|  |  |
| --- | --- |
| Food: | Lemonade (Bottle) |

| Suggested Brands | Size / Weight (Litres) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Smart Price Lemonade | 2000 | 1.3 | 0.0 | 0.0 | 0.17 |
| ASDA Diet Lemonade | 2000 | 2.5 | 0.1 | 0.0 | 0.35 |
| Sprite Zero | 2000 | 2.5 | 0.0 | 0.0 | 1.85 |
| Tesco Sparkling Diet Lemonade | 2000 | 2.5 | 0.1 | 0.0 | 0.35 |
| Morrisons Diet Lemonade | 2000 | 2.5 | 0.0 | 0.0 | 0.60 |
| Sainsbury's Diet Lemonade | 2000 | 2.5 | 0.1 | 0.0 | 0.70 |
| essential Waitrose sugar free lemonade | 2000 | 2.5 | 0.1 | 0.0 | 0.72 |
| Geebee Free the Fizz Lemonade No Added Sugar | 2000 | 2.5 | 0.0 | 0.0 | 0.50 |
| Schweppes Slimline Lemonade | 2000 | 5.0 | 0.0 | 0.0 | 1.00 |
| ASDA Diet Cloudy Lemonade | 2000 | 5.0 | 0.1 | 0.3 | 0.50 |
| 7UP Free Sparkling Lemon & Lime | 2000 | 5.0 | 0.0 | 0.0 | 1.50 |
| Tesco No Added Sugar Cloudy Lemonade | 2000 | 5.0 | 0.0 | 0.1 | 0.50 |
| Tesco Sparkling Raspberry And Rose Lemonade | 1000 | 5.0 | 0.1 | 0.1 | 0.45 |
| Tesco Sparkling Watermelon Lemonade | 1000 | 5.0 | 0.1 | 0.5 | 0.45 |
| R Whites Diet Lemonade | 2000 | 5.0 | 0.0 | 0.0 | 1.30 |
| Waitrose cloudy lemonade light | 2000 | 5.0 | 0.1 | 0.5 | 0.81 |
| Lucozade Zero Pink Lemonade | 1000 | 6.3 | 0.0 | 0.3 | 1.00 |
| Tesco Sparkling Morello Cherry Lemonade | 1000 | 7.5 | 0.0 | 1.0 | 0.45 |
| Tesco No Added Sugar Pink Lemonade | 2000 | 7.5 | 0.1 | 0.8 | 0.50 |
| Sainsbury's Cloudy Lemonade No Added Sugar | 2000 | 7.5 | 0.1 | 0.5 | 0.70 |
| Waitrose lemonade with lemon juice no added sugar | 1000 | 7.5 | 0.0 | 0.5 | 0.66 |
| Morrisons The Best Sparkling Raspberry Lemonade | 750 | 10.0 | 0.1 | 2.3 | 1.50 |
| Sainsbury's Pink Lemonade, Zero Added Sugar | 2000 | 10.0 | 0.1 | 0.3 | 1.00 |
| C&C Lemonade | 2000 | 22.5 | 0.0 | 4.8 | 1.50 |
| ASDA Lemonade | 2000 | 25.0 | 0.1 | 5.8 | 0.35 |
| R Whites Lemonade | 1500 | 27.5 | 0.0 | 6.0 | 0.70 |
| Tesco Sparkling Lemonade | 2000 | 30.0 | 0.1 | 7.3 | 0.35 |
| Barr Lemonade | 2000 | 30.0 | 0.0 | 7.0 | 0.75 |
| Morrisons Lemonade | 2000 | 32.5 | 0.0 | 7.5 | 0.60 |
| Sprite Original | 2000 | 35.0 | 0.0 | 8.3 | 1.85 |
| Sainsbury's Lemonade | 2000 | 37.5 | 0.1 | 8.8 | 0.70 |
| Fever-Tree Refreshingly Light Sicilian Lemonade | 500 | 42.5 | 0.0 | 10.5 | 1.70 |
| R Whites Premium Pear & Elderflower Lemonade | 1250 | 42.5 | 0.0 | 9.8 | 1.00 |
| R Whites Premium Raspberry Lemonade | 1250 | 42.5 | 0.0 | 9.8 | 1.00 |
| Schweppes Lemonade | 2000 | 45.0 | 0.0 | 10.5 | 1.00 |
| Waitrose Duchy Rose Lemonade | 750 | 45.0 | 0.0 | 11.5 | 2.29 |
| Fanta Lemon | 2000 | 47.5 | 0.0 | 11.3 | 1.85 |
| ASDA Extra Special Freshly Squeezed Cloudy Lemonade | 1000 | 60.0 | 0.1 | 0.8 | 2.00 |
| Belvoir Fruit Farms Fruit Farms Raspberry Lemonade | 750 | 75.0 | 0.0 | 18.8 | 2.49 |
| Belvoir Fruit Farms Fruit Farms Raspberry Lemonade | 750 | 75.0 | 0.0 | 18.8 | 2.49 |
| Waitrose lemonade with lemon juice | 1000 | 75.0 | 0.1 | 17.5 | 0.89 |
| Waitrose cloudy lemonade | 2000 | 80.0 | 0.1 | 19.5 | 1.24 |
| Sainsbury's Sicilian Lemonade, Sparkling, Taste the Difference  (Sugar levy applied) | 750 | 85.0 | 0.1 | 20.3 | 2.00 |
| Waitrose 1 freshly squeezed still lemonade | 1000 | 85.0 | 0.1 | 19.5 | 2.65 |
| Fairtrade Lemony Lemonade | 330 | 101.5 | 0.0 | 24.4 | 1.69 |
| Fentimans Traditional Rose Lemonade | 750 | 102.5 | 0.0 | 23.0 | 2.95 |
| Morrisons The Best Sparkling Sicilian Lemonade | 750 | 120.0 | 0.1 | 27.8 | 1.50 |
| Nash Red Lemonade | 1500 | 220.0 | 0.0 | 12.3 | 1.37 |

* Values shown per 250ml glass

| Suggested Brands | Size / Weight (Litres) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| ASDA Smart Price Lemonade | 2000 | 0.5 | 0.0 | 0.0 | 0.17 |
| ASDA Diet Lemonade | 2000 | 1 | 0.05 | 0.0 | 0.35 |
| Sprite Zero | 2000 | 1 | 0 | 0 | 1.85 |
| Tesco Sparkling Diet Lemonade | 2000 | 1 | 0.05 | 0.0 | 0.35 |
| Morrisons Diet Lemonade | 2000 | 1 | 0 | 0 | 0.60 |
| Sainsbury's Diet Lemonade | 2000 | 1 | 0.05 | 0.0 | 0.70 |
| essential Waitrose sugar free lemonade | 2000 | 1 | 0.05 | 0 | 0.72 |
| Geebee Free the Fizz Lemonade No Added Sugar | 2000 | 1 | 0 | 0 | 0.50 |
| Schweppes Slimline Lemonade | 2000 | 2 | 0 | 0 | 1.00 |
| ASDA Diet Cloudy Lemonade | 2000 | 2 | 0.05 | 0.1 | 0.50 |
| 7UP Free Sparkling Lemon & Lime | 2000 | 2 | 0 | 0 | 1.50 |
| Tesco No Added Sugar Cloudy Lemonade | 2000 | 2 | 0.0 | 0.05 | 0.50 |
| Tesco Sparkling Raspberry And Rose Lemonade | 1000 | 2 | 0.05 | 0.05 | 0.45 |
| Tesco Sparkling Watermelon Lemonade | 1000 | 2 | 0.05 | 0.2 | 0.45 |
| R Whites Diet Lemonade | 2000 | 2 | 0 | 0 | 1.30 |
| Waitrose cloudy lemonade light | 2000 | 2 | 0.05 | 0.2 | 0.81 |
| Lucozade Zero Pink Lemonade | 1000 | 2.5 | 0 | 0.1 | 1.00 |
| Tesco Sparkling Morello Cherry Lemonade | 1000 | 3 | 0 | 0.4 | 0.45 |
| Tesco No Added Sugar Pink Lemonade | 2000 | 3 | 0.05 | 0.3 | 0.50 |
| Sainsbury's Cloudy Lemonade No Added Sugar | 2000 | 3 | 0.05 | 0.2 | 0.70 |
| Waitrose lemonade with lemon juice no added sugar | 1000 | 3 | 0 | 0.2 | 0.66 |
| Morrisons The Best Sparkling Raspberry Lemonade | 750 | 4 | 0.05 | 0.9 | 1.50 |
| Sainsbury's Pink Lemonade, Zero Added Sugar | 2000 | 4 | 0.05 | 0.1 | 1.00 |
| C&C Lemonade | 2000 | 9 | 0 | 1.9 | 1.50 |
| ASDA Lemonade | 2000 | 10 | 0.05 | 2.3 | 0.35 |
| R Whites Lemonade | 1500 | 11 | 0 | 2.4 | 0.70 |
| Tesco Sparkling Lemonade | 2000 | 12 | 0.05 | 2.9 | 0.35 |
| Barr Lemonade | 2000 | 12 | 0 | 2.8 | 0.75 |
| Morrisons Lemonade | 2000 | 13 | 0 | 3 | 0.60 |
| Sprite Original | 2000 | 14 | 0 | 3.3 | 1.85 |
| Sainsbury's Lemonade | 2000 | 15 | 0.05 | 3.5 | 0.70 |
| Fever-Tree Refreshingly Light Sicilian Lemonade | 500 | 17 | 0 | 4.2 | 1.70 |
| R Whites Premium Pear & Elderflower Lemonade | 1250 | 17 | 0 | 3.9 | 1.00 |
| R Whites Premium Raspberry Lemonade | 1250 | 17 | 0 | 3.9 | 1.00 |
| Schweppes Lemonade | 2000 | 18 | 0.0 | 4.2 | 1.00 |
| Waitrose Duchy Rose Lemonade | 750 | 18 | 0 | 4.6 | 2.29 |
| Fanta Lemon | 2000 | 19 | 0 | 4.5 | 1.85 |
| ASDA Extra Special Freshly Squeezed Cloudy Lemonade | 1000 | 24 | 0.05 | 0.3 | 2.00 |
| Belvoir Fruit Farms Fruit Farms Raspberry Lemonade | 750 | 30 | 0 | 7.5 | 2.49 |
| Belvoir Fruit Farms Fruit Farms Raspberry Lemonade | 750 | 30 | 0 | 7.5 | 2.49 |
| Waitrose lemonade with lemon juice | 1000 | 30 | 0.05 | 7 | 0.89 |
| Waitrose cloudy lemonade | 2000 | 32 | 0.05 | 7.8 | 1.24 |
| Sainsbury's Sicilian Lemonade, Sparkling, Taste the Difference  (Sugar levy applied) | 750 | 34 | 0.05 | 8.1 | 2.00 |
| Waitrose 1 freshly squeezed still lemonade | 1000 | 34 | 0.05 | 7.8 | 2.65 |
| Fairtrade Lemony Lemonade | 330 | 40 | 0 | 9.6 | 1.69 |
| Fentimans Traditional Rose Lemonade | 750 | 41 | 0 | 9.2 | 2.95 |
| Morrisons The Best Sparkling Sicilian Lemonade | 750 | 48 | 0.05 | 11.1 | 1.50 |
| Nash Red Lemonade | 1500 | 88 | 0.0 | 4.9 | 1.37 |

* Values shown per 100ml

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*