|  |  |
| --- | --- |
| Food: | Chocolate Bar |

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Alpen Light Chocolate & Fudge Bars | 19 | 65.0 | 0.5 | 10.5 | 1.50 |
| Milkybar White Chocolate Bar 6 Pack | 12 | 65.2 | 2.3 | 6.4 | 1.00 |
| Cadbury Time Out Wafer Chocolate | 16 | 84.3 | 2.6 | 9.6 | 1.00 |
| Blue Riband Original Milk Chocolate Wafer | 18 | 92.3 | 2.5 | 11.8 | 1.00 |
| Cadbury Dairy Milk Freddo Chocolate Bar 6x18g | 18 | 95.4 | 3.3 | 10.2 | 1.25 |
| Cadbury Snack Shortcake Chocolate Biscuit 6 Pack | 20 | 96.6 | 2.4 | 11.4 | 1.00 |
| Milky Way Chocolate Bar 6x21.5g | 21.5 | 96.8 | 1.7 | 15.2 | 1.50 |
| Breakaway Milk Chocolate Biscuit Bar 8 Pack | 19 | 97.1 | 2.6 | 12.1 | 1.00 |
| Fox's Rocky Caramel 8 Bars | 21 | 98.3 | 2.7 | 13.4 | 0.85 |
| Cadbury Fudge Chocolate Bar 6x25.5 | 25.5 | 113.5 | 2.1 | 19.0 | 1.25 |
| Cadbury Twirl Chocolate Bar | 21.5 | 115.0 | 3.9 | 12.3 | 2.50 |
| Cadbury Curly Wurly Chocolate Bar | 26 | 117.8 | 2.5 | 18.2 | 1.25 |
| McVitie's Trio Toffee Biscuit Bar 6 Pack | 23 | 121.2 | 4.4 | 13.6 | 1.00 |
| McVitie's Club Orange Bars | 24 | 122.9 | 4.0 | 14.6 | 1.00 |
| Yorkie Milk Chocolate Biscuit Bar 7 Pack | 24.5 | 123.7 | 3.3 | 15.3 | 1.00 |
| McVitie's Gold Bar | 24 | 124.3 | 5.0 | 16.0 | 1.00 |
| McVitie's Penguin Original Chocolate Biscuit Bar 8 Pack | 24.6 | 128.2 | 3.8 | 15.4 | 1.00 |
| Cadbury Flake Chocolate Bar 4 Pack | 25.5 | 136.4 | 4.8 | 14.3 | 1.00 |
| Bahlsen PiCK UP! Milk Chocolate Biscuit Bars | 28 | 143.1 | 4.2 | 17.1 | 1.00 |
| Aero Mint Bubbly Chocolate Bar 4 Pack | 27 | 143.4 | 4.6 | 16.6 | 1.00 |
| Cadbury Crunchie Chocolate Bar 4 Pack | 32 | 149.1 | 3.2 | 23.4 | 1.00 |
| Cadbury Wispa Chocolate Bar 4 Pack | 30 | 165.0 | 6.3 | 15.8 | 1.00 |
| Galaxy Ripple Chocolate Bar | 33 | 174.6 | 5.7 | 19.4 | 1.50 |
| Mars Chocolate Bar | 39.4 | 176.5 | 3.2 | 27.3 | 2.50 |
| Tesco Free From Chocolate Bar | 35 | 190.4 | 7.6 | 16.9 | 0.45 |
| Dairyfine Racer (Aldi) x 6 | 38 | 191 | 4.4 | 20 | 0.55 |
| |Jive (Aldi) 5 Pack | 42 | 194 | 5.5 | 25 | 0.55 |
| Toffee Crisp Chocolate Bar | 38 | 198.0 | 6.7 | 23.9 | 1.00 |
| Lion Peanut Chocolate Bar 4 Pack | 41 | 202.5 | 4.4 | 22.5 | 1.00 |
| KitKat Chunky Chocolate Bar | 40 | 202.8 | 5.6 | 25.0 | 1.00 |
| Snickers Chocolate Bar | 41.7 | 212.7 | 4.0 | 22.7 | 1.50 |
| Snickers Chocolate Bar | 41.7 | 212.7 | 4.0 | 22.7 | 2.50 |
| Eat Natural Bar, Cranberry Macadamia & Chocolate Gluten Free | 45 | 214.7 | 8.0 | 15.9 | 2.00 |
| Cadbury Double Decker Chocolate Bar 4 Pack | 47 | 217.6 | 4.4 | 33.8 | 1.00 |
| Galaxy Milk Chocolate Bar 4x42g | 42 | 229.3 | 8.2 | 23.5 | 1.50 |
| Topic Chocolate Bar 4x47 | 47 | 229.4 | 3.7 | 29.0 | 1.50 |
| Kinder Bueno Milk and Hazelnuts Chocolate Bar 4 Pack | 43 | 246.0 | 7.4 | 21.3 | 2.00 |
| Twix Chocolate Bar | 50 | 247.0 | 6.9 | 32.3 | 2.50 |
| Bounty Chocolate Bar 4 | 57 | 278.2 | 12.2 | 33.3 | 1.50 |
| Green & Black's Organic 70% Dark Chocolate Bar | 90 | 522.0 | 22.5 | 32.4 | 2.00 |
| Lindt Excellence Chocolate Bar Dark Orange Intense | 100 | 526.0 | 18.0 | 49.0 | 2.00 |
| Lindt Excellence Chocolate Bar Dark Mint Intense | 100 | 529.0 | 19.0 | 51.0 | 2.00 |
| Green & Black's Organic 85% Dark Chocolate Bar | 90 | 546.3 | 27.0 | 21.6 | 2.00 |
| Green & Black's Organic Milk Chocolate Bar | 100 | 561.0 | 22.0 | 48.0 | 1.50 |
| Lindt Excellence Chocolate Bar Dark | 100 | 566.0 | 24.0 | 34.0 | 2.00 |
| Tesco Intense Dark Chocolate Bar | 100 | 585.0 | 29.0 | 22.0 | 1.00 |
| Lindt Excellence Chocolate Bar Dark 90% Cocoa | 100 | 592.0 | 30.0 | 34.0 | 2.00 |
| Cadbury Dairy Milk Whole Nut Chocolate Bar | 120 | 660.0 | 19.8 | 58.8 | 1.50 |
| Cadbury Dairy Milk Caramel Chocolate Bar | 200 | 980.0 | 30.0 | 119.0 | 2.00 |
| Tesco Dark Chocolate Bar | 200 | 1064.0 | 40.0 | 98.0 | 1.00 |
| Cadbury Dairy Milk Chocolate Bar | 200 | 1068.0 | 36.0 | 114.0 | 2.00 |
| ASDA Milk Chocolate Bar | 200 | 1078.0 | 38.0 | 116.0 | 0.90 |
| Tesco White Chocolate Bar | 200 | 1166.0 | 48.0 | 106.0 | 1.00 |

* Values Shown Is Per Bar

| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| --- | --- | --- | --- | --- | --- |
| Alpen Light Chocolate & Fudge Bars | 19 | 342 | 2.7 | 55 | 1.50 |
| Cadbury Fudge Chocolate Bar 6x25.5 | 25.5 | 445 | 8.2 | 74.5 | 1.25 |
| Mars Chocolate Bar | 39.4 | 448 | 8.1 | 69.3 | 2.50 |
| Milky Way Chocolate Bar 6x21.5g | 21.5 | 450 | 7.9 | 70.7 | 1.50 |
| Cadbury Curly Wurly Chocolate Bar | 26 | 453 | 9.5 | 70 | 1.25 |
| Cadbury Double Decker Chocolate Bar 4 Pack | 47 | 463 | 9.3 | 72 | 1.00 |
| |Jive (Aldi) 5 Pack | 42 | 463 | 13 | 58 | 0.55 |
| Cadbury Crunchie Chocolate Bar 4 Pack | 32 | 466 | 10 | 73 | 1.00 |
| Fox's Rocky Caramel 8 Bars | 21 | 468 | 13 | 64 | 0.85 |
| Eat Natural Bar, Cranberry Macadamia & Chocolate Gluten Free | 45 | 477 | 17.7 | 35.4 | 2.00 |
| Cadbury Snack Shortcake Chocolate Biscuit 6 Pack | 20 | 483 | 12 | 57 | 1.00 |
| Bounty Chocolate Bar 4 | 57 | 488 | 21.4 | 58.5 | 1.50 |
| Topic Chocolate Bar 4x47 | 47 | 488 | 7.8 | 61.6 | 1.50 |
| Cadbury Dairy Milk Caramel Chocolate Bar | 200 | 490 | 15 | 59.5 | 2.00 |
| Twix Chocolate Bar | 50 | 494 | 13.8 | 64.6 | 2.50 |
| Lion Peanut Chocolate Bar 4 Pack | 41 | 494 | 10.8 | 54.8 | 1.00 |
| Dairyfine Racer (Aldi) x 6 Pack | 38 | 503 | 12 | 54 | 0.55 |
| Yorkie Milk Chocolate Biscuit Bar 7 Pack | 24.5 | 505 | 13.4 | 62.6 | 1.00 |
| KitKat Chunky Chocolate Bar | 40 | 507 | 14 | 62.5 | 1.00 |
| Snickers Chocolate Bar | 41.7 | 510 | 9.6 | 54.4 | 1.50 |
| Snickers Chocolate Bar | 41.7 | 510 | 9.6 | 54.4 | 2.50 |
| Bahlsen PiCK UP! Milk Chocolate Biscuit Bars | 28 | 511 | 15 | 61 | 1.00 |
| Breakaway Milk Chocolate Biscuit Bar 8 Pack | 19 | 511 | 13.6 | 63.5 | 1.00 |
| McVitie's Club Orange Bars | 24 | 512 | 16.6 | 61 | 1.00 |
| Blue Riband Original Milk Chocolate Wafer | 18 | 513 | 13.7 | 65.8 | 1.00 |
| McVitie's Gold Bar | 24 | 518 | 20.7 | 66.7 | 1.00 |
| Toffee Crisp Chocolate Bar | 38 | 521 | 17.7 | 63 | 1.00 |
| McVitie's Penguin Original Chocolate Biscuit Bar 8 Pack | 24.6 | 521 | 15.5 | 62.5 | 1.00 |
| Lindt Excellence Chocolate Bar Dark Orange Intense | 100 | 526 | 18 | 49 | 2.00 |
| Cadbury Time Out Wafer Chocolate | 16 | 527 | 16 | 60 | 1.00 |
| McVitie's Trio Toffee Biscuit Bar 6 Pack | 23 | 527 | 19 | 59.3 | 1.00 |
| Galaxy Ripple Chocolate Bar | 33 | 529 | 17.2 | 58.7 | 1.50 |
| Lindt Excellence Chocolate Bar Dark Mint Intense | 100 | 529 | 19 | 51 | 2.00 |
| Cadbury Dairy Milk Freddo Chocolate Bar 6x18g | 18 | 530 | 18.5 | 56.5 | 1.25 |
| Aero Mint Bubbly Chocolate Bar 4 Pack | 27 | 531 | 17.1 | 61.6 | 1.00 |
| Tesco Dark Chocolate Bar | 200 | 532 | 20 | 49 | 1.00 |
| Cadbury Dairy Milk Chocolate Bar | 200 | 534 | 18 | 57 | 2.00 |
| Cadbury Twirl Chocolate Bar | 21.5 | 535 | 18 | 57 | 2.50 |
| Cadbury Flake Chocolate Bar 4 Pack | 25.5 | 535 | 19 | 56 | 1.00 |
| ASDA Milk Chocolate Bar | 200 | 539 | 19 | 58 | 0.90 |
| Milkybar White Chocolate Bar 6 Pack | 12 | 543 | 19.1 | 53.1 | 1.00 |
| Tesco Free From Chocolate Bar | 35 | 544 | 21.6 | 48.4 | 0.45 |
| Galaxy Milk Chocolate Bar 4x42g | 42 | 546 | 19.6 | 56 | 1.50 |
| Cadbury Dairy Milk Whole Nut Chocolate Bar | 120 | 550 | 16.5 | 49 | 1.50 |
| Cadbury Wispa Chocolate Bar 4 Pack | 30 | 550 | 21 | 52.5 | 1.00 |
| Green & Black's Organic Milk Chocolate Bar | 100 | 561 | 22 | 48 | 1.50 |
| Lindt Excellence Chocolate Bar Dark | 100 | 566 | 24 | 34 | 2.00 |
| Kinder Bueno Milk and Hazelnuts Chocolate Bar 4 Pack | 43 | 572 | 17.3 | 49.5 | 2.00 |
| Green & Black's Organic 70% Dark Chocolate Bar | 90 | 580 | 25 | 36 | 2.00 |
| Tesco White Chocolate Bar | 200 | 583 | 24 | 53 | 1.00 |
| Tesco Intense Dark Chocolate Bar | 100 | 585 | 29 | 22 | 1.00 |
| Lindt Excellence Chocolate Bar Dark 90% Cocoa | 100 | 592 | 30 | 34 | 2.00 |
| Green & Black's Organic 85% Dark Chocolate Bar | 90 | 607 | 30 | 24 | 2.00 |

* Values Shown Is 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*