|  |  |
| --- | --- |
| Food: | Chicken Soup |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| Weight Watchers Chicken Soup | 295 | 91.5 | 0.3 | 13.3 | 0.85 |
| Smart Price Chicken Soup | 400 | 156 | 1.6 | 14 | 0.24 |
| Tesco Everyday Value Chicken Soup | 400 | 168.8 | 2 | 14.4 | 0.30 |
| Tesco Cream Of Chicken Soup | 400 | 193.6 | 2 | 11.2 | 0.45 |
| Bramwells Chicken Soup (Aldi) | 400 | 208 | 1.6 | 18.8 | 0.33 |
| Heinz Cream Of Chicken | 400 | 212 | 1.6 | 19.6 | 0.95 |
| Heinz No Added Sugar Cream Of Chicken Soup | 400 | 212 | 1.6 | 19.6 | 0.89 |
| Sainsbury's Cream Of Chicken Soup | 400 | 216 | 2 | 20 | 0.40 |
| ASDA Cream Of Chicken | 400 | 216 | 2.4 | 19.2 | 0.39 |
| Crosse & Blackwell Best Of British Roast Chicken | 400 | 216 | 4 | 14 | 1.05 |
| Baxters Favourites Cream Of Chicken Soup | 400 | 232 | 4.8 | 23.2 | 1.10 |
| Essential Waitrose Cream Of Chicken Soup | 400 | 276 | 3.6 | 19.6 | 0.52 |
| Campbell's Condensed Cream Of Chicken | 295 | 286.2 | 2.7 | 20.1 | 1.00 |
| New Covent Garden Classic Chicken | 700 | 476 | 5.6 | 65.1 | 2.35 |

* Values Shown Per Full Can

Supermarkets Tested

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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*

|  |
| --- |
| 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!! |