|  |  |
| --- | --- |
| Food: | Tea (black) |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (number in pack) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| PG Tips | 240 | 1.2 | 0.0 | 0.0 | 3.50 |
| PG Tips Decaf | 180 | 1.2 | 0.0 | 0.0 | 4.00 |
| Scottish Blend Original | 200 | 1.2 | 0.0 | 0.0 | 3.79 |
| Yorkshire Tea \* | 160 | 2.4 | 0.0 | 0.0 | 5.39 |
| Tetley | 80 | 2.4 | 0.0 | 0.7 | 2.65 |
| Tetley Decaf | 160 | 2.4 | 0.0 | 0.7 | 3.00 |
| Clipper Everyday Organic | 100 | 2.4 | 0.0 | 0.5 | 3.00 |
| Clipper Everyday Fair Trade | 100 | 2.4 | 0.0 | 0.0 | 3.50 |
| Tetley Extra Strong | 75 | 2.4 | 0.0 | 0.7 | 2.85 |
| Sainsbury's basics | 100 | 2.4 | 0.2 | 0.5 | 0.50 |
| Sainsbury's Fairtrade SO Organic | 80 | 2.4 | 0.0 | 0.5 | 1.50 |
| Sainsbury's Fairly Traded Gold Label | 80 | 2.4 | 0.0 | 0.2 | 1.75 |
| Essential Waitrose Original Blend | 160 | 2.4 | 0.2 | 0.5 | 2.10 |
| ssential Waitrose Original Blend Decaffeinated | 80 | 2.4 | 0.2 | 0.5 | 1.59 |
| Typhoo | 900 | 2.4 | 0.0 | 0.0 | 9.00 |
| Common everyday Tea | 100 | 7.3 | 0.2 | 0.5 | 0.00 |
| Asda everyday \* | 80 | 7.3 | 0.2 | 0.5 | 0.89 |
| Asda everyday decaf \* | 80 | 7.3 | 0.2 | 0.5 | 0.89 |
| Yorkshire Tea Decaf \* | 160 | 7.3 | 0.2 | 0.5 | 5.00 |
| Twinings English Breakfast \*` | 50 | 7.3 | 0.2 | 0.5 | 2.00 |
| Lancashire Tea Foil Fresh \* | 80 | 7.4 | 0.2 | 0.5 | 1.50 |
| Asda Extra Strong \* | 80 | 7.4 | 0.2 | 0.5 | 1.39 |
| Tesco Tea | 80 | 7.4 | 0.2 | 0.5 | 0.89 |
| Stockwell & Co \* | 80 | 7.4 | 0.2 | 0.5 | 0.58 |
| Thompson's Special Everyday \* | 160 | 7.4 | 0.2 | 0.5 | 3.00 |
| Tesco Gold | 80 | 7.4 | 0.2 | 0.5 | 1.69 |
| Tesco Decaffeinated | 80 | 7.4 | 0.2 | 0.5 | 1.50 |
| Morrisons Everyday \* | 80 | 7.4 | 0.2 | 0.5 | 1.25 |
| Morrisons Extra Strong \* | 80 | 7.5 | 0.2 | 0.5 | 1.65 |
| Morrisons Decaffeinated \* | 160 | 7.5 | 0.2 | 0.5 | 3.15 |

* Values shown per 235ml cup

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (number in pack) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| PG Tips | 240 | 0.5 | 0 | 0 | 3.50 |
| PG Tips Decaf | 180 | 0.5 | 0 | 0 | 4.00 |
| Scottish Blend Original | 200 | 0.5 | 0 | 0 | 3.79 |
| Yorkshire Tea \* | 160 | 1 | 0 | 0 | 5.39 |
| Tetley | 80 | 1 | 0 | 0.3 | 2.65 |
| Tetley Decaf | 160 | 1 | 0 | 0.3 | 3.00 |
| Clipper Everyday Organic | 100 | 1 | 0.0 | 0.2 | 3.00 |
| Clipper Everyday Fair Trade | 100 | 1 | 0 | 0 | 3.50 |
| Tetley Extra Strong | 75 | 1 | 0 | 0.3 | 2.85 |
| Sainsbury's basics | 100 | 1 | 0.08 | 0.2 | 0.50 |
| Sainsbury's Fairtrade SO Organic | 80 | 1 | 0 | 0.2 | 1.50 |
| Sainsbury's Fairly Traded Gold Label | 80 | 1 | 0 | 0.1 | 1.75 |
| Essential Waitrose Original Blend | 160 | 1 | 0.1 | 0.2 | 2.10 |
| ssential Waitrose Original Blend Decaffeinated | 80 | 1 | 0.1 | 0.2 | 1.59 |
| Typhoo | 900 | 1 | 0 | 0 | 9.00 |
| Common everyday Tea | 100 | 3 | 0.1 | 0.2 | 0.00 |
| Asda everyday \* | 80 | 3 | 0.1 | 0.2 | 0.89 |
| Asda everyday decaf \* | 80 | 3 | 0.1 | 0.2 | 0.89 |
| Yorkshire Tea Decaf \* | 160 | 3 | 0.1 | 0.2 | 5.00 |
| Twinings English Breakfast \*` | 50 | 3 | 0.1 | 0.2 | 2.00 |
| Lancashire Tea Foil Fresh \* | 80 | 3 | 0.1 | 0.2 | 1.50 |
| Asda Extra Strong \* | 80 | 3 | 0.1 | 0.2 | 1.39 |
| Tesco Tea | 80 | 3 | 0.1 | 0.2 | 0.89 |
| Stockwell & Co \* | 80 | 3 | 0.1 | 0.2 | 0.58 |
| Thompson's Special Everyday \* | 160 | 3 | 0.1 | 0.2 | 3.00 |
| Tesco Gold | 80 | 3 | 0.1 | 0.2 | 1.69 |
| Tesco Decaffeinated | 80 | 3 | 0.1 | 0.2 | 1.50 |
| Morrisons Everyday \* | 80 | 3 | 0.1 | 0.2 | 1.25 |
| Morrisons Extra Strong \* | 80 | 3 | 0.1 | 0.2 | 1.65 |
| Morrisons Decaffeinated \* | 160 | 3 | 0.1 | 0.2 | 3.15 |

* Values shown per 100 ml

\* nutriction not shown on

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*