|  |  |
| --- | --- |
| Food: | Ice Cream |

| Suggested Brands | Size / Weight (ml) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Smart Price Vanilla Soft Scoop | 2000 | 19.4 | 0.4 | 2.7 | 0.92 |
| Halo Top Sea Salt Caramel | 473 | 23.1 | 0.3 | 4.8 | 3.50 |
| Halo Top Peanut Butter Cup | 473 | 23.1 | 0.4 | 4.1 | 3.50 |
| Morrisons Vanilla | 2000 | 23.1 | 0.7 | 3.3 | 1.65 |
| Breyers Delights Salted Caramel Cake Lower Calorie | 500 | 23.1 | 0.3 | 3.4 | 5.00 |
| Morrisons Neapolitan | 2000 | 23.8 | 0.8 | 3.4 | 1.65 |
| Morrisons Low Calorie High Protein Peanut Butter | 480 | 24.1 | 0.3 | 3.9 | 2.50 |
| Carte D'or Vanilla Light | 1000 | 24.5 | 0.7 | 3.7 | 3.50 |
| Morrisons Low Calorie High Protein Choc Chip Cookie Dough | 480 | 24.5 | 0.5 | 3.1 | 2.50 |
| Halo Top Red Velvet | 472 | 25.8 | 0.4 | 4.8 | 3.50 |
| Halo Top Chocolate Chip Cookie Dough | 473 | 25.8 | 0.5 | 4.8 | 3.50 |
| Morrisons Raspberry Ripple | 2000 | 26.2 | 0.8 | 4.0 | 1.65 |
| Walls Soft Scoop Vanilla | 1800 | 27.9 | 0.9 | 3.4 | 2.20 |
| Sainsbury's Sorbet Mango | 500 | 27.9 | 0.1 | 6.4 | 2.20 |
| Carte D'or Strawberry | 1000 | 30.9 | 0.9 | 5.1 | 3.50 |
| ASDA Really Creamy Vanilla | 900 | 31.3 | 1.2 | 4.1 | 1.68 |
| Morrisons Vanilla Ice Cream | 900 | 33.0 | 1.4 | 4.3 | 2.00 |
| Carte D'or Salted Caramel | 1000 | 34.0 | 1.0 | 5.1 | 3.50 |
| Carte D'or Rum & Raisin | 1000 | 34.0 | 0.9 | 4.4 | 3.50 |
| Morrisons Strawberry & Cream | 900 | 35.4 | 1.3 | 4.8 | 2.00 |
| Morrisons Double Chocolate | 900 | 36.7 | 1.2 | 5.3 | 2.00 |
| essential Waitrose vanilla soft ice cream | 2000 | 36.7 | 1.3 | 5.0 | 2.00 |
| essential Waitrose vanilla soft | 1000 | 36.7 | 1.3 | 5.0 | 1.30 |
| Carte D'or Mint Chocolate | 1000 | 37.1 | 1.2 | 4.8 | 3.50 |
| Essential Waitrose vanilla & raspberry ripple | 1000 | 37.1 | 1.2 | 5.5 | 1.65 |
| Morrisons Toffee & Vanilla Ice | 900 | 37.7 | 1.2 | 5.6 | 2.00 |
| ASDA Triple Chocolate | 900 | 38.1 | 1.3 | 5.1 | 1.68 |
| ASDA Galactic | 900 | 38.8 | 1.3 | 5.8 | 2.00 |
| Carte D'or Indulgent Chocolate | 1000 | 39.1 | 1.5 | 4.4 | 3.50 |
| Tesco Neapolitan | 1000 | 39.4 | 0.8 | 6.3 | 1.00 |
| ASDA Unicorn | 900 | 39.8 | 1.4 | 6.1 | 2.00 |
| Morrisons Mint Chocolate Chip | 900 | 39.8 | 1.5 | 5.5 | 2.00 |
| Morrisons Salted Caramel | 900 | 40.1 | 1.4 | 5.8 | 2.00 |
| Morrisons Caramel Latte | 900 | 40.8 | 1.5 | 6.0 | 2.00 |
| Sainsbury's Vanilla Soft Scoop | 2000 | 41.8 | 1.3 | 6.3 | 1.80 |
| Sainsbury's Neapolitan Soft Scoop | 2000 | 42.5 | 1.3 | 6.2 | 1.80 |
| Maltesers | 500 | 43.5 | 1.7 | 5.8 | 3.00 |
| Sainsbury's Raspberry Ripple Soft Scoop | 2000 | 43.5 | 1.6 | 6.1 | 1.80 |
| Iceland Soft Scoop Vanilla | 2000 | 43.5 | 1.5 | 6.2 | 1.50 |
| ASDA Really Creamy Mint Choc Chip | 900 | 44.2 | 1.4 | 6.1 | 1.68 |
| Sainsbury's Chocolate Soft Scoop | 2000 | 44.5 | 1.4 | 6.5 | 1.80 |
| Iceland Neapolitan Soft Scoop | 2000 | 44.9 | 1.5 | 6.4 | 1.50 |
| ASDA Really Creamy Caramel Fudge | 900 | 45.2 | 1.7 | 6.1 | 1.68 |
| Tesco White Chocolate & Raspberry | 900 | 46.9 | 1.3 | 6.8 | 2.00 |
| Tesco Soft Scoop Vanilla | 2000 | 51.7 | 1.1 | 8.2 | 1.50 |
| Tesco Soft Scoop Neapolitan | 2000 | 51.7 | 1.1 | 8.3 | 1.50 |
| Iceland Made in Italy Caramel Swirl | 900 | 51.7 | 1.5 | 8.4 | 1.75 |
| Tesco Cornish | 2000 | 51.9 | 1.9 | 5.4 | 3.00 |
| Tesco Vanilla Ice Cream | 900 | 51.9 | 2.0 | 5.5 | 2.00 |
| Tesco Triple Chocolate | 900 | 51.9 | 1.3 | 7.5 | 2.00 |
| Mackies Traditional Luxury Dairy | 1000 | 53.0 | 1.8 | 6.0 | 3.00 |
| ASDA Vanilla Soft Scoop | 2000 | 56.8 | 2.0 | 8.0 | 1.35 |
| ASDA Neapolitan Soft Scoop | 2000 | 57.5 | 2.0 | 8.1 | 1.55 |
| Cadbury Double Decker | 480 | 57.5 | 2.6 | 6.4 | 3.00 |
| Tesco Caramel Vanilla | 900 | 57.8 | 1.5 | 8.9 | 2.00 |
| Oreo Ice Cream | 480 | 61.2 | 2.2 | 7.8 | 2.25 |
| Tesco Mint Chocolate | 900 | 61.2 | 2.3 | 7.6 | 2.00 |
| Carte D'Or Classic Vanilla | 1000 | 67.0 | 2.3 | 10.2 | 3.50 |
| Ms Molly's Vanilla | 2000 | 68.7 | 1.4 | 10.9 | 0.99 |
| Cadbury Flake | 480 | 69.7 | 2.3 | 7.8 | 2.50 |
| Kelly's Cornish Clotted Cream | 1000 | 77.5 | 3.3 | 6.8 | 2.50 |
| Kelly's Cornish Honeycomb Crunch | 950 | 79.9 | 2.4 | 10.3 | 2.50 |
| Ben & Jerry's Chocolate Fudge Brownie | 500 | 83.3 | 2.7 | 9.9 | 3.00 |
| Haagen-Dazs Vanilla | 460 | 85.3 | 3.5 | 6.8 | 2.50 |
| Ben & Jerry's Cookie Dough | 500 | 91.8 | 3.1 | 10.2 | 3.00 |
| Ben & Jerry's Phish Food | 500 | 91.8 | 2.7 | 12.2 | 3.00 |
| Haagen-Dazs Salted Caramel | 460 | 95.9 | 3.7 | 9.5 | 2.50 |
| Haagen-Dazs Belgian Chocolate | 460 | 106.8 | 4.3 | 8.9 | 2.50 |
| Magnum Vegan Classic | 270 | 112.2 | 4.8 | 11.6 | 3.50 |

* **Values shown per 34 gram scoop**

| Suggested Brands | Size / Weight (ml) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Smart Price Vanilla Soft Scoop | 2000 | 57 | 1.3 | 7.9 | 0.92 |
| Halo Top Sea Salt Caramel | 473 | 68 | 1 | 14 | 3.50 |
| Halo Top Peanut Butter Cup | 473 | 68 | 1.1 | 12 | 3.50 |
| Morrisons Vanilla | 2000 | 68 | 2.2 | 9.6 | 1.65 |
| Breyers Delights Salted Caramel Cake Lower Calorie | 500 | 68 | 0.9 | 10 | 5.00 |
| Morrisons Neapolitan | 2000 | 70 | 2.3 | 9.9 | 1.65 |
| Morrisons Low Calorie High Protein Peanut Butter | 480 | 71 | 1 | 11.4 | 2.50 |
| Carte D'or Vanilla Light | 1000 | 72 | 2 | 11 | 3.50 |
| Morrisons Low Calorie High Protein Choc Chip Cookie Dough | 480 | 72 | 1.5 | 9.1 | 2.50 |
| Halo Top Red Velvet | 472 | 76 | 1.2 | 14 | 3.50 |
| Halo Top Chocolate Chip Cookie Dough | 473 | 76 | 1.4 | 14 | 3.50 |
| Morrisons Raspberry Ripple | 2000 | 77 | 2.4 | 11.7 | 1.65 |
| Walls Soft Scoop Vanilla | 1800 | 82 | 2.6 | 10 | 2.20 |
| Sainsbury's Sorbet Mango | 500 | 82 | 0.3 | 18.9 | 2.20 |
| Carte D'or Strawberry | 1000 | 91 | 2.6 | 15 | 3.50 |
| ASDA Really Creamy Vanilla | 900 | 92 | 3.5 | 12 | 1.68 |
| Morrisons Vanilla Ice Cream | 900 | 97 | 4.1 | 12.7 | 2.00 |
| Carte D'or Salted Caramel | 1000 | 100 | 3 | 15 | 3.50 |
| Carte D'or Rum & Raisin | 1000 | 100 | 2.5 | 13 | 3.50 |
| Morrisons Strawberry & Cream | 900 | 104 | 3.9 | 14.1 | 2.00 |
| Morrisons Double Chocolate | 900 | 108 | 3.4 | 15.5 | 2.00 |
| essential Waitrose vanilla soft ice cream | 2000 | 108 | 3.7 | 14.8 | 2.00 |
| essential Waitrose vanilla soft | 1000 | 108 | 3.7 | 14.8 | 1.30 |
| Carte D'or Mint Chocolate | 1000 | 109 | 3.5 | 14 | 3.50 |
| Essential Waitrose vanilla & raspberry ripple | 1000 | 109 | 3.4 | 16.3 | 1.65 |
| Morrisons Toffee & Vanilla Ice | 900 | 111 | 3.6 | 16.4 | 2.00 |
| ASDA Triple Chocolate | 900 | 112 | 3.7 | 15 | 1.68 |
| ASDA Galactic | 900 | 114 | 3.9 | 17 | 2.00 |
| Carte D'or Indulgent Chocolate | 1000 | 115 | 4.4 | 13 | 3.50 |
| Tesco Neapolitan | 1000 | 116 | 2.4 | 18.5 | 1.00 |
| ASDA Unicorn | 900 | 117 | 4 | 18 | 2.00 |
| Morrisons Mint Chocolate Chip | 900 | 117 | 4.4 | 16.1 | 2.00 |
| Morrisons Salted Caramel | 900 | 118 | 4 | 17.2 | 2.00 |
| Morrisons Caramel Latte | 900 | 120 | 4.3 | 17.7 | 2.00 |
| Sainsbury's Vanilla Soft Scoop | 2000 | 122.9 | 3.8 | 18.6 | 1.80 |
| Sainsbury's Neapolitan Soft Scoop | 2000 | 125 | 3.9 | 18.2 | 1.80 |
| Maltesers | 500 | 128 | 5 | 17 | 3.00 |
| Sainsbury's Raspberry Ripple Soft Scoop | 2000 | 128 | 4.6 | 17.9 | 1.80 |
| Iceland Soft Scoop Vanilla | 2000 | 128 | 4.4 | 18.2 | 1.50 |
| ASDA Really Creamy Mint Choc Chip | 900 | 130 | 4.2 | 18 | 1.68 |
| Sainsbury's Chocolate Soft Scoop | 2000 | 131 | 4.2 | 19.1 | 1.80 |
| Iceland Neapolitan Soft Scoop | 2000 | 132 | 4.5 | 18.9 | 1.50 |
| ASDA Really Creamy Caramel Fudge | 900 | 133 | 5 | 18 | 1.68 |
| Tesco White Chocolate & Raspberry | 900 | 138 | 3.9 | 19.9 | 2.00 |
| Tesco Soft Scoop Vanilla | 2000 | 152 | 3.2 | 24 | 1.50 |
| Tesco Soft Scoop Neapolitan | 2000 | 152 | 3.1 | 24.3 | 1.50 |
| Iceland Made in Italy Caramel Swirl | 900 | 152 | 4.3 | 24.6 | 1.75 |
| Tesco Cornish | 2000 | 152.7 | 5.5 | 16 | 3.00 |
| Tesco Vanilla Ice Cream | 900 | 152.7 | 6 | 16.3 | 2.00 |
| Tesco Triple Chocolate | 900 | 152.7 | 3.8 | 22 | 2.00 |
| Mackies Traditional Luxury Dairy | 1000 | 156 | 5.2 | 17.7 | 3.00 |
| ASDA Vanilla Soft Scoop | 2000 | 167 | 6 | 23.6 | 1.35 |
| ASDA Neapolitan Soft Scoop | 2000 | 169 | 6 | 23.8 | 1.55 |
| Cadbury Double Decker | 480 | 169 | 7.7 | 18.9 | 3.00 |
| Tesco Caramel Vanilla | 900 | 170 | 4.4 | 26.3 | 2.00 |
| Oreo Ice Cream | 480 | 180 | 6.6 | 23 | 2.25 |
| Tesco Mint Chocolate | 900 | 180 | 6.9 | 22.3 | 2.00 |
| Carte D'Or Classic Vanilla | 1000 | 197 | 6.7 | 30 | 3.50 |
| Ms Molly's Vanilla | 2000 | 202 | 4 | 32.1 | 0.99 |
| Cadbury Flake | 480 | 205 | 6.8 | 22.8 | 2.50 |
| Kelly's Cornish Clotted Cream | 1000 | 228 | 9.6 | 20.1 | 2.50 |
| Kelly's Cornish Honeycomb Crunch | 950 | 235 | 7.1 | 30.4 | 2.50 |
| Ben & Jerry's Chocolate Fudge Brownie | 500 | 245 | 7.8 | 29 | 3.00 |
| Haagen-Dazs Vanilla | 460 | 251 | 10.4 | 20 | 2.50 |
| Ben & Jerry's Cookie Dough | 500 | 270 | 9 | 30 | 3.00 |
| Ben & Jerry's Phish Food | 500 | 270 | 8 | 36 | 3.00 |
| Haagen-Dazs Salted Caramel | 460 | 282 | 10.8 | 27.8 | 2.50 |
| Haagen-Dazs Belgian Chocolate | 460 | 314 | 12.7 | 26.2 | 2.50 |
| Magnum Vegan Classic | 270 | 330 | 14 | 34 | 3.50 |

* **Values shown per 100 ml**

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*