|  |  |
| --- | --- |
| Food: | Sardines |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Morrisons Boneless Sardine Fillets with Lemon & Herb Dressing | 100 | 109.0 | 1.4 | 1.5 | 0.82 |
| Tropical Sun Canadian Style Sardines in Spring Water | 106 | 124.0 | 1.8 | 0.0 | 0.89 |
| ASDA Sardines in Tomato Sauce | 106 | 127.2 | 0.7 | 1.3 | 1.00 |
| Tesco Skinless Boneless Sardines In Tomato Sauce | 90 | 130.5 | 1.3 | 1.8 | 0.85 |
| Brunswick Sardines in Tabasco | 106 | 133.6 | 1.4 | 0.0 | 0.90 |
| Brunswick Sardines in Soya Oil | 106 | 134.6 | 1.5 | 0.0 | 0.90 |
| John West Boneless Sardines in Tomato Sauce | 95 | 134.9 | 1.8 | 1.4 | 1.20 |
| Waitrose sardine al limone drained | 84 | 154.6 | 2.2 | 0.0 | 1.49 |
| Essential Waitrose sardines in water drained | 84 | 165.5 | 3.5 | 0.5 | 0.50 |
| Lusso Vita Sardine Fillets in Olive Oil & Lemon drained | 80 | 165.6 | 0.2 | 0.3 | 1.79 |
| Lusso Vita Sardine Fillets in Olive Oil & Chilli drained | 80 | 165.6 | 0.2 | 0.3 | 1.79 |
| Lusso Vita Skinless & Boneless Sardine Fillets in Olive Oil drained | 84 | 173.9 | 0.3 | 0.3 | 1.79 |
| Morrisons Sardines In Tomato | 120 | 174.0 | 2.3 | 1.6 | 0.40 |
| Brunswick Sardines in Lousiana Hot Sauce | 106 | 178.1 | 1.1 | 2.4 | 0.90 |
| Waitrose sardine piccanti drained | 84 | 188.2 | 2.9 | 0.0 | 1.49 |
| Essential Waitrose sardines in sunflower oil drained | 84 | 192.4 | 2.1 | 0.3 | 0.50 |
| John West Sardines in Tomato Sauce | 120 | 196.8 | 3.0 | 1.8 | 1,00 |
| Hyacinthe Parmentier sardines in tomato sauce | 135 | 199.8 | 4.2 | 4.2 | 1.99 |
| Tesco Sardines In Brine | 120 | 204.0 | 3.1 | 0.0 | 0.40 |
| M savers Sardines in Tomato Sauce | 120 | 206.4 | 3.0 | 0.8 | 0.34 |
| John West Sardines in Brine | 120 | 207.6 | 2.8 | 0.0 | 1.00 |
| Waitrose sardine fillets in olive oil drained | 84 | 208.3 | 2.3 | 0.3 | 1.25 |
| Tesco Sardines In Tomato Sauce | 120 | 210.0 | 3.5 | 1.1 | 0.40 |
| ASDA Sardines in Sunflower Oil | 106 | 212.0 | 2.0 | 0.0 | 1.00 |
| John West Boneless Sardines in Olive Oil | 95 | 213.8 | 3.2 | 0.0 | 1.20 |
| Sainsbury's Sardines in Brine | 120 | 217.2 | 3.7 | 1.0 | 0.45 |
| Hyacinthe Parmentier sardines in extra virgin olive oil drained | 95 | 217.6 | 3.3 | 0.0 | 1.99 |
| Hyacinthe Parmentier sardines in olive oil and chilli drained | 95 | 217.6 | 2.9 | 0.0 | 1.99 |
| Hyacinthe Parmentier sardines in olive oil with herbs drained | 95 | 217.6 | 3.3 | 0.0 | 1.99 |
| Morrisons Sardines In Brine | 120 | 219.6 | 3.7 | 1.3 | 0.40 |
| Sainsbury's Sardines in Tomato Sauce | 120 | 223.2 | 3.6 | 2.2 | 0.45 |
| Connétable MSC Sardines Extra Virgin Olive Oil drained | 102 | 227.5 | 3.4 | 0.0 | 2.50 |
| Sainsbury's Sardines in Spring Water | 120 | 234.0 | 4.1 | 1.4 | 0.50 |
| ASDA Sardines in Sunflower Oil | 120 | 237.6 | 2.3 | 0.0 | 0.36 |
| Tesco Finest Brisling Sardines In Water | 105 | 239.4 | 4.6 | 0.2 | 0.90 |
| essential Waitrose sardines in tomato sauce | 120 | 240.0 | 5.6 | 1.4 | 0.50 |
| Riga Gold Brisling Sardines in Olive Oil with Chilli | 120 | 242.4 | 3.0 | 1.4 | 1.50 |
| ASDA Smart Price Sardines in Tomato Sauce | 120 | 249.6 | 4.1 | 3.2 | 0.34 |
| essential Waitrose Sardines in Olive Oil drained | 84 | 252.0 | 3.4 | 0.4 | 0.52 |
| Riga Gold Brisling Sardines in Olive Oil | 120 | 255.6 | 4.2 | 0.0 | 1.50 |
| Riga Gold Smoked Brisling Sardines in Olive Oil | 120 | 255.6 | 4.2 | 0.0 | 1.50 |
| John West Sardines in Olive Oil | 120 | 261.6 | 3.1 | 0.0 | 1.00 |
| John West Sardines in Sunflower Oil | 120 | 261.6 | 3.4 | 0.0 | 1.00 |
| Tesco Sardines In Sunflower Oil | 120 | 264.0 | 3.8 | 0.0 | 0.40 |
| Morrisons The Best Sardines In Oil Infused Lemon Chilli & Garlic | 105 | 278.3 | 4.1 | 1.4 | 0.70 |
| Morrisons The Best Sardines In Oil Infused With Sea Salt | 105 | 282.5 | 4.5 | 0.1 | 0.87 |
| Lusso Vita Sardines Olive Oil with Sundried Tomato | 135 | 283.5 | 5.0 | 3.4 | 1.49 |
| Tropical Sun Sardines in Sunflower Oil with Chilli | 125 | 286.3 | 3.9 | 0.5 | 0.74 |
| Lusso Vita Sardines Olive Oil with Slice of Lemon drained | 95 | 287.9 | 3.8 | 0.0 | 1.49 |
| Apollo Sardines In Vegetable Oil | 125 | 288.8 | 2.9 | 0.0 | 0.80 |
| Sainsbury's Sardines in Chilli Oil | 120 | 291.6 | 3.7 | 0.1 | 0.50 |
| Tesco Finest Sardines In Paprika And Tomato Sauce | 105 | 293.0 | 4.3 | 1.2 | 0.90 |
| Morrisons Sardines In Olive Oil | 120 | 294.0 | 4.1 | 0.1 | 0.40 |
| Morrisons The Best Sardines In Oil Infused With Lemon | 105 | 295.1 | 4.5 | 0.9 | 0.87 |
| Parmentier Petites Sardines Olives in Olive Oil drained | 110 | 299.2 | 5.6 | 1.5 | 1.99 |
| Parmentier Petites Sardines in Olive Oil drained | 110 | 301.4 | 5.3 | 0.0 | 1.99 |
| Tesco Finest Sardines With Chilli, Lime And Coriander | 105 | 302.4 | 4.8 | 0.6 | 0.90 |
| Sainsbury's Sardines in Sunflower Oil | 120 | 304.8 | 4.4 | 1.0 | 0.50 |
| Sainsbury's Sardines in Olive Oil | 120 | 333.6 | 6.2 | 0.0 | 0.55 |
| Morrisons Sardines In Sunflower Oil | 120 | 390.0 | 4.7 | 0.4 | 0.40 |

* Values shown per tin

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Morrisons Boneless Sardine Fillets with Lemon & Herb Dressing | 100 | 109 | 1.4 | 1.5 | 0.82 |
| Tropical Sun Canadian Style Sardines in Spring Water | 106 | 117 | 1.7 | 0 | 0.89 |
| ASDA Sardines in Tomato Sauce | 106 | 120 | 0.7 | 1.2 | 1.00 |
| Brunswick Sardines in Tabasco | 106 | 126 | 1.3 | 0.03 | 0.90 |
| Brunswick Sardines in Soya Oil | 106 | 127 | 1.4 | 0 | 0.90 |
| John West Boneless Sardines in Tomato Sauce | 95 | 142 | 1.9 | 1.5 | 1.20 |
| Tesco Skinless Boneless Sardines In Tomato Sauce | 90 | 145 | 1.4 | 2.0 | 0.85 |
| Morrisons Sardines In Tomato | 120 | 145 | 1.9 | 1.3 | 0.40 |
| Hyacinthe Parmentier sardines in tomato sauce | 135 | 148 | 3.1 | 3.1 | 1.99 |
| John West Sardines in Tomato Sauce | 120 | 164 | 2,5 | 1.5 | 1,00 |
| Brunswick Sardines in Lousiana Hot Sauce | 106 | 168 | 1.0 | 2.3 | 0.90 |
| Tesco Sardines In Brine | 120 | 170 | 2.6 | 0 | 0.40 |
| M savers Sardines in Tomato Sauce | 120 | 172 | 2.5 | 0.7 | 0.34 |
| John West Sardines in Brine | 120 | 173 | 2.3 | 0.0 | 1.00 |
| Tesco Sardines In Tomato Sauce | 120 | 175 | 2.9 | 0.9 | 0.40 |
| Sainsbury's Sardines in Brine | 120 | 181 | 3.1 | 0.8 | 0.45 |
| Morrisons Sardines In Brine | 120 | 183 | 3.1 | 1.1 | 0.40 |
| Waitrose sardine al limone drained | 84 | 184 | 2.6 | 0.03 | 1.49 |
| Sainsbury's Sardines in Tomato Sauce | 120 | 186 | 3.0 | 1.8 | 0.45 |
| Sainsbury's Sardines in Spring Water | 120 | 195 | 3.4 | 1.2 | 0.50 |
| Essential Waitrose sardines in water drained | 84 | 197 | 4.2 | 0.6 | 0.50 |
| ASDA Sardines in Sunflower Oil | 120 | 198 | 1.9 | 0 | 0.36 |
| ASDA Sardines in Sunflower Oil | 106 | 200 | 1.9 | 0 | 1.00 |
| essential Waitrose sardines in tomato sauce | 120 | 200 | 4.7 | 1.2 | 0.50 |
| Riga Gold Brisling Sardines in Olive Oil with Chilli | 120 | 202 | 2.5 | 1.2 | 1.50 |
| Lusso Vita Skinless & Boneless Sardine Fillets in Olive Oil drained | 84 | 207 | 0.3 | 0.4 | 1.79 |
| Lusso Vita Sardine Fillets in Olive Oil & Lemon drained | 80 | 207 | 0.3 | 0.4 | 1.79 |
| Lusso Vita Sardine Fillets in Olive Oil & Chilli drained | 80 | 207 | 0.3 | 0.4 | 1.79 |
| ASDA Smart Price Sardines in Tomato Sauce | 120 | 208 | 3.4 | 2.7 | 0.34 |
| Lusso Vita Sardines Olive Oil with Sundried Tomato | 135 | 210 | 3.7 | 2.5 | 1.49 |
| Riga Gold Brisling Sardines in Olive Oil | 120 | 213 | 3.5 | 0.0 | 1.50 |
| Riga Gold Smoked Brisling Sardines in Olive Oil | 120 | 213 | 3.5 | 0.0 | 1.50 |
| John West Sardines in Olive Oil | 120 | 218 | 2.6 | 0 | 1.00 |
| John West Sardines in Sunflower Oil | 120 | 218 | 2.8 | 0.0 | 1.00 |
| Tesco Sardines In Sunflower Oil | 120 | 220 | 3.2 | 0 | 0.40 |
| Connétable MSC Sardines Extra Virgin Olive Oil drained | 102 | 223 | 3.3 | 0.03 | 2.50 |
| Waitrose sardine piccanti drained | 84 | 224 | 3.4 | 0 | 1.49 |
| John West Boneless Sardines in Olive Oil | 95 | 225 | 3.4 | 0 | 1.20 |
| Tesco Finest Brisling Sardines In Water | 105 | 228 | 4.4 | 0.2 | 0.90 |
| Tropical Sun Sardines in Sunflower Oil with Chilli | 125 | 229 | 3.1 | 0.4 | 0.74 |
| Hyacinthe Parmentier sardines in extra virgin olive oil drained | 95 | 229 | 3.5 | 0 | 1.99 |
| Hyacinthe Parmentier sardines in olive oil and chilli drained | 95 | 229 | 3 | 0 | 1.99 |
| Hyacinthe Parmentier sardines in olive oil with herbs drained | 95 | 229 | 3.5 | 0 | 1.99 |
| Essential Waitrose sardines in sunflower oil drained | 84 | 229 | 2.5 | 0.4 | 0.50 |
| Apollo Sardines In Vegetable Oil | 125 | 231 | 2.3 | 0.03 | 0.80 |
| Sainsbury's Sardines in Chilli Oil | 120 | 243 | 3.1 | 0.05 | 0.50 |
| Morrisons Sardines In Olive Oil | 120 | 245 | 3.4 | 0.1 | 0.40 |
| Waitrose sardine fillets in olive oil drained | 84 | 248 | 2.7 | 0.4 | 1.25 |
| Sainsbury's Sardines in Sunflower Oil | 120 | 254 | 3.7 | 0.8 | 0.50 |
| Morrisons The Best Sardines In Oil Infused Lemon Chilli & Garlic | 105 | 265 | 3.9 | 1.3 | 0.70 |
| Morrisons The Best Sardines In Oil Infused With Sea Salt | 105 | 269 | 4.3 | 0.1 | 0.87 |
| Parmentier Petites Sardines Olives in Olive Oil drained | 110 | 272 | 5.1 | 1.4 | 1.99 |
| Parmentier Petites Sardines in Olive Oil drained | 110 | 274 | 4.8 | 0 | 1.99 |
| Sainsbury's Sardines in Olive Oil | 120 | 278 | 5.2 | 0.03 | 0.55 |
| Tesco Finest Sardines In Paprika And Tomato Sauce | 105 | 279 | 4.1 | 1.1 | 0.90 |
| Morrisons The Best Sardines In Oil Infused With Lemon | 105 | 281 | 4.3 | 0.9 | 0.87 |
| Tesco Finest Sardines With Chilli, Lime And Coriander | 105 | 288 | 4.6 | 0.6 | 0.90 |
| essential Waitrose Sardines in Olive Oil drained | 84 | 300 | 4.0 | 0.5 | 0.52 |
| Lusso Vita Sardines Olive Oil with Slice of Lemon drained | 95 | 303 | 4.0 | 0 | 1.49 |
| Morrisons Sardines In Sunflower Oil | 120 | 325 | 3.9 | 0.3 | 0.40 |

* 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*