|  |  |
| --- | --- |
| Food: | Crisps |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Cheese Curls (Aldi) \* | 15 | 80 | 0.5 | 8.4 | 0.09 |
| Tesco Smoky Bacon \* | 25 | 87 | 0.7 | 12.6 | 0.13 |
| Skips | 17 | 92 | 0.5 | 9.9 | 0.55 |
| Tesco everyday Cheese And Onion \* | 18 | 95 | 0.6 | 9.6 | 0.05 |
| Tesco everyday Ready Salted \* | 18 | 96 | 0.6 | 9.5 | 0.05 |
| Tesco everyday salt and vinegar \* | 18 | 98 | 0.5 | 9.2 | 0.05 |
| Smart Price Ready Salted \* | 18 | 99 | 0.6 | 9.3 | 0.05 |
| Walkers Quavers | 20 | 107 | 0.5 | 12.0 | 0.55 |
| The Food Market Veggie Straws | 22 | 122 | 0.5 | 12 | 0.55 |
| Walkers Smoky Bacon | 25 | 130 | 0.6 | 13.4 | 0.45 |
| Asda Ready Salted \* | 25 | 130 | 0.7 | 13 | 0.13 |
| Asda Roast Chicken | 25 | 130 | 0.7 | 13 | 0.13 |
| Asda Cheese And Onion \* | 25 | 132 | 0.7 | 13 | 0.13 |
| Morrison’s smoky bacon \* | 25 | 132 | 0.7 | 13.8 | 0.13 |
| Asda salt and vinegar \* | 25 | 132 | 0.8 | 13 | 0.13 |
| Asda Prawn Cocktail \* | 25 | 133 | 0.8 | 13 | 0.13 |
| Tesco Roast Chicken \* | 25 | 134 | 0.7 | 12.3 | 0.13 |
| Morrison’s Roast chicken \* | 25 | 134 | 0.7 | 12.3 | 0.13 |
| Tesco Cheese And Onion \* | 25 | 134 | 0.7 | 13 | 0.13 |
| Tesco salt and vinegar \* | 25 | 134 | 0.7 | 13 | 0.08 |
| Tesco Prawn Cocktail \* | 25 | 135 | 0.7 | 12.7 | 0.08 |
| Tesco Ready Salted \* | 25 | 136 | 0.7 | 13.8 | 0.08 |
| Morrison’s everyday Ready Salted \* | 25 | 136 | 0.8 | 13.1 | 0.13 |
| Walkers Roast Chicken | 32.5 | 168 | 0.8 | 17.1 | 0.55 |
| Walkers Cheese And Onion | 32.5 | 169 | 0.8 | 17.1 | 0.55 |
| Walkers salt and vinegar | 32.5 | 169 | 0.8 | 17.1 | 0.55 |
| Walkers Prawn Cocktail | 32.5 | 169 | 0.8 | 17.2 | 0.55 |
| Walkers Ready Salted | 32.5 | 171 | 0.8 | 16.7 | 0.55 |

\* Indicates sold in the multipack,

* Values Shown Is Per Packet

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Tesco Smoky Bacon \* | 25 | 348 | 2.8 | 50.4 | 0.13 |
| Walkers Roast Chicken | 32.5 | 517 | 2.5 | 52.6 | 0.55 |
| Walkers Smoky Bacon | 25 | 520 | 2.4 | 53.6 | 0.45 |
| Asda Ready Salted \* | 25 | 520 | 2.8 | 52.0 | 0.13 |
| Asda Roast Chicken | 25 | 520 | 2.8 | 52.0 | 0.13 |
| Walkers Cheese And Onion | 32.5 | 520 | 2.5 | 52.6 | 0.55 |
| Walkers salt and vinegar | 32.5 | 520 | 2.5 | 52.6 | 0.55 |
| Walkers Prawn Cocktail | 32.5 | 520 | 2.5 | 52.9 | 0.55 |
| Walkers Ready Salted | 32.5 | 526 | 2.5 | 51.4 | 0.55 |
| Tesco everyday Cheese And Onion \* | 18 | 528 | 3.3 | 53.3 | 0.05 |
| Asda Cheese And Onion \* | 25 | 528 | 2.8 | 52.0 | 0.13 |
| Morrison’s smoky bacon \* | 25 | 528 | 2.8 | 55.2 | 0.13 |
| Asda salt and vinegar \* | 25 | 528 | 3.2 | 52.0 | 0.13 |
| Asda Prawn Cocktail \* | 25 | 532 | 3.2 | 52.0 | 0.13 |
| Cheese Curls (Aldi) \* | 15 | 533 | 3.3 | 56.0 | 0.09 |
| Tesco everyday Ready Salted \* | 18 | 533 | 3.3 | 52.8 | 0.05 |
| Walkers Quavers | 20 | 535 | 2.5 | 60.0 | 0.55 |
| Tesco Roast Chicken \* | 25 | 536 | 2.8 | 49.2 | 0.13 |
| Morrison’s Roast chicken \* | 25 | 536 | 2.8 | 49.2 | 0.13 |
| Tesco Cheese And Onion \* | 25 | 536 | 2.8 | 52.0 | 0.13 |
| Tesco salt and vinegar \* | 25 | 536 | 2.8 | 52.0 | 0.08 |
| Tesco Prawn Cocktail \* | 25 | 540 | 2.8 | 50.8 | 0.08 |
| Skips | 17 | 541 | 2.9 | 58.2 | 0.55 |
| Tesco everyday salt and vinegar \* | 18 | 544 | 2.8 | 51.1 | 0.05 |
| Tesco Ready Salted \* | 25 | 544 | 2.8 | 55.2 | 0.08 |
| Morrison’s everyday Ready Salted \* | 25 | 544 | 3.2 | 52.4 | 0.13 |
| Smart Price Ready Salted \* | 18 | 550 | 3.3 | 51.7 | 0.05 |
| The Food Market Veggie Straws | 22 | 555 | 2.3 | 54.5 | 0.55 |

\* Indicates sold in the multipack,

* Values Shown Per 100 Grams

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrison’s | Sainsbury’s | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | N/A | N/A | N/A | YES |

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