|  |  |
| --- | --- |
| Food: | Bread |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Kingsmill No Crusts Wholemeal Bread | 400 | 45 | 0.2 | 7.4 | 1.40 |
| Warburtons White Milk Roll Bread | 400 | 46 | 0.2 | 8.3 | 0.90 |
| Kingsmill No Crusts 50/50 Bread | 400 | 47 | 0.1 | 8.5 | 1.40 |
| Kingsmill No Crusts Soft White Bread | 400 | 50 | 0.1 | 9.7 | 1.40 |
| Weight Watchers Danish Malted Bread | 400 | 51 | 0.1 | 9 | 0.99 |
| Hovis Nimble Wholemeal Bread | 400 | 51 | 0.6 | 8.1 | 0.85 |
| Warburtons Wholemeal Medium Sliced Bread | 400 | 55 | 0.1 | 9 | 0.90 |
| Warburtons White Medium Sliced Bread | 400 | 58 | 0.1 | 10.8 | 0.90 |
| Warburtons White Danish Bread | 400 | 63 | 0.1 | 11.8 | 0.90 |
| Hovis Tasty Wholemeal Bread | 400 | 64 | 0.1 | 11 | 0.85 |
| Weight Watchers Thick Wholemeal Bread | 400 | 64 | 0.2 | 11 | 1.14 |
| ASDA Wholemeal Medium Sliced | 400 | 67 | 0.2 | 10 | 0.46 |
| Kingsmill 50/50 Medium Sliced Bread | 400 | 68 | 0.1 | 12.2 | 0.80 |
| ASDA Soft White Medium Sliced | 400 | 68 | 0.1 | 13 | 0.45 |
| Sainsbury's Wholemeal Bread Medium | 400 | 68 | 0.1 | 10.8 | 0.50 |
| Warburtons Toastie White Thick Sliced Bread | 400 | 70 | 0.1 | 13.1 | 0.90 |
| Morrisons Medium Wholemeal Loaf | 400 | 72 | 0.1 | 12.7 | 0.45 |
| essential Waitrose wholemeal medium sliced bread | 800 | 74 | 0.2 | 12.3 | 0.60 |
| Morrisons Wholemeal Medium Loaf | 800 | 79 | 0.1 | 13.8 | 0.55 |
| Sainsbury's Multiseed Thick Sliced Wholemeal Bread, SO Organic | 400 | 79 | 0.2 | 9.3 | 1.10 |
| Sainsbury's Toastie Sliced White Bread | 400 | 79 | 0.1 | 15.2 | 0.50 |
| Tesco Finest Super Grained Farmhouse Loaf | 400 | 80 | 0.1 | 14.3 | 0.79 |
| Daily's Medium Sliced Wholemeal Bread | 800 | 83 | 0.1 | 14 | 0.45 |
| essential Waitrose white medium sliced bread | 800 | 83 | 0.4 | 15.3 | 0.60 |
| Waitrose Ancient Grains & Oat Cob | 600 | 83 | 0.2 | 14.9 | 1.29 |
| Hovis Original Granary Bread | 400 | 84 | 0.2 | 15.3 | 0.90 |
| Tesco Finest High Protein Loaf | 400 | 84 | 0.3 | 10.5 | 0.85 |
| Morrisons Medium White Loaf | 800 | 84 | 0.1 | 16.2 | 0.55 |
| Waitrose Wholemeal Farmhouse Medium | 800 | 84 | 0.2 | 14.2 | 1.30 |
| Warburtons Seeded Batch Bread | 400 | 85 | 0.4 | 11.6 | 0.95 |
| Tesco Wholemeal Bread | 440 | 85 | 0.2 | 13.9 | 0.50 |
| Sainsbury's Medium Sliced Wholemeal Bread, SO Organic | 400 | 85 | 0.1 | 14.4 | 0.90 |
| Genius Gluten Free White Toastie Bread | 500 | 85 | 0.1 | 15 | 2.70 |
| Hovis Best of Both Medium Bread | 750 | 86 | 0.2 | 15.2 | 1.00 |
| Daily's Medium Sliced White Bread | 800 | 86 | 0.1 | 16.3 | 0.45 |
| Hi-Lo Seeded Medium Sliced Wholemeal Bread | 400 | 86 | 0.4 | 5 | 1.75 |
| Hovis Medium Wholemeal Bread | 800 | 88 | 0.2 | 15.1 | 1.00 |
| Tesco Multiseed Loaf | 400 | 88 | 0.3 | 13.3 | 0.59 |
| Waitrose Sunflower & Pumpkin Cob | 600 | 89 | 0.3 | 13 | 1.29 |
| Morrisons Wholemeal Toastie Loaf | 800 | 91 | 0.1 | 16 | 0.55 |
| Hovis Seed Sensations Seven Seeds Bread | 400 | 92 | 0.2 | 13.9 | 0.90 |
| Tesco Free From Sliced White Bread | 550 | 92 | 0.1 | 15.8 | 1.80 |
| Tesco Free From White Sliced Bread | 400 | 92 | 0.1 | 17.2 | 1.80 |
| Hovis Medium Soft White Bread | 800 | 93 | 0.1 | 17.9 | 1.00 |
| ASDA Square Cut Medium Wholemeal Bread | 800 | 93 | 0.2 | 15 | 0.55 |
| Kingsmill Tasty Medium Wholemeal Bread | 800 | 93 | 0.2 | 15.4 | 1.10 |
| Tesco Wholemeal Medium Bread | 800 | 93 | 0.2 | 14.7 | 0.59 |
| Rathbones Medium White Loaf | 800 | 93 | 0.2 | 16.9 | 0.80 |
| Sainsbury's Medium Sliced Wholemeal Bread | 800 | 93 | 0.2 | 14.7 | 0.55 |
| Kingsmill Medium 50/50 Bread | 800 | 94 | 0.2 | 16.8 | 1.10 |
| ASDA Square Cut Medium White Bread | 800 | 96 | 0.2 | 18 | 0.55 |
| Tesco White Medium Bread | 800 | 96 | 0.2 | 18.2 | 0.59 |
| Sainsbury's Soft Medium Sliced White Bread | 800 | 96 | 0.2 | 18.2 | 0.55 |
| Roberts Bakery Medium White Bread | 800 | 97 | 0.1 | 18.9 | 1.05 |
| Crusty White Farmhouse Loaf Sliced | 400 | 97 | 0.1 | 19 | 0.79 |
| Crusty White Farmhouse Loaf | 400 | 97 | 0.1 | 19 | 0.79 |
| Tesco Finest Wholemeal Loaf | 800 | 97 | 0.2 | 16.2 | 0.99 |
| Waitrose soft white medium sliced | 800 | 97 | 0.2 | 18.1 | 1.00 |
| Warburtons Medium White Bread | 800 | 98 | 0.2 | 18.7 | 1.10 |
| Hovis Lower Carb Deliciously Seeded Bread | 400 | 98 | 0.6 | 9.9 | 1.20 |
| Morrisons White Toastie Loaf | 800 | 98 | 0.1 | 18.9 | 0.55 |
| Warburtons Old English White | 400 | 99 | 0.2 | 17.7 | 1.25 |
| Vogel Seeded Wholemeal Bread | 800 | 100 | 0.3 | 12 | 1.55 |
| Vogel's Soya & Linseed Medium Sliced Bread | 800 | 101 | 0.3 | 14 | 1.55 |
| Iceland Medium Tiger Bloomer Bread | 800 | 101 | 0.1 | 19.6 | 1.00 |
| Iceland Thick Sliced Wholemeal Bread | 800 | 101 | 0.1 | 17.8 | 0.79 |
| Rathbones Farmhouse Loaf | 400 | 102 | 0.1 | 19.8 | 0.62 |
| ASDA Extra Special Farmhouse Wholemeal & Rye Bread | 800 | 103 | 0.2 | 17 | 0.84 |
| Kingsmill Thick 50/50 Bread | 800 | 103 | 0.2 | 18.4 | 1.10 |
| Warburtons Medium Wholemeal Bread | 800 | 103 | 0.2 | 16.9 | 1.10 |
| Kingsmill Tasty Thick Wholemeal Bread | 800 | 103 | 0.3 | 17 | 1.10 |
| Tesco Wholemeal Farmhouse Loaf | 800 | 103 | 0.2 | 16.8 | 0.79 |
| Tesco Wholemeal Farmhouse Loaf | 800 | 103 | 0.2 | 16.8 | 0.79 |
| Morrisons Toastie White With More | 800 | 103 | 0.1 | 20 | 0.55 |
| Wonderloaf Medium | 800 | 103 | 0.3 | 18.3 | 1.00 |
| Waitrose Wholemeal Farmhouse Thick | 800 | 103 | 0.3 | 17.4 | 1.30 |
| Warburtons Farmhouse Soft White Bread | 800 | 104 | 0.2 | 19.2 | 1.00 |
| Hovis Thick Wholemeal Bread | 800 | 104 | 0.2 | 17.8 | 1.00 |
| Hovis Granary Wholemeal Bread | 800 | 104 | 0.2 | 17.5 | 1.40 |
| Tesco Finest White Loaf | 800 | 104 | 0.1 | 20 | 0.99 |
| Sainsbury's Thick Sliced Wholemeal Bread | 800 | 104 | 0.3 | 16.3 | 0.55 |
| Brace's Family Bread Luxury Medium White Sliced Bread | 800 | 104 | 0.2 | 21.2 | 1.00 |
| Kingsmill Thick Soft White Bread | 800 | 105 | 0.3 | 20.1 | 1.10 |
| Tesco White Farmhouse Loaf | 800 | 106 | 0.2 | 20.1 | 0.79 |
| Tesco Finest Super Grained Farmhouse Sproutedrye | 800 | 106 | 0.2 | 19.1 | 1.10 |
| Rathbone Wholemeal Toastie | 800 | 106 | 0.2 | 19.2 | 0.80 |
| Morrisons The Best Thick Cut Malted Grain Loaf | 800 | 106 | 0.2 | 18.7 | 1.00 |
| Tesco Free From Sliced Seeded Bread | 550 | 107 | 0.3 | 14.5 | 2.10 |
| Allinson's The Champion Wholemeal Bread | 650 | 108 | 0.2 | 17.4 | 1.65 |
| ASDA Extra Special Farmhouse White Bread | 800 | 109 | 0.2 | 21 | 0.89 |
| Hovis Seed Sensations Wholemeal Bread | 800 | 109 | 0.2 | 13.8 | 1.50 |
| Tesco Finest Oat & Barley Loaf | 800 | 109 | 0.2 | 19.8 | 1.10 |
| Rathbones Toastie Bread White | 800 | 109 | 0.2 | 19.7 | 0.80 |
| Morrisons The Best Oat & Barley Loaf | 800 | 110 | 0.4 | 18.8 | 1.00 |
| Morrisons The Best Ancient Grain Loaf | 400 | 111 | 0.2 | 19.3 | 0.75 |
| Hovis Thick Granary Bread | 800 | 112 | 0.3 | 20.4 | 1.45 |
| Roberts Bakery Thick White Bread | 800 | 113 | 0.1 | 22.1 | 1.05 |
| Morrisons The Best Wholemeal Sunflower Seed & Spelt Farmhouse | 800 | 113 | 0.4 | 16.6 | 1.00 |
| Morrisons The Best Seeded Loaf | 800 | 114 | 0.3 | 16.7 | 1.00 |
| Tesco Finest Dark Rye& Sunflower | 600 | 115 | 0.4 | 17.2 | 0.99 |
| Mothers Pride Scottish Plain Medium | 800 | 115 | 0.2 | 21.9 | 1.00 |
| Warburtons Toastie White Bread | 800 | 116 | 0.2 | 22 | 1.10 |
| Morrisons The Best Soya & Linseed Loaf | 800 | 116 | 0.5 | 16.7 | 1.00 |
| Waitrose Duchy Organic wholemeal batch | 800 | 116 | 0.2 | 20.3 | 1.65 |
| Waitrose Soft White Farmhouse | 800 | 116 | 0.2 | 22.2 | 1.30 |
| Hovis Thick Soft White Bread | 800 | 117 | 0.2 | 22.3 | 1.00 |
| Brace's Family Bread Luxury Thick White Sliced Bread | 800 | 117 | 0.2 | 23.7 | 1.00 |
| Morrisons The Best Seeded Loaf | 400 | 119 | 0.5 | 17.5 | 0.75 |
| Sainsbury's Thick Sliced Wholemeal Bread, SO Organic | 800 | 119 | 0.3 | 19.7 | 1.45 |
| Warburtons Lancashire Thorough Bread | 800 | 120 | 0.2 | 22 | 1.00 |
| ASDA Soft White Toastie Thick Sliced | 800 | 120 | 0.3 | 23 | 0.55 |
| Tesco Toastie White Thick Slice | 800 | 120 | 0.3 | 22.8 | 0.59 |
| Tesco Multigrain Batch | 800 | 120 | 0.2 | 21.8 | 0.79 |
| Sainsbury's Toastie Thick Sliced White Bread | 800 | 120 | 0.3 | 22.8 | 0.55 |
| Waitrose farmhouse batch multigrain | 800 | 120 | 0.2 | 22.5 | 1.45 |
| Sainsbury's Sandwich Loaf White Bread | 800 | 121 | 0.05 | 24.1 | 1.10 |
| Sainsbury's Farmhouse Loaf White Bread | 800 | 121 | 0.05 | 22.5 | 1.10 |
| Sainsbury's Farmhouse White Bread | 400 | 121 | 0.05 | 24.1 | 0.80 |
| Waitrose Soft White Thick Bread | 800 | 121 | 0.2 | 22.6 | 1.00 |
| Morrisons The Best Sunflower & Pumpkin Seed Loaf | 400 | 122 | 0.6 | 17.1 | 0.75 |
| Wonderloaf Thick | 800 | 122 | 0.4 | 21.7 | 1.00 |
| Morrisons The Best Sunflower & Pumpkin Seed Loaf | 800 | 123 | 0.4 | 16.9 | 1.00 |
| Morrisons Super Toastie White Loaf | 800 | 124 | 0.1 | 24 | 0.55 |
| Malted Grain Loaf Sliced | 800 | 125 | 0.2 | 23.5 | 1.10 |
| Burgen Soya & Linseed Bread | 800 | 126 | 0.7 | 11.8 | 1.30 |
| Tiger Loaf Sliced | 800 | 126 | 0.2 | 24.3 | 1.10 |
| Tesco Finest Sunflower & Pumpkin Loaf | 600 | 127 | 0.6 | 16.2 | 0.99 |
| Crusty White Sandwich Loaf Sliced | 800 | 128 | 0.2 | 25.3 | 1.10 |
| Crusty White Sandwich Loaf | 800 | 128 | 0.2 | 25.3 | 1.10 |
| Tesco Crusty White Farmhouse Loaf Sliced | 800 | 128 | 0.2 | 25.3 | 1.10 |
| Tesco Finest Super Seeded Farmhouse | 800 | 130 | 0.5 | 16.7 | 1.10 |
| ASDA Extra Special Super Seeded Bread | 800 | 131 | 0.5 | 17 | 0.84 |
| Hovis Seed Sensations Seven Seeds Bread | 800 | 131 | 0.3 | 19.7 | 1.50 |
| Brace's Family Bread 50% White & Wholemeal Thick Sliced Bread | 800 | 131 | 0.5 | 24.6 | 1.00 |
| Tesco Multiseed Batch | 800 | 133 | 0.4 | 20.2 | 0.79 |
| Warburtons Seeded Batch Bread | 800 | 134 | 0.6 | 18.2 | 1.60 |
| Warburtons Thickest White Bread | 800 | 140 | 0.3 | 26.7 | 1.10 |
| Sainsbury's Soft Multiseed Farmhouse Thick Sliced Wholemeal Bread, Taste the Difference | 800 | 140 | 0.6 | 16.9 | 1.10 |
| Waitrose Farmhouse Batch Multiseed | 800 | 146 | 0.6 | 19.2 | 1.45 |
| Iceland Seeded Bloomer Bread | 800 | 152 | 0.5 | 20.8 | 1.00 |
| Sainsbury's Sunflower & Pumpkin, Taste the Difference | 800 | 155 | 0.8 | 18.3 | 1.10 |
| Hovis Extra Thick Soft White Bread | 800 | 156 | 0.2 | 29.9 | 1.00 |
| Roberts Bakery Mega Thick White Bread | 800 | 156 | 0.2 | 30.4 | 1.05 |
| Iceland White Bloomer Bread | 800 | 158 | 0.3 | 28.1 | 1.00 |
| Brace's Family Bread Luxury Doorstep White Sliced Bread | 800 | 166 | 0.3 | 28.7 | 1.00 |
| Iceland Thick Tiger Bloomer Bread | 800 | 168 | 0.5 | 27.5 | 1.00 |
| Sainsbury's Sunflower Seeded Medium Sliced Rye Bread Bloomer, Taste the Difference | 400 | 181 | 0.7 | 20.5 | 1.50 |

* Values shown are per slice

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*