 2.00 |
| Morrisons Takeaway Pulled Pork | 547 | 341.9 | 4.7 | 45.3 | 2.00 |
| Morrisons Takeaway Chicken & Bacon | 535 | 346.4 | 5.8 | 37.6 | 2.00 |
| Iceland Takeaway Hot Dog Stuffed Crust New Yorker | 551 | 348.5 | 7.5 | 33.1 | 2.00 |
| Morrisons Takeaway Tex Mex | 553 | 349.8 | 6.2 | 38.6 | 2.00 |
| Sainsbury's Takeaway Fully Loaded Fiery Chicken | 570 | 353.4 | 5.6 | 38.5 | 2.00 |
| Sainsbury's Takeaway Fully Loaded American Hot | 542 | 353.7 | 6.8 | 34.3 | 2.00 |
| Chicago Town Takeaway Large Chicken & Bacon Classic Crust | 495 | 357.7 | 7.9 | 39.6 | 4.00 |
| Iceland Cheese & Tomato Thin Sharing | 510 | 360.8 | 5.2 | 41.8 | 2.00 |
| Sainsbury's Takeaway Fully Loaded BBQ Pulled Pork | 547 | 361.0 | 5.2 | 43.0 | 2.00 |
| Iceland Takeaway Hot Dog Stuffed Crust Cheese & Tomato | 531 | 373.0 | 7.6 | 39.6 | 2.00 |
| Morrisons Market St Takeaway Chicken & Bacon | 560 | 379.4 | 3.2 | 57.6 | 3.50 |
| Morrisons Market St Takeaway Meat Feast Pizza | 560 | 385.0 | 5.2 | 46.5 | 3.50 |
| Iceland Pepperoni Sharing Thin | 555 | 395.5 | 6.7 | 41.6 | 2.00 |
| Sainsbury's Takeaway Fully Loaded Meat Feast | 560 | 399.0 | 7.7 | 38.4 | 2.00 |
| Goodfella's Takeaway Big Cheese | 555 | 423.2 | 8.9 | 4.2 | 3.00 |
| Goodfella's Takeaway Mighty Meat | 596 | 435.1 | 8.5 | 41.7 | 3.00 |
| Sainsbury's Stuffed Crust Cheese Feast | 600 | 436.5 | 7.8 | 47.7 | 3.00 |
| Goodfella's Takeaway Loaded Pepperoni | 553 | 441.0 | 10.0 | 34.6 | 3.00 |
| Sainsbury's Stuffed Crust Pepperoni Delight | 620 | 454.2 | 7.6 | 46.7 | 3.00 |
| Chicago Town Takeaway Large Four Cheese Stuffed Crust | 630 | 459.9 | 11.0 | 52.0 | 4.00 |
| Chicago Town Takeaway Large Pepperoni Stuffed Crust | 645 | 482.2 | 11.0 | 53.2 | 4.00 |
| Iceland Meat Combo Classic Crust | 790 | 485.9 | 7.5 | 67.0 | 4.00 |

Table 3 – Shows Per 100 grams eaten

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Iceland Stonebaked Mediterranean Vegetable | 408 | 186 | 2.4 | 27.1 | 1.59 |
| Tesco Stonebaked Thin Mediterranean Vegetable | 390 | 195 | 3.2 | 27.3 | 1.50 |
| Whole Creations Butternut Squash, Red Pepper & Caramelised Onion Sheesy | 300 | 195 | 3.0 | 29.8 | 3.75 |
| Iceland Stonebaked Sweet Chilli Chicken | 415 | 195 | 2.4 | 28.5 | 1.59 |
| No Cheese Italian Garden | 382 | 195 | 0.8 | 29 | 2.00 |
| Pizza Express Vegan Giardiniera | 272 | 202 | 2.9 | 30.3 | 5.00 |
| Dr. Oetker Yes It's Pizza Spinach Based Broccoli & Mushroom | 335 | 208 | 3.2 | 22 | 3.00 |
| ASDA Fajita Chicken Stonebaked 10" | 330 | 209 | 3.0 | 24 | 1.87 |
| Pizza Express La Reine | 290 | 211 | 2.3 | 27.7 | 5.00 |
| Morrisons BBQ Chicken Sourdough | 395 | 212 | 1.6 | 28.4 | 1.50 |
| Pizza Express Sloppy Guiseppe 12 I | 560 | 212 | 3.4 | 26.5 | 3.00 |
| Sainsbury's Thin & Crispy Hawaiian | 413 | 214 | 2.4 | 29.4 | 1.40 |
| ASDA Sweet Chilli Chicken Extra Thin & Crisp | 375 | 216 | 2.5 | 24 | 1.20 |
| Morrisons The Best Chargrilled Vegetables | 510 | 216 | 1.7 | 28.9 | 4.00 |
| Sainsbury's Vegetable | 406 | 216 | 2.6 | 28.2 | 1.40 |
| Morrisons V Taste Diced Tomato & Dried Basil Margherita | 340 | 217 | 3.9 | 30.2 | 3.00 |
| Sainsbury's Deliciously Free From Vegan Margherita | 330 | 217 | 3.9 | 30.2 | 3.50 |
| The White Rabbit Pizza Co. Smokin' Vegan | 340 | 218 | 3.5 | 31.3 | 5.00 |
| Iceland Ham & Mushroom Deep Pan | 413 | 218 | 2.0 | 32.2 | 1.00 |
| Tesco Stonebaked Ham And Pineapple | 375 | 219 | 2.8 | 26.6 | 1.50 |
| Morrisons Mediterranean Veg Extra Thin | 375 | 219 | 2.4 | 22.9 | 1.50 |
| Waitrose Vegan Stonebaked Margherita | 385 | 219 | 2.6 | 34.4 | 4.99 |
| Sainsbury's Stonebaked Chargrilled Vegetable & Goats' Cheese | 392 | 220 | 3.4 | 25.7 | 2.00 |
| Sainsbury's Classic Crust Veggie Delight | 565 | 221 | 2.4 | 29.5 | 4.20 |
| Dr. Oetker Ristorante Thin & Crispy Pollo | 355 | 223 | 3.1 | 26 | 2.50 |
| Iceland Stonebaked BBQ Chicken & Bacon | 345 | 223 | 2.9 | 30.1 | 1.59 |
| Tesco Stonebaked Thin Sweet Chilli Chicken | 330 | 224 | 2.2 | 30.2 | 1.50 |
| Morrisons 2 Pepperoni Pizza Baguettes | 225 | 224 | 3.4 | 27.9 | 1.00 |
| Pizza Express Margherita 12" | 455 | 224 | 3.9 | 26.6 | 3.00 |
| Sainsbury's Spicy Chicken | 404 | 225 | 2.8 | 29.1 | 1.40 |
| Sainsbury's Stonebaked Hot & Spicy Pizza 10'' | 320 | 226 | 3.6 | 25.3 | 3.00 |
| ASDA Stonebaked BBQ Chicken | 395 | 227 | 2.9 | 29 | 1.20 |
| Sainsbury's Stonebaked Spinach & Ricotta Pizza 10' | 320 | 227 | 3.2 | 28.5 | 3.00 |
| ASDA BBQ Chicken Deep Pan Pizza | 423 | 229 | 2.8 | 32 | 0.90 |
| Morrisons Spicy Chicken Thin & Crispy | 320 | 229 | 2.7 | 30.8 | 2.00 |
| Sainsbury's Classic Crust Tandoori Chicken Limited Edition | 530 | 229 | 2.3 | 30.4 | 3.00 |
| Morrisons The Best Cajun Chicken & Sweet Red Peppers | 426 | 230 | 3.6 | 26.9 | 2.50 |
| Crosta & Mollica Margherita Tomato, Mozzarella & Oregano Wood-Fired Sourdough | 403 | 230 | 3.3 | 30.0 | 4.00 |
| Schar Lactose Free Margherita | 280 | 230 | 5.0 | 27 | 3.00 |
| Iceland Vegetable Thin | 329 | 230 | 2.2 | 29.9 | 1.00 |
| Goodfella's Ham & Pineapple Thin | 365 | 231 | 3 | 29 | 2.00 |
| Iceland Stonebaked Spicy Double Pepperoni | 370 | 231 | 3.8 | 28.5 | 1.59 |
| Iceland Chicken & Sweetcorn Pizza Deep Pan | 411 | 232 | 2.7 | 30.6 | 1.00 |
| ASDA Smart Price Cheese & Tomato | 268 | 234 | 2.0 | 35 | 0.60 |
| Sainsbury's Prosciutto Mushroom & Mascarpone Pizza, Taste the Difference | 500 | 234 | 3.5 | 26.3 | 4.50 |
| Morrisons The Best Ham, Mushroom & Mascarpone | 515 | 235 | 3.8 | 28.3 | 4.00 |
| Sainsbury's Deep Pan BBQ Chicken | 422 | 235 | 2.2 | 35.2 | 1.30 |
| Morrisons The Best Hoisin Pork | 470 | 236 | 3 | 30.9 | 4.00 |
| Sainsbury's Stonebaked Ham & Pineapple Pizza 10'' | 305 | 236 | 3.6 | 28.6 | 2.00 |
| Goodfella's Romano Chicken, Roquito Pepper & Red Onion with a Garlic Oil Drizzle | 389 | 236 | 2.8 | 26 | 2.50 |
| Dr. Oetker Yes It's Pizza Beetroot Based Ham & Vegetable | 315 | 236 | 4.8 | 25 | 3.00 |
| Tesco Deep Pan Cheese | 386 | 237 | 3.3 | 32 | 1.00 |
| Morrisons Extra Thin Tex Mex | 370 | 237 | 3.5 | 21.1 | 1.50 |
| Sainsbury's Stonebaked Chicken & Pesto Pizza 10” | 315 | 237 | 3.1 | 25.5 | 2.00 |
| Sainsbury's Mozzarella & Cherry Tomato Pizza, Taste the Difference | 490 | 237 | 3.6 | 26.8 | 4.00 |
| Waitrose 1 wood-fired roasted vegetable & pesto | 335 | 237 | 3.1 | 29.9 | 3.89 |
| Morrisons Cheese & Ham Thin | 345 | 238 | 2.5 | 30.6 | 1.00 |
| Morrisons The Best Sri Lankan Chicken | 475 | 239 | 2.7 | 31.9 | 4.00 |
| Crosta & Mollica Piccante Spicy Salami, Rocket & Red Pepper Wood-Fired Sourdough Pizza | 436 | 239 | 3.4 | 29.0 | 4.00 |
| Iceland Ham & Pineapple Thin | 345 | 239 | 2.7 | 30.7 | 1.00 |
| Sainsbury's Stonebaked Margherita Pizza 10'' | 290 | 241 | 4.2 | 28.3 | 2.00 |
| Iceland Chicken Fajita Thin | 335 | 241 | 2.5 | 29.8 | 1.00 |
| Morrisons Ham & Pineapple Thin & Crispy | 315 | 242 | 2.7 | 34.9 | 2.00 |
| ASDA Extra Special Smoked Ham, Mushroom & Mascarpone 12" | 392 | 244 | 4.2 | 25 | 3.59 |
| Chicago Town The Pizza Kitchen Roasted Chicken | 385 | 244 | 8.9 | 28 | 3.00 |
| Gino's Minced Keema | 320 | 244 | 3.8 | 25.5 | 1.50 |
| Pizza Express Margherita | 245 | 245 | 8.5 | 31.5 | 2.50 |
| Waitrose hand stretched pepper & ricotta | 430 | 245 | 2.5 | 34.3 | 4.50 |
| Morrisons The Best Margherita | 465 | 246 | 3.7 | 30.5 | 4.00 |
| Iceland Meat Combo Classic Crust | 790 | 246 | 3.8 | 33.9 | 4.00 |
| Morrisons Deep Pan Cheese | 426 | 247 | 3.5 | 33.5 | 1.00 |
| No Cheese Houmous | 284 | 247 | 1.6 | 24 | 2.00 |
| ASDA Spicy Meat Feast Thin Stonebaked 10" | 290 | 248 | 4.6 | 29 | 1.87 |
| Sainsbury's Takeaway Fully Loaded Fiery Chicken | 570 | 248 | 3.9 | 27 | 2.00 |
| Tesco Deep Pan Meat Feast | 386 | 250 | 3.2 | 33 | 1.00 |
| Morrisons Takeaway Pulled Pork | 547 | 250 | 3.4 | 33.1 | 2.00 |
| Sainsbury's Chicken Arrabiata With Nduja Pizza, Taste the Difference | 470 | 250 | 2.9 | 28.9 | 4.50 |
| Iceland Takeaway Stuffed Crust Hot & Spicy Chicken | 465 | 250 | 5.0 | 29.7 | 2.00 |
| Iceland Southern Spiced Chicken Thin | 336 | 250 | 2.4 | 30.5 | 100 |
| ASDA Meat Feast Deep Pan | 400 | 251 | 3.9 | 31 | 0.90 |
| Tesco Stonebaked Thin Four Cheese | 330 | 251 | 5.6 | 27.2 | 1.50 |
| Hearty Food Thin Cheese And Tomato | 314 | 251 | 3.1 | 35.5 | 0.67 |
| ASDA Cheese & Tomato (Margherita) Thin & Crispy Pizza | 330 | 252 | 2.7 | 33 | 0.90 |
| Tesco Stonebaked Thin Bbq Meat Feast | 340 | 252 | 2.6 | 34.3 | 1.50 |
| Whole Creations Dairy & Gluten Free Roasted Tomato & Basil Sheesy | 375 | 252 | 3.6 | 37 | 3.75 |
| ASDA Cheese Feast Thin Stonebaked 10" | 290 | 253 | 5.3 | 28 | 1.87 |
| Morrisons Takeaway Tex Mex | 553 | 253 | 4.5 | 27.9 | 2.00 |
| Morrisons Deep Pan Meat Feast | 415 | 253 | 3.3 | 33.8 | 1.00 |
| Sainsbury's Classic Crust BBQ Chicken | 530 | 253 | 2.6 | 33.5 | 4.20 |
| Waitrose 1 wood-fired spicy calabrian salami | 300 | 253 | 4.6 | 26.1 | 3.89 |
| Iceland Takeaway Hot Dog Stuffed Crust New Yorker | 551 | 253 | 5.4 | 24 | 2.00 |
| ASDA Four Cheese Deep Pan Pizza | 407 | 254 | 5.2 | 30 | 0.90 |
| ASDA Four Cheese Deep Pan | 407 | 254 | 5.2 | 30 | 0.90 |
| ASDA Mediterranean Vegetable Extra Thin & Crispy | 375 | 254 | 2.8 | 5.7 | 1.20 |
| Sainsbury's Stonebaked Roasted Tomato & Green Pesto | 383 | 254 | 4.4 | 26.2 | 2.00 |
| Goodfella's Pepperoni Deep Pan Baked | 419 | 255 | 4 | 3.6 | 2.00 |
| Morrisons Mozzarella & Pesto Sourdough | 353 | 255 | 2.6 | 31.2 | 1.50 |
| Sainsbury's Salami, Prosciutto & Chorizo Pizza, Taste the Difference | 445 | 255 | 3.3 | 29.8 | 4.50 |
| Sainsbury's Deep Pan Meat Feast | 402 | 255 | 3.7 | 31.2 | 1.30 |
| Sainsbury's Classic Crust Meat Feast | 520 | 255 | 3.8 | 28.9 | 3.00 |
| Iceland Four Cheese Thin | 322 | 255 | 4.5 | 26 | 1.00 |
| Iceland Four Cheese Deep Pan | 408 | 255 | 5.0 | 28 | 1.00 |
| Morrisons Stuffed Crust Cheese | 420 | 256 | 4.3 | 29.4 | 2.00 |
| Morrisons The Best Meat Feast | 465 | 256 | 3.2 | 32.6 | 4.00 |
| Waitrose hand stretched mushroom, bacon & mascarpone | 440 | 256 | 4.6 | 27 | 4.50 |
| Iceland Barbecue Chicken Thin | 334 | 256 | 2.5 | 33.5 | 1.00 |
| Dr. Oetker Ristorante Mozzarella | 335 | 257 | 4.5 | 2.1 | 2.50 |
| Goodfella's Gluten Free Pepperoni, Ham & Mushroom | 349 | 257 | 4 | 30 | 3.00 |
| Waitrose 1 wood-fired king prawn, garlic & chilli | 500 | 257 | 3.5 | 30.8 | 5.59 |
| Morrisons Savers Cheese & Tomato | 220 | 258 | 5.1 | 31 | 0.95 |
| Sainsbury's Stonebaked Hot & Spicy Meat Feast | 387 | 258 | 4.5 | 24.8 | 2.00 |
| Goodfella's Pepperoni Thin Pizza | 340 | 259 | 4.0 | 29 | 2.00 |
| Tesco Stonebaked Thin Double Pepperoni | 330 | 259 | 5.2 | 26.7 | 1.50 |
| Hearty Food Thin Pepperoni | 314 | 259 | 3.4 | 32.8 | 0.67 |
| Morrisons Takeaway Chicken & Bacon | 535 | 259 | 4.3 | 28.1 | 2.00 |
| Waitrose 1 wood-fired buffalo mozzarella & sun soaked tomato | 295 | 259 | 3.4 | 32.9 | 3.89 |
| Morrisons Thin Cheese | 318 | 260 | 3 | 38.2 | 1.00 |
| Sainsbury's Stonebaked Pepperoni Pizza 10'' | 310 | 260 | 4.6 | 27.7 | 2.00 |
| ASDA Pepperoni Thin Stonebaked 10" | 289 | 261 | 5.6 | 26 | 1.87 |
| Chicago Town 2 Deep Dish Chicken Club | 320 | 261 | 2.9 | 32 | 2.00 |
| Morrisons Triple Pepperoni Sourdough | 333 | 261 | 4.5 | 28.5 | 1.50 |
| Sainsbury's Thin & Crispy Meat Feast Pizza 10'' | 325 | 261 | 4.6 | 24.4 | 2.00 |
| Sainsbury's Deep Pan Cheese & Tomato | 403 | 261 | 4.4 | 32.9 | 1.00 |
| Sainsbury's Takeaway Fully Loaded American Hot | 542 | 261 | 5.0 | 25.3 | 2.00 |
| Iceland Cheese & Ham Thin | 327 | 262 | 3.5 | 30.6 | 1.00 |
| Morrisons Deep Pan Pepperoni | 398 | 263 | 3.8 | 33.1 | 1.00 |
| essential Waitrose cheese & tomato | 500 | 263 | 4.3 | 28.8 | 3.49 |
| ASDA Stonebaked Double Pepperoni | 364 | 264 | 5.0 | 28 | 1.20 |
| Dr. Oetker Ristorante Speciale | 330 | 264 | 4.7 | 26 | 2.50 |
| Sainsbury's Thin & Crispy Pepperoni | 314 | 264 | 4.2 | 31.2 | 1.00 |
| Sainsbury's Takeaway Stuffed Crust Pepperoni | 424 | 264 | 4.6 | 32.1 | 2.25 |
| Sainsbury's Takeaway Fully Loaded BBQ Pulled Pork | 547 | 264 | 3.8 | 31.4 | 2.00 |
| Iceland Double Cheeseburger Deep Pan | 380 | 264 | 2.8 | 36.5 | 1.00 |
| Morrisons Meat Feast Sourdough | 377 | 265 | 4.4 | 24.3 | 1.50 |
| Sainsbury's Thin & Crispy Four Cheese | 377 | 265 | 5.0 | 30.0 | 1.40 |
| Sainsbury's Deep Pan Pepperoni | 401 | 265 | 4.0 | 32.7 | 1.00 |
| Sainsbury's Takeaway Stuffed Crust Four Cheese | 445 | 265 | 5.4 | 31.2 | 2.25 |
| ASDA Double Pepperoni Deep Pan | 386 | 266 | 4.2 | 32 | 0.90 |
| ASDA Cheese & Ham Pizza | 114 | 266 | 2.0 | 38 | 0.61 |
| Waitrose hand stretched chicken & chorizo | 395 | 266 | 2.9 | 32 | 4.50 |
| Goodfella's Cheese Deep Pan Baked Pizza | 417 | 267 | 4.6 | 29 | 2.00 |
| Waitrose 1 mozzarella & tomato | 480 | 267 | 3.3 | 34.4 | 5.59 |
| ASDA Cheese & Tomato Pizza | 110 | 268 | 3.3 | 37 | 0.61 |
| Iceland Meat Feast Deep Pan Pizza | 358 | 268 | 3.6 | 32 | 1.00 |
| Morrisons Stuffed Crust Pepperoni | 429 | 269 | 4.9 | 27.9 | 2.00 |
| Morrisons Best Four Cheese | 416 | 269 | 5.9 | 28.3 | 2.50 |
| Morrisons Hot Dog Stuffed Crust | 495 | 270 | 4 | 30.9 | 2.00 |
| Morrisons Meat Feast Crispy | 313 | 270 | 4 | 33.4 | 2.00 |
| Sainsbury's Thin & Crispy Cheese & Tomato | 327 | 270 | 4.8 | 31.9 | 1.00 |
| ASDA Cheese & Tomato 10" | 257 | 271 | 4.1 | 34 | 1.11 |
| Pizza Express American | 250 | 271 | 5.1 | 30.5 | 2.50 |
| Morrisons Market St Takeaway Chicken & Bacon | 560 | 271 | 2.3 | 41.1 | 3.50 |
| Iceland Double Pepperoni Deep Pan | 385 | 271 | 4.5 | 31.2 | 1.00 |
| Waitrose hand stretched ham & pineapple | 410 | 272 | 3.1 | 36.2 | 4.50 |
| Waitrose hand stretched margherita | 400 | 272 | 3.9 | 33 | 4.50 |
| Waitrose hand stretched garlic mushroom & spinach | 395 | 272 | 3.6 | 35.8 | 4.50 |
| Goodfella's Roast Chicken Stonebaked Thin Pizza | 365 | 273 | 4 | 31 | 2.00 |
| Morrisons Sweet Chilli Chicken Extra Thin | 362 | 273 | 1.6 | 33.1 | 1.50 |
| Morrisons Stuffed Crust Cheese Feast | 450 | 273 | 5.0 | 31.5 | 3.50 |
| Iceland Stonebaked Sharing Margherita | 450 | 273 | 4.5 | 35.7 | 3.00 |
| ASDA Pepperoni Thin & Crispy Pizza | 330 | 274 | 4.4 | 34 | 0.90 |
| Morrisons Market St Takeaway Meat Feast Pizza | 560 | 275 | 3.7 | 33.2 | 3.50 |
| Morrisons Thin & Crispy Cheese Feast | 285 | 276 | 4.7 | 36 | 2.00 |
| Morrisons The Best Spicy Milano Salami & 'Nduja | 405 | 277 | 6.2 | 27.2 | 2.50 |
| Pizza Express American Hot | 260 | 277 | 5.1 | 31.1 | 5.00 |
| Morrisons Thin Pepperoni | 346 | 278 | 4.2 | 33.3 | 1.00 |
| Sainsbury's Thin & Crispy Cheese & Tomato Pizza 10'' | 265 | 278 | 4.8 | 29.5 | 1.80 |
| Dr. Oetker Ristorante Pepperoni-Salame | 320 | 281 | 14 | 5.0 | 1.50 |
| Sainsbury's Cheese & Tomato Pizza, Basics 12'' | 440 | 281 | 4.1 | 34.9 | 1.60 |
| Iceland Takeaway Hot Dog Stuffed Crust Cheese & Tomato | 531 | 281 | 5.7 | 29.8 | 2.00 |
| Sainsbury's Thin & Crispy Pepperoni Pizza 10' | 275 | 282 | 5.2 | 27.6 | 2.00 |
| Iceland Cheese & Tomato Thin Sharing | 510 | 283 | 4.1 | 32.8 | 2.00 |
| Sainsbury's Takeaway Fully Loaded Meat Feast | 560 | 285 | 5.5 | 27.4 | 2.00 |
| Iceland Pepperoni Sharing Thin | 555 | 285 | 4.8 | 30 | 2.00 |
| Chicago Town 3 Cheese & Tomato Pizza Toasties | 225 | 286 | 3.6 | 37 | 1.65 |
| Morrisons Take Away Stuffed Crust Pepperoni | 467 | 287 | 5.5 | 31.5 | 3.50 |
| Sainsbury's Deliciously Free From Margherita | 300 | 287 | 5.6 | 33.3 | 2.50 |
| Chicago Town Takeaway Large Chicken & Bacon Classic Crust | 495 | 289 | 6.4 | 32 | 4.00 |
| essential Waitrose cheese & tomato | 300 | 290 | 4.5 | 32.7 | 1.40 |
| Sainsbury's Stuffed Crust Cheese Feast | 600 | 291 | 5.2 | 31.8 | 3.00 |
| Goodfella's Takeaway Mighty Meat | 596 | 292 | 5.7 | 28 | 3.00 |
| Chicago Town Takeaway Large Four Cheese Stuffed Crust | 630 | 292 | 7 | 33 | 4.00 |
| ASDA 4 Cheese & Tomato Mini | 356 | 293 | 5.6 | 32 | 2.00 |
| Sainsbury's Stuffed Crust Pepperoni Delight | 620 | 293 | 4.9 | 30.1 | 3.00 |
| Iceland Takeaway Cheese Stuffed Crust Pepperoni | 429 | 294 | 6.5 | 34.6 | 2.00 |
| Waitrose 1 Speck & Gorgonzola | 295 | 296 | 4.3 | 34.4 | 4.89 |
| Goodfella's Margherita Thin Pizza | 345 | 298 | 6 | 32 | 2.00 |
| Chicago Town Takeaway Large Pepperoni Stuffed Crust | 645 | 299 | 6.8 | 33 | 4.00 |
| essential Waitrose thin & crispy pepperoni | 255 | 299 | 5.7 | 30.5 | 2.50 |
| Iceland Takeaway Stuffed Crust Cheese Feast | 453 | 300 | 7.7 | 35.1 | 2.00 |
| Waitrose hand stretched feta & caramelised onion | 440 | 303 | 6.3 | 34.2 | 4.50 |
| Goodfella's Takeaway Big Cheese | 555 | 305 | 6.4 | 3.0 | 3.00 |
| Sainsbury's Fig, Prosciutto Di Speck & Gorgonzola Pizza, Taste the Difference | 445 | 305 | 4.5 | 31 | 5.00 |
| Morrisons Pepperoni Thin & Crispy | 287 | 306 | 5.6 | 35.5 | 2.00 |
| Iceland Double Pepperoni Thin | 320 | 306 | 5.9 | 29.8 | 1.00 |
| Chicago Town The Pizza Kitchen Cheese Medley | 350 | 307 | 8.5 | 31 | 3.00 |
| Sainsbury's Cheese & Tomato Pizza, Basics 7'' | 119 | 307 | 4.3 | 40.9 | 0.75 |
| Chicago Town The Pizza Kitchen Pepperoni | 355 | 312 | 8.4 | 29 | 3.00 |
| Goodfella's Takeaway Loaded Pepperoni | 553 | 319 | 7.2 | 25 | 3.00 |
| Waitrose hand stretched pepperoni | 385 | 323 | 5.4 | 35.1 | 4.50 |
| Sainsbury's Deliciously Free From Pepperoni | 300 | 329 | 6.1 | 29.9 | 2.50 |

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*