|  |  |
| --- | --- |
| Food: | Hot chocolate |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Sweet Freedom Choc Shot | 320 | 48.2 | 0.4 | 9.4 | 3.00 |
| Cadbury 30% Less Sugar | 280 | 60.7 | 0.6 | 7.9 | 2.00 |
| Cadbury Highlights Milk  | 220 | 62.5 | 1.7 | 6.7 | 3.99 |
| Options Hot Chocolate Salted Caramel | 220 | 62.5 | 1.0 | 9.2 | 4.00 |
| Options Mint Madness | 220 | 63.0 | 0.8 | 9.5 | 4.00 |
| Sainsbury's Low Calorie Instant Fairtrade | 250 | 65.5 | 1.2 | 9.3 | 1.50 |
| Options Belgian Chocolate | 220 | 66.1 | 0.9 | 9.5 | 4.00 |
| Galaxy Drinking Chocolate | 500 | 66.8 | 0.3 | 13.9 | 2.50 |
| Ovaltine Light | 300 | 67.7 | 0.9 | 13.3 | 3.00 |
| Sainsbury's Basics Fairtrade | 400 | 68.2 | 0.5 | 14.0 | 1.00 |
| San Cristobal Rich | 250 | 68.4 | 1.0 | 11.6 | 3.00 |
| ASDA Reduced Sugar Instant | 300 | 68.6 | 0.8 | 11.1 | 1.39 |
| Sainsbury's Instant Fairtrade | 350 | 68.6 | 1.0 | 12.2 | 1.70 |
| Galaxy Light Style Instant  | 180 | 68.9 | 1.8 | 9.5 | 2.00 |
| Lucy Bee Organic | 250 | 69.5 | 1.9 | 2.8 | 4.00 |
| Galaxy Frothy Top Instant | 275 | 69.7 | 1.2 | 13.0 | 2.58 |
| ASDA Smart Price Instant | 400 | 70.0 | 0.5 | 15.0 | 0.79 |
| Twinings Swiss | 350 | 70.0 | 0.4 | 14.6 | 3.00 |
| Maltesers Malty | 350 | 70.7 | 0.9 | 14.0 | 2.59 |
| Green & Black's Organic | 300 | 70.9 | 0.8 | 12.1 | 3.59 |
| Clipper Fairtrade | 250 | 71.1 | 0.9 | 11.7 | 2.50 |
| Cadbury Wispa Frothy Instant | 246 | 71.5 | 0.7 | 13.3 | 2.00 |
| ASDA Instant  | 400 | 72.0 | 0.6 | 14.1 | 1.04 |
| Cadbury Drinking  | 250 | 72.4 | 0.7 | 13.7 | 1.99 |
| Options White Chocolate | 220 | 72.4 | 1.4 | 12.8 | 4.00 |
| Cadbury Freddo | 290 | 72.4 | 0.8 | 13.7 | 2.50 |
| Cadbury Oreo | 260 | 73.1 | 1.2 | 12.8 | 2.00 |
| Aero Instant | 288 | 73.3 | 1.2 | 13.4 | 2.99 |
| Tesco Finest Santo Domingo | 250 | 154.8 | 3.2 | 17.9 | 2.50 |

* Per Serving 18 g In A Cup

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Sweet Freedom Choc Shot | 320 | 268 | 2.0 | 52 | 3.00 |
| Cadbury 30% Less Sugar | 280 | 337 | 3.6 | 44 | 2.00 |
| Cadbury Highlights Milk  | 220 | 347 | 9.6 | 37 | 3.99 |
| Options Hot Chocolate Salted Caramel | 220 | 347 | 5.4 | 51 | 4.00 |
| Options Mint Madness | 220 | 350 | 4.6 | 53 | 4.00 |
| Sainsbury's Low Calorie Instant Fairtrade | 250 | 364 | 6.4 | 51.8 | 1.50 |
| Options Belgian Chocolate | 220 | 367 | 5.2 | 53 | 4.00 |
| Galaxy Drinking Chocolate | 500 | 371 | 1.7 | 77.1 | 2.50 |
| Ovaltine Light | 300 | 376 | 5.1 | 74 | 3.00 |
| Sainsbury's Basics Fairtrade | 400 | 379 | 2.8 | 77.9 | 1.00 |
| San Cristobal Rich | 250 | 380 | 5.4 | 64.6 | 3.00 |
| ASDA Reduced Sugar Instant | 300 | 381 | 4.5 | 61.8 | 1.39 |
| Sainsbury's Instant Fairtrade | 350 | 381 | 5.5 | 68 | 1.70 |
| Galaxy Light Style Instant  | 180 | 383 | 10 | 53 | 2.00 |
| Lucy Bee Organic | 250 | 386 | 10.4 | 15.6 | 4.00 |
| Galaxy Frothy Top Instant | 275 | 387 | 6.8 | 72 | 2.58 |
| ASDA Smart Price Instant | 400 | 389 | 2.5 | 83.6 | 0.79 |
| Twinings Swiss | 350 | 389 | 2 | 81.3 | 3.00 |
| Maltesers Malty | 350 | 393 | 5.2 | 77.8 | 2.59 |
| Green & Black's Organic | 300 | 394 | 4.6 | 67 | 3.59 |
| Clipper Fairtrade | 250 | 395 | 5.2 | 64.9 | 2.50 |
| Cadbury Wispa Frothy Instant | 246 | 397 | 3.7 | 74 | 2.00 |
| ASDA Instant  | 400 | 400 | 3.6 | 78.6 | 1.04 |
| Cadbury Drinking  | 250 | 402 | 4.1 | 76 | 1.99 |
| Options White Chocolate | 220 | 402 | 7.9 | 71 | 4.00 |
| Cadbury Freddo | 290 | 402 | 4.7 | 76 | 2.50 |
| Cadbury Oreo | 260 | 406 | 6.9 | 71 | 2.00 |
| Aero Instant | 288 | 407 | 6.4 | 74.4 | 2.99 |
| Tesco Finest Santo Domingo | 250 | 860 | 17.5 | 99.5 | 2.50 |

* Values shown per 100 grams

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*