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| --- | --- |
| Food: | Cola |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (Litre) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Coca-Cola Zero Sugar | 1.25 | 0.9 | 0.0 | 0.0 | 1.00 |
| Coca-Cola Zero Sugar Vanilla | 1.25 | 0.9 | 0.0 | 0.0 | 1.00 |
| Diet Coke Exotic Mango | 1.25 | 0.9 | 0.0 | 0.0 | 1.00 |
| essential Waitrose sugar-free diet cola | 2 | 0.9 | 0.0 | 0.3 | 1.05 |
| Diet Coke | 1.25 | 1.1 | 0.0 | 0.0 | 1.00 |
| Coca-Cola Zero Sugar Peach | 1.25 | 1.1 | 0.0 | 0.0 | 1.00 |
| Coca-Cola Zero Sugar Raspberry | 1.25 | 1.1 | 0.0 | 0.0 | 1.00 |
| Pepsi Max Raspberry | 1.25 | 1.4 | 0.0 | 0.3 | 1.00 |
| Diet Coke Twisted Strawberry | 1.25 | 1.4 | 0.0 | 0.0 | 1.00 |
| Tesco Xero Cola | 2 | 1.4 | 0.1 | 0.3 | 0.50 |
| Tesco Diet Cola | 2 | 1.4 | 0.0 | 0.3 | 0.50 |
| Tesco Classic Diet Caffeine Free Cola | 2 | 1.4 | 0.0 | 0.3 | 0.89 |
| Tesco Xero Cola Cherry | 2 | 1.4 | 0.0 | 0.3 | 0.50 |
| Tesco Craft Cola Coffee | 1 | 1.4 | 0.0 | 0.3 | 0.45 |
| Tesco Craft Cola Botanical | 1 | 1.4 | 0.0 | 0.0 | 0.45 |
| Pepsi Max Ginger | 1.25 | 1.7 | 0.0 | 0.3 | 1.00 |
| Pepsi Max Cherry | 1.25 | 1.7 | 0.0 | 0.0 | 1.00 |
| ASDA Diet Cola | 2 | 2.8 | 0.0 | 0.3 | 0.50 |
| ASDA Diet Cola Caffeine Free | 2 | 2.8 | 0.0 | 0.6 | 0.50 |
| Morrisons No Added Sugar Diet Cola | 2 | 2.8 | 0.0 | 0.6 | 0.60 |
| Sainsbury's Cola Zero | 2 | 2.8 | 0.0 | 0.6 | 0.45 |
| Sainsbury's Diet Cola | 2 | 2.8 | 0.0 | 0.6 | 0.45 |
| Pepsi Max | 2 | 11.4 | 0.0 | 0.0 | 1.20 |
| Barr Cola | 2 | 39.8 | 0.0 | 10.2 | 1.00 |
| Tesco Cola | 2 | 54.0 | 0.1 | 13.6 | 0.50 |
| ASDA Cola | 2 | 56.8 | 0.0 | 13.9 | 0.50 |
| Morrisons Cola | 2 | 56.8 | 0.0 | 14.2 | 0.60 |
| Sainsbury's Cola | 2 | 56.8 | 0.0 | 14.2 | 0.45 |
| Fentimans Curiosity Cola | 0.25 | 96.6 | 0.0 | 22.2 | 1.10 |
| essential Waitrose cola | 2 | 113.6 | 0.0 | 28.4 | 1.49 |
| Pepsi Regular | 2 | 116.4 | 0.0 | 31.2 | 2.00 |
| Coca Cola Classic | 1.5 | 119.3 | 0.0 | 30.1 | 1.95 |
| Coca-Cola Classic Bottle | 1.25 | 119.3 | 0.0 | 0.0 | 1.79 |
| Coca-Cola Classic Cherry | 1.5 | 127.8 | 0.0 | 31.8 | 1.95 |

* Values shown per 284 ml glass

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (Litre) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Coca-Cola Zero Sugar | 1.25 | 0.3 | 0 | 0 | 1.00 |
| Coca-Cola Zero Sugar Vanilla | 1.25 | 0.3 | 0 | 0 | 1.00 |
| Diet Coke Exotic Mango | 1.25 | 0.3 | 0 | 0 | 1.00 |
| essential Waitrose sugar-free diet cola | 2 | 0.3 | 0 | 0.1 | 1.05 |
| Diet Coke | 1.25 | 0.4 | 0 | 0 | 1.00 |
| Coca-Cola Zero Sugar Peach | 1.25 | 0.4 | 0 | 0 | 1.00 |
| Coca-Cola Zero Sugar Raspberry | 1.25 | 0.4 | 0 | 0 | 1.00 |
| Pepsi Max Raspberry | 1.25 | 0.5 | 0 | 0.1 | 1.00 |
| Diet Coke Twisted Strawberry | 1.25 | 0.5 | 0 | 0 | 1.00 |
| Tesco Xero Cola | 2 | 0.5 | 0.05 | 0.1 | 0.50 |
| Tesco Diet Cola | 2 | 0.5 | 0 | 0.1 | 0.50 |
| Tesco Classic Diet Caffeine Free Cola | 2 | 0.5 | 0 | 0.1 | 0.89 |
| Tesco Xero Cola Cherry | 2 | 0.5 | 0 | 0.1 | 0.50 |
| Tesco Craft Cola Coffee | 1 | 0.5 | 0 | 0.1 | 0.45 |
| Tesco Craft Cola Botanical | 1 | 0.5 | 0 | 0.0 | 0.45 |
| Pepsi Max Ginger | 1.25 | 0.6 | 0 | 0.1 | 1.00 |
| Pepsi Max Cherry | 1.25 | 0.6 | 0 | 0 | 1.00 |
| ASDA Diet Cola | 2 | 1 | 0 | 0.1 | 0.50 |
| ASDA Diet Cola Caffeine Free | 2 | 1 | 0 | 0.2 | 0.50 |
| Morrisons No Added Sugar Diet Cola | 2 | 1 | 0 | 0.2 | 0.60 |
| Sainsbury's Cola Zero | 2 | 1 | 0 | 0.2 | 0.45 |
| Sainsbury's Diet Cola | 2 | 1 | 0 | 0.2 | 0.45 |
| Pepsi Max | 2 | 4 | 0 | 0 | 1.20 |
| Barr Cola | 2 | 14 | 0 | 3.6 | 1.00 |
| Tesco Cola | 2 | 19 | 0.05 | 4.8 | 0.50 |
| ASDA Cola | 2 | 20 | 0 | 4.9 | 0.50 |
| Morrisons Cola | 2 | 20 | 0 | 5 | 0.60 |
| Sainsbury's Cola | 2 | 20 | 0 | 5 | 0.45 |
| Fentimans Curiosity Cola | 0.25 | 34 | 0 | 7.8 | 1.10 |
| essential Waitrose cola | 2 | 40 | 0 | 10 | 1.49 |
| Pepsi Regular | 2 | 41 | 0 | 11 | 2.00 |
| Coca Cola Classic | 1.5 | 42 | 0 | 10.6 | 1.95 |
| Coca-Cola Classic Bottle | 1.25 | 42 | 0 | 0 | 1.79 |
| Coca-Cola Classic Cherry | 1.5 | 45 | 0 | 11.2 | 1.95 |

* 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*