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| Food: | Cod Fillet |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Tesco Cod Fillets x 4 | 360 | 72.0 | 0.1 | 0.0 | 3.70 |
| ASDA 4 Cod Fillets | 400 | 75.0 | 0.2 | 0.0 | 3.00 |
| Iceland 4 Atlantic Cod Fillets | 450 | 84.4 | 0.2 | 0.0 | 4.50 |
| Young's Skinless & Boneless Atlantic Cod Chunky Fillets x4 | 360 | 88.2 | 0.4 | 0.0 | 4.25 |
| Waitrose MSC Icelandic cod fillet x 4 | 500 | 90.0 | 0.1 | 0.1 | 7.99 |
| Morrisons 4 Cod Fillets | 360 | 90.0 | 0.1 | 0.0 | 3.60 |
| 4 x Fresh Skinless & Boneless British Cod Fillets | 500 | 92.5 | 0.1 | 0.0 | 10.99 |
| Tesco 2 Boneless Cod Fillets | 280 | 112.0 | 0.3 | 0.0 | 3.95 |
| Waitrose 2 MSC skinless, boneless cod fillets | 240 | 122.4 | 0.1 | 1.2 | 4.99 |
| Morrisons Market St 2 Cod Fillets | 250 | 122.5 | 0.1 | 0.6 | 4.00 |
| Sainsbury's Cod Fillets, Boneless & Skinless | 250 | 122.5 | 0.4 | 0.0 | 3.40 |
| Waitrose Frozen 2 British Cod Fillet Portions MSC | 280 | 126.0 | 0.1 | 0.0 | 6.00 |
| Waitrose Frozen 4 MSC line caught cod fillets | 475 | 127.1 | 0.1 | 1.2 | 5.99 |
| ASDA Line Caught 2 Cod Fillets | 260 | 130.0 | 0.0 | 1.3 | 3.19 |
| ASDA Extra Special Cod Loin | 260 | 200.2 | 0.1 | 2.6 | 4.00 |

* 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) |
| Waitrose MSC Icelandic cod fillet x 4 | 500 | 72 | 0.1 | 0.1 | 7.99 |
| 4 x Fresh Skinless & Boneless British Cod Fillets | 500 | 74 | 0.1 | 0.0 | 10.99 |
| ASDA 4 Cod Fillets | 400 | 75 | 0.2 | 0.0 | 3.00 |
| Iceland 4 Atlantic Cod Fillets | 450 | 75 | 0.2 | 0.0 | 4.50 |
| ASDA Extra Special Cod Loin | 260 | 77 | 0.02 | 1.0 | 4.00 |
| Tesco 2 Boneless Cod Fillets | 280 | 80 | 0.2 | 0.0 | 3.95 |
| Tesco Cod Fillets x 4 | 360 | 80 | 0.1 | 0.0 | 3.70 |
| Waitrose Frozen 2 British Cod Fillet Portions MSC | 280 | 90 | 0.1 | 0.0 | 6.00 |
| Morrisons Market St 2 Cod Fillets | 250 | 98 | 0.1 | 0.5 | 4.00 |
| Sainsbury's Cod Fillets, Boneless & Skinless | 250 | 98 | 0.3 | 0.0 | 3.40 |
| Young's Skinless & Boneless Atlantic Cod Chunky Fillets x4 | 360 | 98 | 0.4 | 0.0 | 4.25 |
| ASDA Line Caught 2 Cod Fillets | 260 | 100 | 0.02 | 1.0 | 3.19 |
| Morrisons 4 Cod Fillets | 360 | 100 | 0.1 | 0.0 | 3.60 |
| Waitrose 2 MSC skinless, boneless cod fillets | 240 | 102 | 0.1 | 1.0 | 4.99 |
| Waitrose Frozen 4 MSC line caught cod fillets | 475 | 107 | 0.1 | 1.0 | 5.99 |

* 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*