|  |  |
| --- | --- |
| Food: | Coffee |

| Suggested Brands | Size / Weight (ml/g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Nescafe Gold Blend Instant Coffee | 200 | 2.4 | 0.0 | 0.1 | 4.00 |
| Nescafe Gold Smooth Instant Coffee | 200 | 2.4 | 0.0 | 0.1 | 4.00 |
| Nescafe Azera Americano Instant Coffe | 100 | 2.4 | 0.0 | 0.0 | 2.74 |
| Nescafe Azera Intenso Instant Coffee | 100 | 2.4 | 0.0 | 0.0 | 2.74 |
| Nescafe Original Instant Coffee | 300 | 2.4 | 0.0 | 0.1 | 4.50 |
| Standard Instant Coffee | 200 | 2.4 | 0.0 | 0.1 | 2.10 |
| Tassimo 8 L'OR Latte Macchiato Skinny Coffee Pods | 264 | 40.0 | 2.1 | 3.5 | 4.49 |
| Tassimo 8 Costa Latte Pods | 239 | 47.0 | 2.3 | 3.8 | 4.00 |
| Tassimo 8 Costa Cappuccino Pods | 280 | 49.4 | 2.0 | 2.8 | 4.00 |
| ASDA Skinny Latte Coffee Pods. Dolce Gusto Compatible | 16 pack | 49.4 | 0.0 | 7.8 | 2.89 |
| ASDA Café Au Lait Coffee Pods. Dolce Gusto Compatible | 16 pack | 49.4 | 0.7 | 6.3 | 2.89 |
| Tassimo Costa Cappuccino Coffee | 8 pods | 49.4 | 2.0 | 2.8 | 4.00 |
| Nescafe Gold Cappuccino Unsweetened | 113.6 | 51.7 | 1.6 | 7.1 | 1.50 |
| Tassimo Costa Latte Coffee Pods | 8 pods | 51.7 | 2.4 | 4.2 | 4.00 |
| Tassimo 8 Kenco Cappuccino Pods | 260 | 58.8 | 2.1 | 5.2 | 3.99 |
| ASDA Flat White Coffee Pods. Dolce Gusto Compatible | 16 pack | 58.8 | 0.7 | 8.7 | 2.89 |
| Nescafe Gold Cappuccino Decaffeinated Unsweetened | 120 | 58.8 | 1.9 | 7.8 | 1.50 |
| Tassimo 8 Costa Caramel Latte Pods | 271 | 61.1 | 2.0 | 7.8 | 4.00 |
| Tassimo 8 Espresso Caramel Latte Macchiato Pods | 271 | 65.8 | 2.4 | 8.5 | 4.49 |
| Tassimo 8 Costa Vanilla Latte Pods | 271 | 65.8 | 2.1 | 8.5 | 4.00 |
| Nescafe Latte Cafe Menu Latte Skiny | 156 | 70.5 | 1.2 | 10.6 | 1.50 |
| Morrisons Instant Cappuccino Unsweetened Sachets | 128 | 70.5 | 1.4 | 12.7 | 1.30 |
| Morrisons Instant Mocha Coffee Sachets | 128 | 70.5 | 1.2 | 12.9 | 1.30 |
| Sainsbury's Instant Skinny Latte | 144 | 70.5 | 0.9 | 9.9 | 1.00 |
| Nescafe Cafe Menu Vanilla | 148 | 72.9 | 1.4 | 12.9 | 1.50 |
| Tassimo 8 Baileys Latte Macchiato Coffee Pods | 264 | 75.2 | 2.6 | 8.9 | 4.00 |
| Tassimo 8 L'OR Espresso Latte Macchiato Pods | 267 | 75.2 | 3.8 | 5.9 | 4.49 |
| Morrisons Instant Cappuccino Sweetened Coffee Sachets | 128 | 75.2 | 1.9 | 12.9 | 1.30 |
| ASDA Cappuccino Coffee 8 Milk Pods & 8 Coffee Pods. Dolce Gusto Compatible | 16 pack | 79.9 | 2.1 | 8.5 | 2.89 |
| Sainsbury's Instant Cappuccino | 136 | 79.9 | 1.6 | 13.2 | 1.00 |
| Alpro Caffè Coffee & Soya Caramel Drink | 235 | 82.3 | 0.2 | 11.5 | 1.00 |
| Starbucks Skinny Latte | 220 | 82.3 | 1.4 | 9.4 | 1.00 |
| Sainsbury's Instant Latte | 144 | 82.3 | 1.9 | 12.5 | 1.00 |
| Nescafe Original 3 In 1 | 136 | 84.6 | 1.9 | 15.3 | 1.89 |
| Sainsbury's Instant Mocha | 160 | 89.3 | 1.6 | 15.7 | 1.00 |
| ASDA Latte Coffee 8 Milk Pods & 8 Coffee Pods Dolce Gusto Compatible | 16 pack | 94.0 | 2.8 | 8.7 | 2.89 |
| Starbucks Fairtrade DoubleShot Espresso No Added Sugar | 200 | 117.5 | 3.8 | 9.2 | 1.00 |
| Tassimo 8 Kenco Mocha Coffee Pods | 8x26 | 124.6 | 1.9 | 21.2 | 3.99 |
| Starbucks Discoveries Qandi Caramel | 220 | 141.0 | 2.1 | 21.2 | 1.00 |
| Starbucks Caffe-Latte | 220 | 164.5 | 4.0 | 20.9 | 1.00 |

* Values shown per 235ml cup

| Suggested Brands | Size / Weight (ml/g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Nescafe Gold Blend Instant Coffee | 200 | 1 | 0 | 0.05 | 4.00 |
| Nescafe Gold Smooth Instant Coffee | 200 | 1 | 0 | 0.05 | 4.00 |
| Nescafe Azera Americano Instant Coffe | 100 | 1 | 0 | 0 | 2.74 |
| Nescafe Azera Intenso Instant Coffee | 100 | 1 | 0 | 0 | 2.74 |
| Nescafe Original Instant Coffee | 300 | 1 | 0 | 0.05 | 4.50 |
| Standard Instant Coffee | 200 | 1 | 0 | 0.05 | 2.10 |
| Tassimo 8 L'OR Latte Macchiato Skinny Coffee Pods | 264 | 17 | 0.9 | 1.5 | 4.49 |
| Tassimo 8 Costa Latte Pods | 239 | 20 | 0.97 | 1.6 | 4.00 |
| Tassimo 8 Costa Cappuccino Pods | 280 | 21 | 0.84 | 1.2 | 4.00 |
| ASDA Skinny Latte Coffee Pods. Dolce Gusto Compatible | 16 pack | 21 | 0 | 3.3 | 2.89 |
| ASDA Café Au Lait Coffee Pods. Dolce Gusto Compatible | 16 pack | 21 | 0.3 | 2.7 | 2.89 |
| Tassimo Costa Cappuccino Coffee | 8 pods | 21 | 0.84 | 1.2 | 4.00 |
| Nescafe Gold Cappuccino Unsweetened | 113.6 | 22 | 0.7 | 3.0 | 1.50 |
| Tassimo Costa Latte Coffee Pods | 8 pods | 22 | 1.0 | 1.8 | 4.00 |
| Tassimo 8 Kenco Cappuccino Pods | 260 | 25 | 0.9 | 2.2 | 3.99 |
| ASDA Flat White Coffee Pods. Dolce Gusto Compatible | 16 pack | 25 | 0.3 | 3.7 | 2.89 |
| Nescafe Gold Cappuccino Decaffeinated Unsweetened | 120 | 25 | 0.8 | 3.3 | 1.50 |
| Tassimo 8 Costa Caramel Latte Pods | 271 | 26 | 0.87 | 3.3 | 4.00 |
| Tassimo 8 Espresso Caramel Latte Macchiato Pods | 271 | 28 | 1.0 | 3.6 | 4.49 |
| Tassimo 8 Costa Vanilla Latte Pods | 271 | 28 | 0.9 | 3.6 | 4.00 |
| Nescafe Latte Cafe Menu Latte Skiny | 156 | 30 | 0.5 | 4.5 | 1.50 |
| Morrisons Instant Cappuccino Unsweetened Sachets | 128 | 30 | 0.6 | 5.4 | 1.30 |
| Morrisons Instant Mocha Coffee Sachets | 128 | 30 | 0.5 | 5.5 | 1.30 |
| Sainsbury's Instant Skinny Latte | 144 | 30 | 0.4 | 4.2 | 1.00 |
| Nescafe Cafe Menu Vanilla | 148 | 31 | 0.6 | 5.5 | 1.50 |
| Tassimo 8 Baileys Latte Macchiato Coffee Pods | 264 | 32 | 1.1 | 3.8 | 4.00 |
| Tassimo 8 L'OR Espresso Latte Macchiato Pods | 267 | 32 | 1.6 | 2.5 | 4.49 |
| Morrisons Instant Cappuccino Sweetened Coffee Sachets | 128 | 32 | 0.8 | 5.5 | 1.30 |
| ASDA Cappuccino Coffee 8 Milk Pods & 8 Coffee Pods. Dolce Gusto Compatible | 16 pack | 34 | 0.9 | 3.6 | 2.89 |
| Sainsbury's Instant Cappuccino | 136 | 34 | 0.7 | 5.6 | 1.00 |
| Alpro Caffè Coffee & Soya Caramel Drink | 235 | 35 | 0.1 | 4.9 | 1.00 |
| Starbucks Skinny Latte | 220 | 35 | 0.6 | 4.0 | 1.00 |
| Sainsbury's Instant Latte | 144 | 35 | 0.8 | 5.3 | 1.00 |
| Nescafe Original 3 In 1 | 136 | 36 | 0.8 | 6.5 | 1.89 |
| Sainsbury's Instant Mocha | 160 | 38 | 0.7 | 6.7 | 1.00 |
| ASDA Latte Coffee 8 Milk Pods & 8 Coffee Pods Dolce Gusto Compatible | 16 pack | 40 | 1.2 | 3.7 | 2.89 |
| Starbucks Fairtrade DoubleShot Espresso No Added Sugar | 200 | 50 | 1.6 | 3.9 | 1.00 |
| Tassimo 8 Kenco Mocha Coffee Pods | 8x26 | 53 | 0.8 | 9 | 3.99 |
| Starbucks Discoveries Qandi Caramel | 220 | 60 | 0.9 | 9.0 | 1.00 |
| Starbucks Caffe-Latte | 220 | 70 | 1.7 | 8.9 | 1.00 |

* 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*