|  |  |
| --- | --- |
| Food: | Banana  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | PackPrice(£0.00) |
| Budget Frozen | 5 Pack | 62 | 0.1 | 15.3 | 0.90 |
| Locally Grown / Market | 5 Pack | 78 | 0.02 | 18 | 1.00 |
| Organic Fresh | 5 Pack | 84 | 0.02 | 20.3 | 1.15 |
| Supermarket Fresh | 10 pack | 84 | 0.02 | 20 | 1.59 |

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*