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| --- | --- |
| Food: | Grapefruit  |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Pink Grapefruit (each) | 100 | 34 | 0.0 | 6.8 | 0.70 |
| Sainsbury's Red Grapefruit | 100 | 34 | 0.0 | 6.8 | 0.60 |
| Sainsbury's White Grapefruit | 100 | 34 | 0.0 | 6.8 | 0.55 |
| Organic  | 100 | 40 | 0.0 | 10.00 | 1.25 |

* 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*