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| Food: | Sliced Ham |

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| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Henry Denny & Sons 8 Slices Crumbed Ham | 90 | 97 | 0.6 | 1.0 | 1.00 |
| Sainsbury's Ham Finely Sliced, Be Good To Yourself | 100 | 98 | 0.6 | 0.2 | 1.75 |
| ASDA Cooked Ham Slices | 300 | 99 | 0.7 | 2.8 | 1.50 |
| Quorn Vegan Smoky Ham Free Slices | 100 | 101 | 0.6 | 1.7 | 2.00 |
| Sainsbury's British Cooked Ham Wafer Thin Sliced | 400 | 101 | 0.9 | 1.2 | 2.00 |
| ASDA Thin Bavarian Smoked Ham Slices | 140 | 102 | 0.6 | 0.2 | 1.65 |
| Tesco The Deli Family Pack Crumbed Ham Slices | 425 | 102 | 0.8 | 1.3 | 4.00 |
| Morrisons Wafer Thin Smoked Ham Slices | 400 | 102 | 1.0 | 1.8 | 2.00 |
| Sainsbury's Wafer Thin Cooked Ham | 70 | 102 | 0.9 | 1.0 | 0.55 |
| Iceland 30 Cooked Ham Slices | 350 | 102 | 1.0 | 0.0 | 1.89 |
| Iceland 7 Slices (Average) Cooked Ham | 120 | 104 | 0.5 | 1.3 | 1.39 |
| Morrisons Wafer Thin Honey Roast Ham Slices | 400 | 105 | 1.0 | 2.9 | 2.00 |
| Finnebrogue Naked Deli Ham Slices | 500 | 105 | 0.8 | 1.3 | 2.00 |
| Iceland 7(Average) Breaded Ham Slices | 120 | 106 | 0.4 | 2.0 | 1.39 |
| ASDA Cooked Ham Slices | 200 | 107 | 1.6 | 0.2 | 1.20 |
| Morrisons Carvery Smoked Ham | 170 | 107 | 0.6 | 1.5 | 2.00 |
| Deli Co Crumbed Lean Ham 14 Slices | 300 | 107 | 1.0 | 2.5 | 1.59 |
| Bernard Matthews Turkey Ham Wafer Thin | 380 | 110 | 1.3 | 3.7 | 2.50 |
| Morrisons Carvery Thinly Sliced Honey Roast Ham | 155 | 110 | 0.6 | 1.9 | 2.00 |
| Waitrose British ham, 6 slices | 120 | 111 | 1.00 | 0.0 | 2.99 |
| ASDA Smart Price Cooked Ham Slices | 400 | 112 | 2.2 | 0.2 | 1.29 |
| ASDA Smart Price Wafer Thin Cooked Ham Slices | 400 | 112 | 2.2 | 0.2 | 1.49 |
| ASDA Finely Sliced Oak Smoked Dry Cured Ham | 150 | 113 | 0.7 | 1.9 | 1.65 |
| Iceland 7(Average) Peppered Ham Slices | 120 | 113 | 0.7 | 1.3 | 1.39 |
| ASDA Finely Sliced Oven Baked Dry Cured Ham | 150 | 114 | 0.8 | 1.8 | 1.79 |
| ASDA Thick Dry Cured Ham Slices | 150 | 114 | 0.8 | 1.8 | 1.79 |
| Sainsbury's British Honey Cured Ham Wafer Thin Sliced | 400 | 114 | 0.9 | 3.6 | 2.00 |
| ASDA Thick Sliced Oven Baked Dry Cured Ham | 500 | 115 | 0.8 | 1.8 | 4.50 |
| Houghton Cooked Sliced Northampton Ham | 130 | 116 | 0.9 | 0.7 | 2.79 |
| essential Waitrose British Ham 8 Slices | 100 | 116 | 1.4 | 0.2 | 1.65 |
| ASDA Thick Dry Cured Honey Roast Ham Slices x 4 | 150 | 117 | 0.6 | 2.3 | 1.65 |
| ASDA Finely Sliced Honey Roast Dry Cured Ham | 150 | 117 | 0.6 | 2.3 | 1.65 |
| ASDA Wafer Thin Smoked Ham Slices | 200 | 117 | 2.3 | 0.2 | 1.00 |
| Waitrose British honey roast ham, 6 slices | 120 | 117 | 1.0 | 0.0 | 2.99 |
| Iceland 7(Average) Honey Roast Ham Slices | 120 | 117 | 0.7 | 2.0 | 1.39 |
| Sainsbury's Finely Sliced Honey Roast Yorkshire Ham, Taste the Difference | 120 | 118 | 0.6 | 1.8 | 2.70 |
| Tesco Finest Wiltshire Finely Sliced Ham | 125 | 119 | 0.9 | 0.2 | 3.00 |
| ASDA Thick Breaded Dry Cured Ham Slices | 150 | 123 | 1.1 | 1.8 | 1.65 |
| Quorn Vegetarian Ham Slices | 100 | 123 | 1.2 | 5.2 | 1.60 |
| Morrisons The Best Finely Sliced Applewood Smoked Ham | 100 | 123 | 0.7 | 1.2 | 2.35 |
| ASDA Wafer Thin Cooked Ham | 400 | 126 | 2.1 | 1.0 | 1.85 |
| ASDA Wafer Thin Honey Roast Ham Slices | 200 | 128 | 2.4 | 3.1 | 1.00 |
| ASDA Wafer Thin Honey Roast Ham | 400 | 129 | 2.4 | 3.1 | 1.85 |
| Waitrose British oak smoked ham, 6 slices | 120 | 130 | 1.5 | 0.0 | 2.99 |
| Waitrose German smoked Brunswick ham, 6 slices | 120 | 130 | 1.6 | 0.5 | 2.69 |
| ASDA Extra Special Hand Breaded Wiltshire Ham Slices | 130 | 131 | 1.4 | 0.2 | 2.50 |
| Iceland Luxury 100% British Pork Finely Sliced Dry Cured Cooked Ham | 100 | 131 | 1.1 | 3.3 | 1.79 |
| Morrisons Deli Breaded Ham Slices | 160 | 133 | 1.5 | 2.9 | 2.00 |
| Morrisons The Best Thick Cut Honey Roast Ham | 120 | 133 | 0.7 | 2.7 | 2.35 |
| Sainsbury's British Thick Cut Wiltshire Cured Ham, Taste the Difference | 120 | 133 | 1.4 | 0.2 | 2.70 |
| Waitrose British Wiltshire Cured Ham 4 Slices | 130 | 134 | 1.6 | 0.1 | 3.49 |
| ASDA Finely Sliced BBQ Dry Cured Ham | 150 | 135 | 1.3 | 2.4 | 1.75 |
| Waitrose British Wiltshire Cured Breaded Ham 4 Slices | 130 | 135 | 1.5 | 0.9 | 3.49 |
| Fire & Smoke Louisiana Style Fire Grilled Ham Slices | 100 | 137 | 1.0 | 1.0 | 2.00 |
| Fire & Smoke Slow Cooked Fire Grilled Ham | 100 | 137 | 1.0 | 1.0 | 2.22 |
| Fire & Smoke Bourbon Smoked Fire Grilled Ham | 100 | 141 | 1.4 | 1.5 | 2.22 |
| Iceland Luxury Finely Sliced Applewood Smoked Ham | 100 | 141 | 1.3 | 3.2 | 1.79 |
| Iceland Luxury 4 Slices Breaded Wiltshire Ham | 100 | 144 | 1.8 | 0.8 | 1.79 |
| Morrisons The Best Finely Sliced Honey Roast Dry Cured Ham | 100 | 147 | 1.5 | 2.7 | 2.35 |
| Waitrose British Wiltshire Thick Cut Cured Ham 3 Slices | 130 | 152 | 2.2 | 0.1 | 3.49 |
| Iceland Luxury Finely Sliced Honey Roast Ham | 100 | 166 | 2.5 | 3.2 | 1.79 |
| VBites Cheatin Ham Style Slices | 100 | 234 | 4.8 | 4.3 | 1.70 |

* Values shown per 100 grams

Supermarkets Tested

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| 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*