|  |  |
| --- | --- |
| Food: | Apple (Red) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | PackPrice(£0.00) |
| Supermarket Fresh | 4 Pack | 47 | 0.1 | 12 | 2.00 |
| Locally Grown / Market | 4 loose | 49 | 0.1 | 11.8 | 1.50 |
| Organic Fresh | 6 Pack | 53 | 0.1 | 11.6 | 1.98 |

Per 100g Rather Than Pack

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | Similar | Similar | Similar | Similar | Similar | YES |

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