|  |  |
| --- | --- |
| Food: | Cheese |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Iceland Cottage Cheese | 250 | 57 | 0.2 | 3.0 | 0.70 |
| ASDA Fat Free Cottage Cheese | 300 | 62 | 0.3 | 4.7 | 1.00 |
| Tesco Fat Free Cottage Cheese | 300 | 62 | 0.3 | 4.7 | 1.00 |
| Tesco Quark Fat Free Soft Cheese | 250 | 63 | 0 | 3.5 | 0.90 |
| Grahams Quark Fat Free Soft Cheese | 250 | 65 | 0.05 | 3.7 | 1.00 |
| Morrisons Savers Cottage Cheese | 300 | 69 | 0.5 | 3.3 | 0.64 |
| E ssential Waitrose Fat Free Quark Soft Cheese | 250 | 71 | 0.05 | 5.1 | 0.90 |
| Sainsbury's Cottage Cheese, Fat Free | 300 | 74 | 0.06 | 7.4 | 1.40 |
| Philadelphia Lightest Soft Cheese | 180 | 90 | 1.7 | 5.5 | 1.00 |
| essential Waitrose natural cottage cheese | 300 | 105 | 3.8 | 4.2 | 1.30 |
| Sainsbury's Cottage Cheese | 300 | 107 | 3.3 | 3.8 | 1.40 |
| The Laughing Cow Extra Light Cheese Triangles | 140 | 116 | 1.3 | 11 | 1.40 |
| The Laughing Cow Light Cheese Triangles | 280 | 147 | 4.7 | 6 | 2.00 |
| Philadelphia Light Soft Cheese | 180 | 150 | 7.4 | 5.2 | 1.00 |
| Tesco 50% Less Fat Soft Cheese | 200 | 161 | 7.6 | 5.4 | 0.80 |
| essential Waitrose reduced fat soft cheese | 250 | 161 | 7.6 | 5.4 | 1.10 |
| Sainsbury's Lighter Mozzarella Cheese, Be Good To Yourself | 125 | 172 | 7.2 | 0.05 | 0.70 |
| Apetina Light Cheese | 200 | 173 | 6.4 | 0.6 | 1.50 |
| Morrisons 45% Lighter Italian Mozarella | 125 | 173 | 7 | 2.1 | 0.65 |
| Dairylea Cheese Spread | 270 | 201 | 4.8 | 9.2 | 1.50 |
| Sainsbury's Soft Cheese, Basics | 300 | 202 | 15.6 | 3.3 | 0.75 |
| Dairylea Cheese Triangles x8 | 125 | 208 | 9.8 | 4.7 | 1.18 |
| Waitrose essential Italian Mozzarella | 125 | 213 | 10.6 | 0.4 | 0.70 |
| Weight Watchers Grated Mature Cheddar | 200 | 214 | 7.1 | 4.3 | 2.00 |
| Sainsbury's Italian Mozzarella Cheese | 150 | 222 | 12.1 | 1.7 | 0.75 |
| Dairylea 8 Cheese Slices | 200 | 223 | 8.4 | 8.8 | 1.00 |
| Philadelphia Original Soft Cheese | 180 | 225 | 14 | 4.3 | 1.00 |
| Tesco Mozzarella | 150 | 230 | 12.7 | 0.6 | 0.70 |
| Weight Watchers 8 Mature Cheese Slices | 160 | 232 | 7.1 | 3.5 | 2.00 |
| Creamfields Mozzarella | 125 | 234 | 12 | 1.0 | 0.45 |
| Creamfields Mozzarella | 125 | 234 | 12 | 1.0 | 0.45 |
| ASDA Smart Price Soft Cheese | 300 | 239 | 16 | 4.7 | 0.74 |
| Creamfields Soft Cheese | 200 | 239 | 15.6 | 4.7 | 0.49 |
| The Laughing Cow Original Cheese Triangles | 280 | 239 | 12.5 | 6.5 | 2.00 |
| Sainsbury's Mozzarella Cheese, Basics | 125 | 245 | 13 | 1.5 | 0.50 |
| Iceland Greek Feta Cheese | 200 | 252 | 14 | 1.3 | 1.35 |
| Sainsbury's Soft Cheese, SO Organic | 250 | 253 | 18.4 | 3.1 | 1.50 |
| Sainsbury's Soft White Cheese | 300 | 255 | 19 | 3.1 | 1.20 |
| Creamfields Greek Style Salad Cheese | 299 | 266 | 14.7 | 1.9 | 0.75 |
| Morrisons Halloumi | 225 | 270 | 11.7 | 1.6 | 2.20 |
| Apetina Classic Block Cheese | 200 | 274 | 14 | 0.03 | 1.50 |
| Tesco French Ripening Brie | 190 | 275 | 15.1 | 1.1 | 1.80 |
| Sainsbury's Feta Cheese, SO Organic | 200 | 276 | 17 | 0.7 | 2.00 |
| Sainsburys Greek Cheese Feta | 200 | 276 | 17 | 0.7 | 1.35 |
| essential Waitrose Greek Feta cheese | 200 | 276 | 17 | 0.7 | 1.45 |
| Sainsbury's Cypriot Light Halloumi Cheese | 225 | 277 | 13.1 | 2.6 | 2.30 |
| ASDA Feta Cheese | 200 | 278 | 17 | 0.7 | 1.05 |
| Creamfields 10 Cheesy Slices | 170 | 278 | 10.9 | 7.6 | 0.59 |
| Tesco Greek Cheese Feta | 200 | 279 | 17.1 | 1.0 | 1.20 |
| Morrisons Soft Cheese Full Fat | 250 | 279 | 19 | 3.1 | 1.00 |
| Morrisons Greek Feta | 200 | 281 | 16.7 | 3.1 | 1.35 |
| Waitrose Duchy Organic soft cheese | 250 | 281 | 18.4 | 3.7 | 1.85 |
| Waitrose creamy & tangy Greek feta | 200 | 283 | 15 | 0.2 | 1.99 |
| ASDA Creamy Original Soft Cheese | 200 | 285 | 19 | 4.0 | 0.69 |
| Tesco Soft Cheese Plain Full Fat | 200 | 285 | 19 | 4.0 | 0.80 |
| essential Waitrose creamy soft cheese, strength | 250 | 285 | 19 | 4.0 | 1.10 |
| Iceland Mozzarella | 250 | 285 | 13.2 | 2.1 | 2.00 |
| ASDA 50% Less Fat Mature Cheese | 500 | 287 | 11 | 0.05 | 2.49 |
| Waitrose Duchy Organic Feta cheese, | 200 | 289 | 17.7 | 0.1 | 2.50 |
| Sainsbury's Somerset Brie Cheese | 160 | 291 | 14.6 | 0.05 | 1.50 |
| Waitrose mild Somerset Brie cheese | 230 | 291 | 14.6 | 0.05 | 2.10 |
| ASDA Grated Mozzarella Cheese | 250 | 295 | 13 | 2.4 | 1.90 |
| ASDA 10 Mozzarella Cheese Slices | 220 | 295 | 13 | 2.4 | 1.90 |
| Morrisons Cheddar Mature | 400 | 295 | 19.4 | 2.3 | 2.50 |
| Plant Menu Coconut grated Mature cheddar | 150 | 301 | 21.6 | 20.4 | 1.39 |
| Morrisons British Somerset Brie | 160 | 302 | 16.9 | 1.9 | 1.56 |
| Iceland Halloumi | 250 | 303 | 15.8 | 2.3 | 2.00 |
| Iceland Mellow & Buttery Somerset Brie | 150 | 306 | 16.8 | 1.3 | 1.40 |
| Morrisons 45% Lighter Italian Mozarella | 200 | 307 | 14.6 | 5.1 | 1.40 |
| Creamfields Halloumi | 225 | 313 | 24.6 | 0.8 | 1.39 |
| Pilgrims Choice Lighter Mature Cheese | 350 | 314 | 13.8 | 0.8 | 3.50 |
| Creamfields Lighter Mature Cheese | 400 | 314 | 13.8 | 0.8 | 1.79 |
| Tesco Cheddar 30% Less Fat | 460 | 314 | 13.8 | 0.8 | 2.30 |
| Pilgrims Choice Lighter Extra Mature Cheddar | 350 | 323 | 15.1 | 0.2 | 3.50 |
| Morrisons Cheddar 30% Less Fat | 250 | 324 | 14.6 | 3 | 1.90 |
| Sainsbury's Cypriot Halloumi Cheese | 225 | 328 | 18.2 | 0.9 | 2.30 |
| essential Waitrose Cypriot halloumi cheese | 250 | 328 | 18.2 | 0.9 | 2.55 |
| Cathedral City Kids Snack Nibbles | 30 | 331 | 16.4 | 0.1 | 1.50 |
| Cathedral City Mature Lighter Cheese | 350 | 331 | 16.4 | 0.1 | 3.50 |
| ASDA Grated Four Cheese Blend | 200 | 333 | 16 | 2.7 | 1.90 |
| Mlekovita Ser Gouda Slices | 150 | 334 | 17 | 0 | 1.06 |
| Dairylea Strip Cheese x8 | 168 | 336 | 17 | 3.5 | 2.00 |
| Tesco Halloumi | 225 | 336 | 19.3 | 2.2 | 2.00 |
| Morrisons The Best Halloum | 225 | 336 | 18.3 | 2.2 | 3.00 |
| ASDA 30% Less Fat Mild Cheddar Cheese | 500 | 337 | 16 | 0.05 | 2.49 |
| essential Waitrose 30% Lighter Extra Mature Chees | 350 | 337 | 14.6 | 3.0 | 3.00 |
| Yamas Chilli Halloumi Cheese | 225 | 353 | 18.2 | 1.2 | 2.60 |
| essential Waitrose French mild Brie cheese | 200 | 356 | 23 | 0.0 | 1.60 |
| Creamfields French Brie | 200 | 364 | 22 | 1.0 | 0.79 |
| ASDA Cheshire Cheese | 250 | 386 | 21 | 0.3 | 1.75 |
| Creamfields Grana Padano | 200 | 398 | 18 | 0 | 1.89 |
| Sainsbury's Red Leicester Cheese, SO Organic | 270 | 399 | 21.1 | 0.0 | 2.50 |
| Morrisons Red Leicester Cheese | 400 | 401 | 19.3 | 3.4 | 2.50 |
| Morrisons Extra Mature 10 Cheddar Slices | 250 | 402 | 18.7 | 3 | 2.00 |
| ASDA Red Leicester Cheese | 500 | 403 | 21 | 0.05 | 2.49 |
| ASDA Smart Price Red Leicester | 825 | 403 | 21 | 0.05 | 3.49 |
| Creamfields Red Leicester Cheese | 400 | 403 | 21.1 | 0.05 | 1.79 |
| Tesco Red Leicester Cheese | 220 | 403 | 21.1 | 0.1 | 1.55 |
| Sainsburys Red Leicester Cheese | 250 | 403 | 21.1 | 0.05 | 1.75 |
| Iceland Red Leicester Cheese | 250 | 403 | 21.1 | 0.1 | 2.00 |
| Morrisons Cheddar mild | 400 | 405 | 20.2 | 3.4 | 2.50 |
| Waitrose Somerset Cheddar Mature Strength | 350 | 410 | 21.7 | 0.05 | 4.00 |
| essential Waitrose medium Red Leicester cheese, strength | 350 | 411 | 21.6 | 0.05 | 2.60 |
| ASDA Double Gloucester Cheese | 500 | 413 | 22 | 0.4 | 2.49 |
| ASDA Smart Price Mature White Cheddar | 825 | 416 | 22 | 0.05 | 3.69 |
| Cathedral City Mature Cheddar Cheese | 350 | 416 | 21.7 | 0.1 | 3.50 |
| ASDA Smart Price Mild White Cheddar | 825 | 416 | 22 | 0.05 | 3.65 |
| Cathedral City Extra Mature Cheddar Cheese | 350 | 416 | 21.7 | 0.1 | 3.50 |
| Pilgrims Choice Extra Mature Cheddar Cheese | 350 | 416 | 21.7 | 0.1 | 3.50 |
| Cathedral City 8 Mature Cheddar Cheese Slices | 150 | 416 | 21.7 | 0.1 | 2.00 |
| Cathedral City Vintage Cheddar Cheese | 300 | 416 | 21.7 | 0.1 | 3.50 |
| Pilgrims Choice Mature Cheddar Cheese | 350 | 416 | 21.7 | 0.1 | 3.50 |
| Pilgrims Choice Vintage Cheddar Cheese | 300 | 416 | 21.7 | 0.1 | 3.50 |
| ASDA Extra Special Wyke Farms Extra Mature Cheddar | 200 | 416 | 22 | 0.3 | 2.15 |
| Creamfields Mild White Cheddar Large | 400 | 416 | 21.7 | 0.1 | 1.79 |
| Creamfields Mature White Cheddar Large | 400 | 416 | 21.7 | 0.1 | 1.79 |
| Creamfields Medium White Cheddar | 400 | 416 | 21.7 | 0.1 | 1.79 |
| Tesco Cheddar Mature | 460 | 416 | 34.9 | 0.1 | 2.30 |
| Tesco Cheddar mild | 460 | 416 | 21.7 | 0.1 | 2.30 |
| Tesco Mature 10 Cheddar Slices | 250 | 416 | 21.7 | 0.1 | 1.90 |
| Morrisons Organic Mature Cheddar | 250 | 416 | 21.7 | 0.0 | 1.90 |
| Lactofree Mature Cheddar | 200 | 416 | 22 | 0.05 | 1.50 |
| Orsom Woodew Handmade Smoked Cheddar | 200 | 416 | 21.7 | 0.1 | 2.50 |
| Sainsbury's Mature Cheddar Cheese, SO Organic | 270 | 416 | 21.7 | 0.05 | 2.50 |
| Sainsbury's Mild Cheddar Cheese, SO Organic | 270 | 416 | 21.7 | 0.05 | 2.50 |
| Sainsbury's British Mature Cheddar Cheese | 400 | 416 | 21.7 | 0.05 | 2.00 |
| Sainsbury's British Mild Cheddar Cheese | 400 | 416 | 21.7 | 0.05 | 2.00 |
| Sainsbury's British Mature Cheddar Cheese Slices | 240 | 416 | 21.7 | 0.05 | 1.70 |
| Waitrose Duchy Organic extra mature Cheddar | 350 | 416 | 21.7 | 0.05 | 3.85 |
| essential Waitrose English Mild Cheddar Strength | 550 | 416 | 21.7 | 0.05 | 3.00 |
| essential Waitrose English medium Cheddar cheese, strength 3, 10 slices | 250 | 416 | 21.7 | 0.05 | 1.89 |
| Iceland Cheddar Mature | 800 | 416 | 21.7 | 0.1 | 3.85 |
| Iceland Cheddar mild | 800 | 416 | 21.7 | 0.1 | 3.85 |
| Iceland Mature 10 Cheddar Slices | 250 | 416 | 21.7 | 0.1 | 2.00 |
| ASDA Mature Cheddar Cheese | 500 | 417 | 22 | 0.05 | 2.49 |
| ASDA Mild Cheddar Cheese | 500 | 417 | 22 | 0.05 | 2.49 |
| ASDA 10 Mature Cheddar Cheese Slices | 250 | 417 | 22 | 0.05 | 1.90 |
| ASDA Extra Mature Cheddar Cheese | 500 | 417 | 22 | 0.05 | 2.49 |
| ASDA Medium Cheddar Cheese | 500 | 417 | 22 | 0.05 | 2.49 |
| Red Fox Aged Red Leicester | 200 | 425 | 22.4 | 2.7 | 2.50 |

* Values shown 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*