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| Food: | Vegetable Soup |

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| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Weight Watchers from Heinz Country | 295 | 97.4 | 0.1 | 17.7 | 0.85 |
| Morrisons Chunky Vegetable | 400 | 148.0 | 0.2 | 24.4 | 0.75 |
| Sainsbury's Spring Vegetable | 400 | 148.0 | 0.2 | 27.2 | 0.40 |
| ASDA Smart Price Vegetable | 400 | 152.0 | 0.2 | 28.0 | 0.24 |
| Sainsbury's Chunky Country | 400 | 152.0 | 0.2 | 26.0 | 0.60 |
| Heinz No Added Sugar Vegetable | 400 | 168.0 | 0.4 | 28.8 | 0.89 |
| Morrisons Vegetable | 400 | 168.0 | 0.2 | 25.2 | 0.45 |
| ASDA Vegetable | 400 | 180.0 | 0.2 | 32.8 | 0.45 |
| ASDA Classic Country Veg | 400 | 180.0 | 3.2 | 25.6 | 0.45 |
| Heinz Vegetable | 400 | 188.0 | 0.4 | 33.2 | 0.95 |
| Baxters Hearty Country | 400 | 192.0 | 1.2 | 30.0 | 1.00 |
| Sainsbury's Vegetable | 400 | 196.0 | 0.2 | 29.2 | 0.40 |
| Tesco Vegetable | 400 | 200.0 | 0.4 | 32.4 | 0.45 |
| essential Waitrose | 400 | 200.0 | 0.2 | 34.4 | 0.52 |
| Heinz Chunky Vegetable Big Soup | 400 | 240.0 | 0.4 | 40.0 | 1.07 |
| Cully And Sully | 400 | 248.0 | 10.4 | 18.0 | 1.50 |
| Crosse & Blackwell Best of British Winter | 400 | 256.0 | 4.0 | 38.4 | 1.07 |
| Amy's Kitchen hearty rustic Italian | 397 | 285.8 | 2.0 | 36.1 | 1.33 |
| Amy's Kitchen Organic Hearty | 400 | 360.0 | 2.0 | 44.0 | 1.80 |
| Amy's Kitchen Hearty French Country | 408 | 367.2 | 2.0 | 44.9 | 1.33 |

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*