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| Food: | Salmon Fillet |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Pack  Price  (£0.00) |
| Tesco 5 Wild Alaskan Salmon | 550 | 126 | 0.8 | 0.3 | 5.00 |
| ASDA Cook from Frozen Salmon Fillets | 360 | 131 | 1.4 | 0.1 | 3.00 |
| Young's 4 Pacific Pink Salmon Fillets | 360 | 143 | 0.9 | 0.0 | 4.30 |
| Birds Eye Inspirations 2 Pink Salmon Fillets with Lemon & Dill | 280 | 154 | 3.9 | 0.1 | 4.00 |
| ASDA Smoked Salmon | 120 | 163 | 1.5 | 0.6 | 3.00 |
| ASDA 2 Wild Keta Salmon Fillets | 230 | 164 | 1.2 | 0.1 | 3.95 |
| Iceland 2 Lemon & Pepper Salmon Portions | 250 | 179 | 1.0 | 2.7 | 2.50 |
| Iceland 4 Wild Pink Salmon Fillets | 480 | 179 | 2.1 | 0.0 | 4.00 |
| ASDA Smoked Salmon Trimmings | 120 | 198 | 2.2 | 0.1 | 1.65 |
| Iceland Luxury 2 Lightly Smoked Salmon Fillets | 240 | 203 | 2.1 | 1.8 | 4.50 |
| ASDA 2 Salmon Fillets in a Sweet Chilli Dressing | 290 | 203 | 2.2 | 6.5 | 4.50 |
| Tesco 2 Boneless Salmon Fillets | 260 | 209 | 1.6 | 1.6 | 3.60 |
| Iceland Fish Market Salmon x 4 | 520 | 217 | 2.8 | 0.0 | 8.00 |
| Counter Salmon Fillet | 240 | 222 | 2.0 | 0.0 | 3.36 |
| ASDA 2 Salmon Fillets | 240 | 225 | 2.1 | 0.1 | 3.30 |
| ASDA 2 Lemon & Parsley Steamed Salmon | 180 | 234 | 2.1 | 0.1 | 3.99 |

Per 100g Rather Than Pack

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | YES | NO | NO | NO | n/a | YES |

*N/A Indicates Either Nutrition Information Not Available on the Company’s Website or the Company Doesn’t Supply This Brand*