|  |  |
| --- | --- |
| Food: | Tea (Fruit) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (bags in pack) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA Lemon Meringue | 20 | 1 | 0.2 | 0.2 | 0.74 |
| Tetley Super Green Tea Boost Strawberry & Raspberry | 20 | 3 | 0.0 | 1.0 | 1.50 |
| Tetley Green Tea with Lemon | 50 | 3 | 0.0 | 1.0 | 2.15 |
| Twinings Superblends Sleep Spiced Apple & Vanilla with Camomile & Passionflowers | 20 | 3 | 0.2 | 0.2 | 2.00 |
| Twinings Superblends Glow Strawberry & Cucumber | 20 | 3 | 0.2 | 0.2 | 2.00 |
| Pukka Elderberry & Echinacea | 20 | 3 | 0.0 | 1.0 | 2.00 |
| Tetley Super Fruits Boost Blueberry & Raspberry Tea Bags | 20 | 7 | 0.0 | 2.0 | 1.50 |
| Twinings Lemon & Ginger | 20 | 7 | 0.0 | 0.0 | 1.50 |
| Twinings Cranberry & Raspberry | 20 | 7 | 0.0 | 0.0 | 1.50 |
| Twinings Spiced Ginger | 20 | 7 | 0.0 | 0.0 | 1.50 |
| ASDA Strawberry & Forest Fruits | 20 | 7 | 0.0 | 2.0 | 0.74 |
| ASDA Rhubarb & Custard | 20 | 7 | 0.2 | 0.2 | 0.74 |
| Sainsbury's Cold Brew Watermelon & Lime Flavour | 15 | 7 | 0.0 | 0.0 | 2.50 |
| Sainsbury's Mint Lemonade Cold Brew | 15 | 7 | 0.0 | 0.0 | 2.50 |
| Sainsbury's Cold Brew Peach & Black Tea | 15 | 7 | 0.0 | 0.0 | 2.50 |
| Twinings Strawberry & Raspberry | 20 | 7 | 0.0 | 0.0 | 1.70 |
| Teapigs super fruit | 15 | 7 | 0.0 | 2.0 | 3.00 |
| Tesco Red Berries | 20 | 13 | 0.3 | 0.3 | 0.75 |

* Values shown per 235ml cup

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (bags in pack) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA Lemon Meringue | 20 | 0.3 | 0.05 | 0.05 | 0.74 |
| Tetley Super Green Tea Boost Strawberry & Raspberry | 20 | 1 | 0 | 0.3 | 1.50 |
| Tetley Green Tea with Lemon | 50 | 1 | 0 | 0.3 | 2.15 |
| Twinings Superblends Sleep Spiced Apple & Vanilla with Camomile & Passionflowers | 20 | 1 | 0.05 | 0.05 | 2.00 |
| Twinings Superblends Glow Strawberry & Cucumber | 20 | 1 | 0.05 | 0.05 | 2.00 |
| Pukka Elderberry & Echinacea | 20 | 1 | 0 | 0.3 | 2.00 |
| Tetley Super Fruits Boost Blueberry & Raspberry Tea Bags | 20 | 2 | 0 | 0.6 | 1.50 |
| Twinings Lemon & Ginger | 20 | 2 | 0 | 0 | 1.50 |
| Twinings Cranberry & Raspberry | 20 | 2 | 0 | 0 | 1.50 |
| Twinings Spiced Ginger | 20 | 2 | 0 | 0 | 1.50 |
| ASDA Strawberry & Forest Fruits | 20 | 2 | 0 | 0.6 | 0.74 |
| ASDA Rhubarb & Custard | 20 | 2 | 0.05 | 0.05 | 0.74 |
| Sainsbury's Cold Brew Watermelon & Lime Flavour | 15 | 2 | 0 | 0 | 2.50 |
| Sainsbury's Mint Lemonade Cold Brew | 15 | 2 | 0 | 0 | 2.50 |
| Sainsbury's Cold Brew Peach & Black Tea | 15 | 2 | 0 | 0 | 2.50 |
| Twinings Strawberry & Raspberry | 20 | 2 | 0 | 0 | 1.70 |
| Teapigs super fruit | 15 | 2 | 0 | 0.6 | 3.00 |
| Tesco Red Berries | 20 | 4 | 0.1 | 0.1 | 0.75 |

* Values shown per 100 ml

Supermarkets Tested

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Iceland |
| YES | YES | YES | YES | Similar | Similar |

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