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| Food: | Tomato Soup |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Campbell's Condensed Cream of Tomato | 295 | 137.8 | 0.9 | 19.8 | 1.00 |
| Smart Price Tomato | 400 | 192 | 0.4 | 30 | 0.24 |
| M savers Tomato | 400 | 192 | 0.4 | 30 | 0.24 |
| Heinz Cream of Tomato | 400 | 204 | 0.8 | 27.2 | 0.95 |
| Amy's Kitchen Organic Chunky Tomato | 400 | 204 | 3.2 | 34 | 1.60 |
| Morrisons Cream of Tomato | 400 | 212 | 0.8 | 24.8 | 0.45 |
| essential Waitrose cream of tomato | 400 | 212 | 0.8 | 24.8 | 0.52 |
| Heinz Classic organic cream of tomato | 400 | 224 | 3.6 | 28 | 1.29 |
| Sainsbury's Cream Of Tomato | 400 | 228 | 0.8 | 26.8 | 0.40 |
| Tesco Cream Of Tomato | 400 | 229.2 | 0.8 | 29.6 | 0.45 |
| ASDA Cream of Tomato | 400 | 232 | 0.8 | 29.2 | 0.39 |
| Auga Organic Tomato Creamy | 400 | 252 | 1.2 | 23.6 | 1.87 |
| Baxters Favourites Cream of Tomato | 400 | 264 | 4 | 27.6 | 1.07 |

Supermarkets Tested

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| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Able & Cole | ICELAND |
| YES | YES | YES | YES | YES | n/a | YES |

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

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| Have you used this brand compare Form to check your own purchases?  IF you have, why not email it to [wecantspellsuccesswithoutyou@gmail.com](mailto:wecantspellsuccesswithoutyou@gmail.com)  so It can be shared with others on the [WWW.NADIET.INFO](http://WWW.NADIET.INFO) website!! |