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| Food: | Chicken Noodle 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 | 295 | 50.2 | 0.0 | 9.1 | 0.85 |
| Heinz Chicken Noodle  | 400 | 128.0 | 0.4 | 24.4 | 0.95 |
| Sainsbury's Asian Chicken | 400 | 160.0 | 0.4 | 27.6 | 0.40 |
| ASDA Classic | 400 | 180.0 | 0.8 | 31.6 | 0.45 |
| Baxters Super Good Chicken | 400 | 200.0 | 1.6 | 26.4 | 1.00 |
| Sainsbury's Chicken | 600 | 264.0 | 1.2 | 33.6 | 1.50 |
| Yorkshire Provender Thai Green | 600 | 318.0 | 9.0 | 33.6 | 2.50 |
| ASDA Chinese Chicken Noodle | 600 | 1002.0 | 1.2 | 33.6 | 1.50 |

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 so It can be shared with others on the [WWW.NADIET.INFO](http://WWW.NADIET.INFO) website!! |