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| Food: | Tonic Water |

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| Suggested Brands | Size / Weight (ml)  Per bottle | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price |
| ASDA Diet Indian With Lime | 1000 | 12 | 0 | 0 | 0.37 |
| Tesco Low Calorie Indian | 1000 | 15 | 0 | 0 | 0.40 |
| ASDA Diet Indian | 1000 | 16 | 0 | 0 | 0.37 |
| Morrison’s Diet Indian | 1000 | 16 | 0 | 0 | 0.45 |
| Sainsbury’s Diet Indian | 1000 | 16 | 0 | 0 | 0.50 |
| Waitrose sugar free indian | 1000 | 16 | 0 | 0 | 0.53 |
| Tesco Diet Indian With Lime | 1000 | 19.2 | 0 | 0.28 | 0.40 |
| ASDA Diet Indian With Lemon | 1000 | 20 | 0 | 0 | 0.37 |
| Schweppes Slimline | 1000 | 20 | 0 | 0 | 1.22 |
| Tesco Diet Indian With Lemon | 1000 | 22.8 | 0 | 0.28 | 0.40 |
| Morrison’s Diet Indian With Lime | 1000 | 24 | 0 | 0 | 0.45 |
| Morrison’s Diet Indian With Lemon | 1000 | 24 | 0 | 0 | 0.45 |
| Fever-Tree Naturally Light | 500 | 75 | 0 | 19 | 1.70 |
| ASDA Indian | 1000 | 136 | 0.3 | 29.6 | 0.37 |
| Fever-Tree Premium | 500 | 140 | 0 | 35.5 | 1.81 |
| Morrison’s Indian | 1000 | 152 | 0 | 34.4 | 0.45 |
| Tesco Indian | 1000 | 158.4 | 0 | 36 | 0.40 |
| Fever-Tree Elderflower | 500 | 170 | 0 | 42.5 | 1.81 |
| Fever Tree Mediterranean | 500 | 180 | 0 | 45 | 1.81 |
| Sainsbury’s Indian | 1000 | 204 | 0 | 48 | 0.50 |
| Waitrose indian | 1000 | 208 | 0 | 49.2 | 0.53 |
| Schweppes Tonic water | 1000 | 212 | 0 | 48 | 1.22 |
| Llanllyr Source (4 x 200ml) | 800 | 264 | 0 | 64 | 3.99 |

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | Able & Cole | ICELAND |
| YES | 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*