|  |  |
| --- | --- |
| Food: | Noodles (Instant and Super, Excluding Pot Snacks) |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Mama Hot & Spicy Flavour Oriental Style Instant Noodles | 90 | 251 | 5.0 | 36.9 | 0.70 |
| Mama Oriental Style Instant Noodles Shrimp Creamy Tom Yum Flavour | 90 | 251 | 5.0 | 63.7 | 0.70 |
| Kimchi Oriental Style Instant Noodle | 90 | 251 | 5.0 | 36.9 | 0.70 |
| ASDA Egg Noodles (boiled) | 250 | 251 | 5.0 | 36.9 | 0.59 |
| Mama Instant Noodles Chicken Flavour | 70 | 271 | 5.0 | 39.5 | 1.00 |
| Koka Instant Noodles Chicken Flavour | 85 | 271 | 5.4 | 34.8 | 0.45 |
| Koka Instant Noodles Curry Flavour | 85 | 271 | 5.4 | 35.2 | 0.45 |
| Koka Instant Noodles Vegetable Flavour | 85 | 271 | 5.4 | 35.2 | 0.45 |
| MAGGI 3 Minute Instant Chicken Flavour Noodle | 59 | 273 | 5.4 | 30 | 0.25 |
| Mama Instant Noodles Shrimp Tom Yum Flavour | 70 | 285 | 5.7 | 39.5 | 1.00 |
| Indo Mie Instant Special Chicken Flavour Noodles | 75 | 350 | 6 | 48.1 | 0.45 |
| Blue Dragon Medium Egg Noodles Nests (boiled) | 300 | 362 | 0.5 | 71 | 1.50 |
| Sharwood's Medium Egg Noodles (boiled) | 340 | 367 | 0.5 | 71.2 | 3.75 |
| ASDA Smart Price Chicken Instant Noodles | 65 | 372 | 7.0 | 50.3 | 0.20 |
| Indo Mie Mi Goreng Halal Instant Fried Noodles | 80 | 383 | 49 | 10.1 | 0.40 |
| Indo Mie Instant Noodles Pepper Chicken Flavor | 70 | 400 | 7 | 53 | 0.40 |
| Amoy Straight to Wok Udon Thick Noodles | 150 | 425 | 0.0 | 86.1 | 0.90 |
| Amoy straight to wok noodles thread | 150 | 429 | 1.0 | 75.4 | 0.90 |
| Amoy Straight To Wok Ribbon Rice Noodles Gluten Free | 150 | 432 | 0.0 | 104.5 | 0.90 |
| ASDA Instant Curry Noodles | 85 | 446 | 8.0 | 57.0 | 0.22 |
| ASDA Instant Curry Noodles | 85 | 446 | 8.0 | 57.0 | 0.22 |
| Tesco Instant Noodles Chow Mein Flavoured | 85 | 446 | 4.7 | 60.3 | 0.30 |
| Mama Oriental Style Instant Noodles Green Curry Flavour | 90 | 454 | 9 | 64 | 0.70 |
| Indo Mie Instant Noodles Chicken Curry Flavour | 80 | 455 | 7.2 | 65.4 | 0.45 |
| MAGGI 3 Minute Instant BBQ Beef Flavour Noodle | 59 | 457 | 9.9 | 61.4 | 0.25 |
| Morrisons Mild Curry Instant Noodles | 85 | 459 | 10.1 | 56.6 | 0.28 |
| Amoy Straight to Wok Singapore Noodles | 150 | 459 | 1.3 | 72.4 | 0.90 |
| Morrisons Instant Noodles BBQ Beef | 85 | 466 | 9.4 | 59.3 | 0.28 |
| Indo Mie Instant Special Chicken Flavour Noodles | 75 | 466 | 8 | 64.1 | 0.40 |
| ASDA Instant Chicken Noodles | 85 | 472 | 8.7 | 67.0 | 0.22 |
| ASDA Instant Chicken Noodles | 85 | 472 | 8.7 | 67.0 | 0.22 |
| Indo Mie Instant Noodles Soup Vegetable Flavour with Lime | 75 | 476 | 8.9 | 61.4 | 0.45 |
| Indo Mie Instant Noodles Mi Goreng Hot & Spicy | 80 | 480 | 8.4 | 65.3 | 0.40 |
| Morrisons Bacon Flavour Instant Noodles | 85 | 489 | 10.1 | 63.7 | 0.28 |
| Wai Wai Instant Noodles Casserole Beef Flavour | 60 | 494 | 11 | 61 | 0.45 |
| Wai Wai Oriental Style Instant Noodles | 60 | 501 | 11 | 62 | 0.45 |
| Wai Wai Instant Noodles Chicken Flavour | 60 | 504 | 11 | 61 | 0.45 |
| Wai Wai Instant Noodles Chicken Flavour | 60 | 504 | 11 | 61 | 0.45 |
| Batchelors Super Noodles Chicken Flavour | 90 | 506 | 10.4 | 65.3 | 0.50 |
| Batchelors Super Noodles BBQ Beef Flavour | 90 | 506 | 10.4 | 65.3 | 0.50 |
| Batchelors Super Noodles Bacon Flavour | 90 | 506 | 10.4 | 65.0 | 0.50 |
| Amoy straight to wok medium noodles | 150 | 506 | 1.0 | 91.5 | 0.90 |
| Batchelors Super Noodles Southern Fried Chicken Flavour | 90 | 509 | 10.4 | 65.3 | 0.50 |
| Batchelors Super Noodles Chow Mein Flavour | 90 | 513 | 10.4 | 66.3 | 0.50 |
| Batchelors Super Noodles Chicken & Mushroom Flavour | 90 | 513 | 10.4 | 65.7 | 0.50 |
| Tesco Chicken Flavour Instant Noodles | 85 | 513 | 5.4 | 73.7 | 0.30 |
| Batchelors Super Noodles Curry Flavour | 90 | 519 | 10.4 | 67.3 | 0.50 |
| Morrisons Instant Noodles Chicken | 85 | 526 | 11.4 | 64.7 | 0.28 |
| Sainsbury's Instant Noodles, Chicken, Basics | 90 | 586 | 13.1 | 71.7 | 0.25 |
| Sainsbury's Instant Noodles, Chicken | 85 | 586 | 13.1 | 71.7 | 0.45 |
| Sainsbury's Instant Noodles, Curry | 85 | 590 | 13.1 | 72.0 | 0.45 |
| Sainsbury's Instant Noodles, BBQ | 85 | 590 | 13.1 | 71.7 | 0.45 |
| Indo Mie Mi Goreng Halal Instant Fried Noodles | 80 | 754 | 19.8 | 96.5 | 0.40 |

* Values Shown Per Packet Eaten When Water Added To 335 Grams

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Mama Hot & Spicy Flavour Oriental Style Instant Noodles | 90 | 75 | 1.5 | 11 | 0.70 |
| Mama Oriental Style Instant Noodles Shrimp Creamy Tom Yum Flavour | 90 | 75 | 1.5 | 19 | 0.70 |
| Kimchi Oriental Style Instant Noodle | 90 | 75 | 1.5 | 11 | 0.70 |
| Mama Instant Noodles Chicken Flavour | 70 | 81 | 1.5 | 11.8 | 1.00 |
| Koka Instant Noodles Chicken Flavour | 85 | 81 | 1.6 | 10.4 | 0.45 |
| Koka Instant Noodles Curry Flavour | 85 | 81 | 1.6 | 10.5 | 0.45 |
| Koka Instant Noodles Vegetable Flavour | 85 | 81 | 1.6 | 10.5 | 0.45 |
| Mama Instant Noodles Shrimp Tom Yum Flavour | 70 | 85 | 1.7 | 11.8 | 1.00 |
| ASDA Smart Price Chicken Instant Noodles | 65 | 111 | 2.1 | 15 | 0.20 |
| Amoy Straight to Wok Udon Thick Noodles | 150 | 127 | 0.01 | 25.7 | 0.90 |
| Amoy straight to wok noodles thread | 150 | 128 | 0.3 | 22.5 | 0.90 |
| Amoy Straight To Wok Ribbon Rice Noodles Gluten Free | 150 | 129 | 0.01 | 31.2 | 0.90 |
| ASDA Instant Curry Noodles | 85 | 133 | 2.4 | 17 | 0.22 |
| ASDA Instant Curry Noodles | 85 | 133 | 2.4 | 17 | 0.22 |
| Tesco Instant Noodles Chow Mein Flavoured | 85 | 133 | 1.4 | 18 | 0.30 |
| Morrisons Mild Curry Instant Noodles | 85 | 137 | 3 | 16.9 | 0.28 |
| Amoy Straight to Wok Singapore Noodles | 150 | 137 | 0.4 | 21.6 | 0.90 |
| Morrisons Instant Noodles BBQ Beef | 85 | 139 | 2.8 | 17.7 | 0.28 |
| ASDA Instant Chicken Noodles | 85 | 141 | 2.6 | 20 | 0.22 |
| ASDA Instant Chicken Noodles | 85 | 141 | 2.6 | 20 | 0.22 |
| Morrisons Bacon Flavour Instant Noodles | 85 | 146 | 3 | 19 | 0.28 |
| Batchelors Super Noodles Chicken Flavour | 90 | 151 | 3.1 | 19.5 | 0.50 |
| Batchelors Super Noodles BBQ Beef Flavour | 90 | 151 | 3.1 | 19.5 | 0.50 |
| Batchelors Super Noodles Bacon Flavour | 90 | 151 | 3.1 | 19.4 | 0.50 |
| Amoy straight to wok medium noodles | 150 | 151 | 0.3 | 27.3 | 0.90 |
| Batchelors Super Noodles Southern Fried Chicken Flavour | 90 | 152 | 3.1 | 19.5 | 0.50 |
| Batchelors Super Noodles Chow Mein Flavour | 90 | 153 | 3.1 | 19.8 | 0.50 |
| Batchelors Super Noodles Chicken & Mushroom Flavour | 90 | 153 | 3.1 | 19.6 | 0.50 |
| Tesco Chicken Flavour Instant Noodles | 85 | 153 | 1.6 | 22 | 0.30 |
| Batchelors Super Noodles Curry Flavour | 90 | 155 | 3.1 | 20.1 | 0.50 |
| Morrisons Instant Noodles Chicken | 85 | 157 | 3.4 | 19.3 | 0.28 |
| Sainsbury's Instant Noodles, Chicken, Basics | 90 | 175 | 3.9 | 21.4 | 0.25 |
| Sainsbury's Instant Noodles, Chicken | 85 | 175 | 3.9 | 21.4 | 0.45 |
| Sainsbury's Instant Noodles, Curry | 85 | 176 | 3.9 | 21.5 | 0.45 |
| Sainsbury's Instant Noodles, BBQ | 85 | 176 | 3.9 | 21.4 | 0.45 |
| ASDA Egg Noodles (boiled) | 250 | 181 | 0.2 | 38 | 0.59 |
| Indo Mie Mi Goreng Halal Instant Fried Noodles | 80 | 225 | 5.9 | 28.8 | 0.40 |
| MAGGI 3 Minute Instant Chicken Flavour Noodle | 59 | 273 | 5.4 | 30 | 0.25 |
| Indo Mie Instant Special Chicken Flavour Noodles | 75 | 350 | 6 | 48.1 | 0.45 |
| Blue Dragon Medium Egg Noodles Nests (boiled) | 300 | 362 | 0.5 | 71 | 1.50 |
| Sharwood's Medium Egg Noodles (boiled) | 340 | 367 | 0.5 | 71.2 | 3.75 |
| Indo Mie Mi Goreng Halal Instant Fried Noodles | 80 | 383 | 49 | 10.1 | 0.40 |
| Indo Mie Instant Noodles Pepper Chicken Flavor | 70 | 400 | 7 | 53 | 0.40 |
| Mama Oriental Style Instant Noodles Green Curry Flavour | 90 | 454 | 9 | 64 | 0.70 |
| Indo Mie Instant Noodles Chicken Curry Flavour | 80 | 455 | 7.2 | 65.4 | 0.45 |
| MAGGI 3 Minute Instant BBQ Beef Flavour Noodle | 59 | 457 | 9.9 | 61.4 | 0.25 |
| Indo Mie Instant Special Chicken Flavour Noodles | 75 | 466 | 8 | 64.1 | 0.40 |
| Indo Mie Instant Noodles Soup Vegetable Flavour with Lime | 75 | 476 | 8.9 | 61.4 | 0.45 |
| Indo Mie Instant Noodles Mi Goreng Hot & Spicy | 80 | 480 | 8.4 | 65.3 | 0.40 |
| Wai Wai Instant Noodles Casserole Beef Flavour | 60 | 494 | 11 | 61 | 0.45 |
| Wai Wai Oriental Style Instant Noodles | 60 | 501 | 11 | 62 | 0.45 |
| Wai Wai Instant Noodles Chicken Flavour | 60 | 504 | 11 | 61 | 0.45 |
| Wai Wai Instant Noodles Chicken Flavour | 60 | 504 | 11 | 61 | 0.45 |

* Values shown per 100 grams on packet

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*