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| Food: | Fresh Tuna Steaks |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Morrisons Fishmongers Favourite Tuna Steaks X 4 | 360 | 90.0 | 0.3 | 0.0 | 3.30 |
| Ocean Ice Tuna Steaks | 300 | 96.8 | 0.2 | 0.0 | 4.25 |
| Iceland The Fish Market 4 Tuna Steaks | 400 | 100.0 | 0.3 | 0.0 | 4.00 |
| Iceland 4 Tuna Steaks | 400 | 107.0 | 0.2 | 0.0 | 4.50 |
| ASDA 3 Yellowfin Tuna Steaks | 270 | 112.5 | 0.4 | 0.0 | 3.15 |
| Counter Tuna Steak X 4 | 420 | 123.9 | 0.4 | 0.5 | 10.50 |
| Waitrose 1 fresh line-caught Tuna Steaks X 2 | 220 | 135.3 | 0.3 | 0.1 | 6.94 |
| Tesco Tuna Steaks X 4 | 400 | 136.0 | 0.3 | 0.0 | 3.70 |
| ASDA Extra Special 2 Yellowfin Tuna Steaks | 240 | 141.6 | 0.5 | 0.4 | 6.00 |
| New England Seafood 2 Albacore Tuna Steaks | 220 | 145.2 | 0.2 | 0.1 | 5.49 |
| ASDA 2 Albacore Tuna Steaks | 220 | 148.5 | 0.2 | 0.3 | 4.00 |
| Sainsbury's Tuna Steaks, Taste the Difference x2 | 240 | 148.8 | 0.4 | 0.1 | 6.50 |
| ASDA Extra Special 2 Yellowfin Tuna Loin Steaks | 250 | 156.3 | 0.5 | 0.4 | 5.00 |
| Wild Albacore Tuna Steaks X 2 | 220 | 162.8 | 0.3 | 0.1 | 5.50 |
| Waitrose 1 yellowfin 2 tuna steaks X 2 | 240 | 166.8 | 0.4 | 0.1 | 7.99 |

* Values shown per fillet

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Morrisons Fishmongers Favourite Tuna Steaks X 4 | 360 | 100 | 0.3 | 0.0 | 3.30 |
| Iceland The Fish Market 4 Tuna Steaks | 400 | 100 | 0.3 | 0.0 | 4.00 |
| Iceland 4 Tuna Steaks | 400 | 107 | 0.2 | 0.0 | 4.50 |
| ASDA Extra Special 2 Yellowfin Tuna Steaks | 240 | 118 | 0.4 | 0.3 | 6.00 |
| Counter Tuna Steak X 4 | 420 | 118 | 0.4 | 0.5 | 10.50 |
| Waitrose 1 fresh line-caught Tuna Steaks X 2 | 220 | 123 | 0.3 | 0.05 | 6.94 |
| Sainsbury's Tuna Steaks, Taste the Difference x2 | 240 | 124 | 0.3 | 0.05 | 6.50 |
| ASDA Extra Special 2 Yellowfin Tuna Loin Steaks | 250 | 125 | 0.4 | 0.3 | 5.00 |
| ASDA 3 Yellowfin Tuna Steaks | 270 | 125 | 0.4 | 0.05 | 3.15 |
| Ocean Ice Tuna Steaks | 300 | 129 | 0.2 | 0.0 | 4.25 |
| New England Seafood 2 Albacore Tuna Steaks | 220 | 132 | 0.2 | 0.1 | 5.49 |
| ASDA 2 Albacore Tuna Steaks | 220 | 135 | 0.2 | 0.3 | 4.00 |
| Tesco Tuna Steaks X 4 | 400 | 136 | 0.3 | 0.0 | 3.70 |
| Waitrose 1 yellowfin 2 tuna steaks X 2 | 240 | 139 | 0.3 | 0.1 | 7.99 |
| Wild Albacore Tuna Steaks X 2 | 220 | 148 | 0.3 | 0.05 | 5.50 |

* 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*