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| --- | --- |
| Food: | Crackers |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Carr's Table Water Biscuits | 125 | 14 | 0.1 | 2.5 | 1.19 |
| Tesco Snackers | 200 | 16 | 0.08 | 2.3 | 0.99 |
| ASDA Cracker Bites | 200 | 18 | 0.1 | 2.2 | 1.00 |
| Ryvita Original Crackerbread | 200 | 19 | 0.02 | 3.8 | 1.35 |
| Tesco Poppy & Sesame Thins | 150 | 20 | 0.3 | 2.5 | 0.89 |
| Morrisons Cheese Thins | 160 | 20 | 0.6 | 1.9 | 0.68 |
| ASDA Cheese Thins | 150 | 21 | 0.6 | 1.9 | 0.75 |
| Ritz Cheese Crackers | 200 | 21 | 0.1 | 2.3 | 1.20 |
| Carr's Cheese Melts | 150 | 21 | 0.7 | 2.6 | 1.49 |
| Tesco Cheese Thins | 150 | 21 | 0.6 | 1.9 | 0.89 |
| Jacob's Savours Sour Cream & Chive Thins | 150 | 21 | 0.7 | 2.8 | 1.00 |
| Schar Gluten Free Fibre Crispbread | 125 | 22 | 0 | 4.6 | 1.50 |
| Milton's Multigrain Crackers | 170 | 22 | 0.06 | 3.0 | 1.29 |
| Tesco High Baked Water Biscuits | 200 | 22 | 0.2 | 4.2 | 0.65 |
| Tesco Finest Assorted Cracker For Cheese | 250 | 23 | 0.1 | 3.3 | 2.50 |
| Tuc Original Cracker | 150 | 26 | 0.7 | 2.7 | 1.00 |
| Nairn's Gluten Free Wholegrain Crackers | 137 | 26 | 0.4 | 3.3 | 1.70 |
| ASDA Free From Plain Crackers | 200 | 27 | 0.3 | 4.7 | 1.99 |
| ASDA Garlic Crackers | 200 | 28 | 0.2 | 3.7 | 0.85 |
| Ritz Breaks Original Crackers | 190 | 29 | 0.1 | 4.1 | 1.87 |
| ASDA Salt & Pepper Crackers | 185 | 29 | 0.2 | 3.7 | 0.79 |
| Marmite Biscuits For Cheese | 150 | 29 | 0.3 | 3.9 | 2.00 |
| Tesco Salt & Pepper Cracker | 185 | 30 | 0.2 | 3.7 | 0.95 |
| Jacob's Choice Grain Crackers | 200 | 32 | 0.5 | 4.7 | 1.19 |
| Jacob's Cream Crackers High Fibre | 200 | 34 | 0.4 | 4.5 | 1.19 |
| ASDA Cream Crackers | 300 | 35 | 0.5 | 5.4 | 0.49 |
| Jacob's Cream Crackers | 200 | 35 | 0.5 | 5.4 | 1.00 |
| Morrisons Cream Crackers | 300 | 35 | 0.5 | 5.4 | 0.40 |
| Sainsbury's Cream Crackers | 300 | 35 | 0.5 | 5.4 | 0.50 |
| essential Waitrose cream crackers | 300 | 35 | 0.5 | 5.4 | 0.55 |
| ASDA Cracker Selection | 150 | 36 | 0.7 | 4.7 | 0.95 |
| Tesco Cream Crackers | 300 | 38 | 0.6 | 5.7 | 0.40 |

* **Values shown per Cracker**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Schar Gluten Free Fibre Crispbread | 125 | 365 | 0.4 | 76 | 1.50 |
| Ryvita Original Crackerbread | 200 | 378 | 0.4 | 75 | 1.35 |
| Tesco High Baked Water Biscuits | 200 | 413 | 2.9 | 77.4 | 0.65 |
| Milton's Multigrain Crackers | 170 | 414 | 1.2 | 56.9 | 1.29 |
| Carr's Table Water Biscuits | 125 | 417 | 3.3 | 74.7 | 1.19 |
| Schar Gluten Free Cream Crackers | 260 | 420 | 5.2 | 77 | 1.50 |
| Jacob's Choice Grain Crackers | 200 | 428 | 6.3 | 63.7 | 1.19 |
| Peckish Rice Crackers Sour Cream & Chive | 100 | 434 | 1.9 | 78.5 | 0.88 |
| Jacob's Cream Crackers | 200 | 440 | 6.2 | 67.1 | 1.00 |
| ASDA Cream Crackers | 300 | 442 | 6.5 | 67 | 0.49 |
| Morrisons Cream Crackers | 300 | 442 | 6.5 | 67.2 | 0.40 |
| Sainsbury's Cream Crackers | 300 | 442 | 6.2 | 68 | 0.50 |
| essential Waitrose cream crackers | 300 | 442 | 6.2 | 68 | 0.55 |
| Doria Italian Crackers | 240 | 443 | 8.8 | 66 | 1.19 |
| ASDA Free From Plain Crackers | 200 | 443 | 5,7 | 78 | 1.99 |
| Doria Doriano Cracker | 240 | 443 | 8.8 | 66 | 1.19 |
| Marmite Biscuits For Cheese | 150 | 444 | 5 | 61 | 2.00 |
| Osem Cream Crackers | 250 | 446 | 3.9 | 72 | 0.80 |
| Organix Goodies Cheese Crackers | 80 | 449 | 3.3 | 67 | 2.00 |
| Tesco Cream Crackers | 300 | 454 | 6.8 | 68.2 | 0.40 |
| Tesco Finest Assorted Cracker For Cheese | 250 | 456 | 1.8 | 66.6 | 2.50 |
| Nairn's Gluten Free Wholegrain Crackers | 137 | 459 | 7.3 | 57.6 | 1.70 |
| Ritz Breaks Original Crackers | 190 | 463 | 1.7 | 65 | 1.87 |
| Jacob's Cream Crackers High Fibre | 200 | 463 | 6.1 | 61.4 | 1.19 |
| Tesco Snackers | 200 | 471 | 1.7 | 65.8 | 0.99 |
| ASDA Cracker Bites | 200 | 473 | 1.6 | 66 | 1.00 |
| ASDA Cracker Selection | 150 | 477 | 9.6 | 62 | 0.95 |
| Jacob's Savours Sour Cream & Chive Thins | 150 | 485 | 16.3 | 64.3 | 1.00 |
| Tesco Poppy & Sesame Thins | 150 | 490 | 7.5 | 63 | 0.89 |
| ASDA Garlic Crackers | 200 | 491 | 3.5 | 63 | 0.85 |
| Carr's Cheese Melts | 150 | 493 | 16.2 | 59.6 | 1.49 |
| Ritz Cheese Crackers | 200 | 494 | 4.2 | 58 | 1.20 |
| ASDA Salt & Pepper Crackers | 185 | 497 | 3.6 | 63 | 0.79 |
| Tesco Salt & Pepper Cracker | 185 | 499 | 3.6 | 62.5 | 0.95 |
| Holly's Emporium Tomato & Herb Crackers | 105 | 500 | 15 | 61 | 1.60 |
| Tuc Original Cracker | 150 | 523 | 13.9 | 54.6 | 1.00 |
| Morrisons Cheese Thins | 160 | 529 | 15.3 | 49.4 | 0.68 |
| ASDA Cheese Thins | 150 | 538 | 16 | 49 | 0.75 |
| Tesco Cheese Thins | 150 | 539 | 15.7 | 48.6 | 0.89 |

* **Values shown per 100 Gram serving**

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | YES | N/A |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*