|  |  |
| --- | --- |
| Food: | Fish Fingers |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Quorn 10 Meat Free Vegan Fishless Fingers | 200 | 42.8 | 0.1 | 5.8 | 2.50 |
| 30 Breaded Fish Fingers | 750 | 48.5 | 0.2 | 4.5 | 2.00 |
| ASDA Smart Price 10 Fish Fingers | 250 | 50.5 | 0.3 | 4.8 | 0.69 |
| Iceland No Fish Fingers 6 Crispy Coated Fingers | 180 | 51.0 | 0.1 | 5.4 | 2.00 |
| Sainsbury's Fish Fingers, Basics x10 | 250 | 51.5 | 0.3 | 4.5 | 0.80 |
| Sainsbury's 10 Breaded Omega 3 Pollock Fillet Fish Fingers | 300 | 56.1 | 0.3 | 4.8 | 1.00 |
| Tesco Omega Fish Fingers 10 Pack | 300 | 56.4 | 0.3 | 4.8 | 1.20 |
| Sainsbury's Cod Fish Fingers x12 | 360 | 56.4 | 0.3 | 4.8 | 2.00 |
| Hearty Food Co 10 Fish Fingers | 250 | 57.8 | 0.2 | 4.5 | 0.69 |
| Morrisons 20 Breaded Cod Fish Fingers | 600 | 59.4 | 0.3 | 5.2 | 3.20 |
| Young's 10 Omega 3 Free From Fish Fingers | 300 | 60.0 | 0.3 | 5.2 | 2.18 |
| essential Waitrose MSC cod fillet fish fingers x 10 | 300 | 60.0 | 0.3 | 5.6 | 1.75 |
| ASDA 10 Omega 3 Fish Fingers | 300 | 60.9 | 0.3 | 5.7 | 1.36 |
| Birds Eye Gluten Free Fish Fingers x12 | 360 | 60.9 | 0.2 | 5.1 | 3.00 |
| Birds Eye 10 Omega 3 Fish Fingers | 280 | 61.0 | 0.2 | 5.9 | 2.00 |
| Birds Eye 10 Fish Fingers Cod | 280 | 61.3 | 0.2 | 5.9 | 3.00 |
| Birds Eye 10 Fish Fingers Haddock | 280 | 62.7 | 0.2 | 6.2 | 2.75 |
| Tesco Free From 10 Crispy Cod Fish Fingers | 300 | 63.6 | 0.2 | 5.0 | 2.50 |
| Morrisons Free From 10 Cod Fish Fingers | 300 | 64.2 | 0.5 | 3.8 | 2.50 |
| Sainsbury's Deliciously Free From Cod Fish Fingers X 10 | 300 | 64.2 | 0.2 | 4.8 | 2.50 |
| Tesco Cod Fish Fingers 10 Pack | 300 | 69.6 | 0.2 | 5.3 | 1.75 |
| Birds Eye 8 Crispy Battered Fish Fingers | 224 | 70.3 | 0.3 | 5.6 | 1.00 |
| Young's Gastro 8 Panko Breaded Chunky Cod Fish Fingers | 320 | 78.0 | 0.3 | 6.2 | 3.00 |
| Youngs Gastro 8 Chunky Breaded Haddock Fingers | 320 | 79.2 | 0.3 | 6.3 | 2.50 |
| Young's Gastro 8 Tempura Battered Chunky | 320 | 80.0 | 0.4 | 5.5 | 3.00 |
| Waitrose Frozen 6 chunky breaded haddock fingers | 300 | 107.0 | 0.4 | 10.3 | 3.25 |
| Sainsbury's Cod Fillet Fish Fingers x6 | 300 | 109.0 | 0.4 | 9.5 | 2.95 |
| Waitrose Frozen 6 chunky battered haddock fingers | 300 | 112.0 | 0.5 | 8.5 | 3.25 |
| Waitrose 6 Chunky Cod Fish Fingers | 330 | 116.1 | 0.6 | 11.6 | 4.50 |
| Sainsbury's Chunky Cod Fish Fingers, Taste the Difference x8 | 480 | 120.0 | 0.4 | 9.1 | 3.50 |
| Birds Eye 6 Chunky Fish Fingers Extra Large | 360 | 123.6 | 0.4 | 12.0 | 3.00 |
| Sainsbury's Taste the Difference 8 Chunky Haddock Fillet Fish Fingers X 8 | 480 | 129.6 | 0.4 | 11.6 | 3.25 |
| Waitrose Frozen 6 chunky breaded cod fingers | 400 | 142.0 | 0.5 | 14.0 | 3.25 |
| Tesco Finest 6 Chunky Cod Fillet Fish Fingers | 400 | 147.3 | 0.5 | 11.5 | 3.00 |

* Values shown per fish finger

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Iceland No Fish Fingers 6 Crispy Coated Fingers | 180 | 170 | 0.4 | 18 | 2.00 |
| Sainsbury's 10 Breaded Omega 3 Pollock Fillet Fish Fingers | 300 | 187 | 1.0 | 16 | 1.00 |
| Tesco Omega Fish Fingers 10 Pack | 300 | 188 | 0.9 | 15.9 | 1.20 |
| Sainsbury's Cod Fish Fingers x12 | 360 | 188 | 0.9 | 15.9 | 2.00 |
| 30 Breaded Fish Fingers | 750 | 194 | 0.9 | 17.9 | 2.00 |
| Young's Gastro 8 Panko Breaded Chunky Cod Fish Fingers | 320 | 195 | 0.8 | 15.4 | 3.00 |
| Youngs Gastro 8 Chunky Breaded Haddock Fingers | 320 | 198 | 0.8 | 15.7 | 2.50 |
| Morrisons 20 Breaded Cod Fish Fingers | 600 | 198 | 0.9 | 17.3 | 3.20 |
| Young's 10 Omega 3 Free From Fish Fingers | 300 | 200 | 1.0 | 17.4 | 2.18 |
| Young's Gastro 8 Tempura Battered Chunky | 320 | 200 | 0.9 | 13.7 | 3.00 |
| Sainsbury's Chunky Cod Fish Fingers, Taste the Difference x8 | 480 | 200 | 0.6 | 15.1 | 3.50 |
| essential Waitrose MSC cod fillet fish fingers x 10 | 300 | 200 | 1.0 | 18.6 | 1.75 |
| ASDA Smart Price 10 Fish Fingers | 250 | 202 | 1.0 | 19 | 0.69 |
| ASDA 10 Omega 3 Fish Fingers | 300 | 203 | 1.0 | 19 | 1.36 |
| Birds Eye Gluten Free Fish Fingers x12 | 360 | 203 | 0.8 | 17 | 3.00 |
| Birds Eye 6 Chunky Fish Fingers Extra Large | 360 | 206 | 0.7 | 20 | 3.00 |
| Sainsbury's Fish Fingers, Basics x10 | 250 | 206 | 1.0 | 18 | 0.80 |
| Waitrose 6 Chunky Cod Fish Fingers | 330 | 211 | 1.0 | 21.1 | 4.50 |
| Tesco Free From 10 Crispy Cod Fish Fingers | 300 | 212 | 0.8 | 16.8 | 2.50 |
| Waitrose Frozen 6 chunky breaded cod fingers | 400 | 213 | 0.7 | 21 | 3.25 |
| Quorn 10 Meat Free Vegan Fishless Fingers | 200 | 214 | 0.6 | 29 | 2.50 |
| Morrisons Free From 10 Cod Fish Fingers | 300 | 214 | 1.5 | 12.8 | 2.50 |
| Sainsbury's Deliciously Free From Cod Fish Fingers X 10 | 300 | 214 | 0.7 | 16 | 2.50 |
| Waitrose Frozen 6 chunky breaded haddock fingers | 300 | 214 | 0.7 | 20.6 | 3.25 |
| Sainsbury's Taste the Difference 8 Chunky Haddock Fillet Fish Fingers X 8 | 480 | 216 | 0.7 | 19.3 | 3.25 |
| Birds Eye 10 Omega 3 Fish Fingers | 280 | 218 | 0.8 | 21 | 2.00 |
| Sainsbury's Cod Fillet Fish Fingers x6 | 300 | 218 | 0.7 | 19 | 2.95 |
| Birds Eye 10 Fish Fingers Cod | 280 | 219 | 0.6 | 21 | 3.00 |
| Tesco Finest 6 Chunky Cod Fillet Fish Fingers | 400 | 221 | 0.8 | 17.2 | 3.00 |
| Birds Eye 10 Fish Fingers Haddock | 280 | 224 | 0.6 | 22 | 2.75 |
| Waitrose Frozen 6 chunky battered haddock fingers | 300 | 224 | 1.0 | 16.9 | 3.25 |
| Hearty Food Co 10 Fish Fingers | 250 | 231 | 0.9 | 18.1 | 0.69 |
| Tesco Cod Fish Fingers 10 Pack | 300 | 232 | 0.8 | 17.5 | 1.75 |
| Birds Eye 8 Crispy Battered Fish Fingers | 224 | 251 | 1.2 | 20 | 1.00 |

* Values shown per 100 grams

Supermarkets Tested

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| --- | --- | --- | --- | --- | --- |
| 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*