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| Food: | Malt Drink |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| ASDA Instant | 400 | 131 | 0.9 | 26 | 1.49 |
| Horlicks Instant Light | 500 | 117 | 0.5 | 22.5 | 3.50 |
| Horlicks Instant Light Chocolate | 500 | 117 | 1.4 | 22 | 3.50 |
| Tesco Malted | 300 | 259 | 3.8 | 40.2 | 1.15 |
| Sainsbury's Instant | 400 | 130 | 2 | 23.1 | 1.30 |
| Horlicks Traditional Malt | 500 | 241 | 3.5 | 36 | 3.50 |

* Per Serving 32 g In Hot Water

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*