|  |  |
| --- | --- |
| Food: | Tomatoes |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | PackPrice(£0.00) |
| Organic Fresh | 4 Pack | 16 | 0.1 | 3.0 | 1.60 |
| Budget Canned | 400 | 18 | 0.0 | 3.0 | 0.28 |
| Locally Grown / Market | 600 | 18 | 0.1 | 3.1 | 1.20 |
| Supermarket Fresh | 750 | 20 | 0.1 | 3.1 | 1.15 |
| Supermarket Canned | 400 | 25 | 0.05 | 3.8 | 0.35 |

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*