|  |  |
| --- | --- |
| Food: | Bacon |

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| The Butcher's Market 10 Unsmoked Lean Bacon Medallions | 250 | 27.8 | 0.2 | 0.1 | 2.00 |
| The Butcher's Market 10 Smoked Lean Bacon Medallions | 250 | 27.8 | 0.2 | 0.1 | 2.00 |
| Sainsbury's Unsmoked Dry Cured British Bacon Medallions 160g, Taste the Difference x8 | 160 | 28.6 | 0.1 | 0.2 | 2.50 |
| Wall's Thick Cut Unsmoked Bacon 6 Rashers | 146.8 | 37.0 | 0.7 | 0.2 | 2.00 |
| Oakpark Unsmoked Bacon Medallions 6 Pack | 170 | 38.3 | 0.6 | 0.3 | 2.00 |
| Quorn Meat Free Bacon Slices X 8 | 150 | 40.1 | 0.2 | 1.0 | 2.00 |
| Oakpark Smoked Bacon Medallions 6 Pack | 170 | 40.8 | 0.7 | 0.3 | 2.00 |
| Wall's Thick Cut Smoked Bacon 6 Rashers | 146.8 | 41.6 | 1.0 | 0.2 | 2.00 |
| essential Waitrose smoked British thin cut back bacon, 10 rashers | 200 | 43.6 | 1.4 | 0.0 | 2.00 |
| Finnebrogue Smoked 12 Naked Streaky Bacon | 200 | 44.0 | 1.2 | 0.1 | 3.00 |
| ASDA Extra Special 16 Oak Smoked Dry Cured Streaky Bacon Rasher | 240 | 46.5 | 1.1 | 0.1 | 2.20 |
| Tesco Unsmoked 10 Medallions | 300 | 46.8 | 0.7 | 0.0 | 2.85 |
| Tesco Finest Smoked Dry Cure Streaky Bacon x 16 | 240 | 48.5 | 1.3 | 0.2 | 2.50 |
| Morrisons Eat Smart 8 Lean Unsmoked Bacon Medallions | 248 | 48.7 | 0.4 | 0.3 | 2.00 |
| Morrisons Eat Smart Smoked Bacon x 8 | 248 | 49.0 | 0.3 | 1.1 | 2.00 |
| Tesco Unsmoked Back Bacon Rasher x 10 | 300 | 54.0 | 1.2 | 0.1 | 1.50 |
| Tesco Smoked Back Bacon Rashers x 10 | 300 | 54.0 | 1.2 | 0.1 | 1.50 |
| essential Waitrose smoked British streaky bacon, 12 rasher | 250 | 56.0 | 2.2 | 0.0 | 2.00 |
| Iceland 10 Rashers Average Smoked Back | 300 | 57.0 | 1.4 | 0.2 | 2.00 |
| Tesco Smoked Streaky Bacon 14 Rashers | 300 | 57.2 | 2.0 | 0.0 | 1.95 |
| Iceland 12 Smoked Streaky Bacon | 270 | 57.8 | 1.8 | 0.1 | 2.00 |
| ASDA Butcher's Selection 8 Reduced Fat Smoked Bacon Medallions | 250 | 58.4 | 0.7 | 0.0 | 1.90 |
| Jolly Hog Oak & Beech Smoked Dry Cure Streaky Bacon x12 | 200 | 58.5 | 1.8 | 0.0 | 2.50 |
| Waitrose smoked British streaky bacon, 12 rashers | 250 | 59.6 | 1.8 | 0.0 | 3.49 |
| Tesco Meat Free Bacon Style Rashers 8 Pack | 150 | 63.9 | 0.4 | 1.0 | 1.75 |
| J.James & Family Unsmoked Back Bacon Rashers x8 | 200 | 64.0 | 1.2 | 0.4 | 1.00 |
| essential Waitrose 10 British Outdoor Bred smoked back bacon rashers | 300 | 65.4 | 2.2 | 0.0 | 2.39 |
| J.James & Family Smoked Back Bacon Rashers x8 | 200 | 65.8 | 1.3 | 0.3 | 1.00 |
| Iceland 10 Rashers Average Unsmoked Back | 300 | 66.3 | 2.1 | 0.2 | 2.00 |
| ASDA Butcher's Selection 8 Reduced Fat Unsmoked Bacon Medallions | 250 | 66.6 | 0.9 | 0.0 | 1.90 |
| Spoilt Pig Dry Cured Smoked Streaky Bacon x 10 | 184 | 66.8 | 1.9 | 0.0 | 3.14 |
| Finnebrogue Unsmoked 12 Naked Streaky Bacon | 200 | 67.2 | 2.1 | 0.3 | 3.00 |
| Suffolk Crown Sweetcure Back Bacon x 8 | 200 | 69.3 | 1.7 | 0.3 | 2.00 |
| ASDA Extra Special 8 Dry Cured Unsmoked Back Bacon Rashers | 240 | 70.8 | 1.3 | 0.0 | 2.20 |
| Waitrose smoked British back bacon, 8 rashers | 250 | 70.9 | 1.9 | 0.0 | 3.49 |
| Waitrose unsmoked British back bacon, 8 rashers | 250 | 70.9 | 1.9 | 0.0 | 3.49 |
| Spoiltpig Unsmoked Dry Cured Back Bacon Rashers | 184 | 73.3 | 2.2 | 0.2 | 3.00 |
| Tesco Finest Smoked Wiltshire Cured Back Bacon 8 Pack | 240 | 74.4 | 1.9 | 0.3 | 2.50 |
| Tesco Finest Unsmoked Wiltshire Cured Back Bacon 8 Pack | 240 | 76.5 | 1.6 | 0.3 | 2.50 |
| Iceland Luxury 6 Unsmoked Dry Cured Back Bacon | 200 | 77.3 | 1.9 | 0.1 | 2.00 |
| Sainsbury's Unsmoked Wiltshire Cured Back Bacon, Taste the Difference x8 | 240 | 78.0 | 1.6 | 0.0 | 2.00 |
| ASDA Butcher's Selection 10 Unsmoked Back Bacon Rashers | 300 | 78.3 | 2.0 | 0.0 | 1.90 |
| Finnebrogue Smoked 6 Naked Back Bacon | 200 | 79.0 | 1.9 | 0.4 | 3.00 |
| ASDA Butcher's Selection 10 Smoked Back Bacon Rashers | 300 | 82.2 | 2.0 | 0.0 | 1.90 |
| Spoiltpig Smoked Dry Cured Back Bacon Rashers x 6 | 184 | 83.1 | 2.1 | 0.1 | 3.00 |
| Sainsbury's Oak Smoked Wiltshire Cured Back Bacon, Taste the Difference x8 | 240 | 83.4 | 2.0 | 0.3 | 2.00 |
| Sizzlers Smoked Back Bacon Rasher x8 | 240 | 83.7 | 1.8 | 0.3 | 1.75 |
| Sizzlers Unsmoked Back Bacon Rasher x8 | 240 | 83.7 | 1.8 | 0.3 | 1.75 |
| Morrisons Unsmoked Back Bacon Rashers 10 Pack | 300 | 84.3 | 0.2 | 0.2 | 2.00 |
| Morrisons Smoked Back Bacon Rashers 10 Pack | 300 | 84.3 | 1.8 | 0.2 | 2.00 |
| Tesco Unsmoked Thick Cut Back Bacon x 6 | 300 | 85.0 | 2.4 | 0.0 | 1.95 |
| Tesco Smoked Thick Cut Back Bacon x 6 | 300 | 85.0 | 2.4 | 0.0 | 1.95 |
| Finnebrogue Unsmoked 6 Naked Back Bacon | 200 | 85.7 | 1.8 | 0.3 | 3.00 |
| Sainsbury's Reduced Salt Smoked Back Bacon x8 | 250 | 87.5 | 2.2 | 0.4 | 1.50 |
| The Jolly Hog Unsmoked Back Bacon x 6 | 200 | 88.7 | 2.0 | 0.3 | 2.50 |
| The Jolly Hog Smoked Back Bacon x 6 | 200 | 88.7 | 2.0 | 0.3 | 2.50 |
| The Jolly Hog Smoked Treacle Bacon x 6 | 200 | 89.0 | 2.0 | 0.8 | 2.50 |
| Sainsbury's Unsmoked Back Bacon Rashers x8 | 250 | 91.3 | 2.1 | 0.3 | 1.50 |
| Morrisons The Best 6 Wiltshire Unsmoked Cured Back Bacon Rashers | 200 | 93.7 | 2.2 | 0.2 | 2.50 |
| Morrisons The Best Old Fashion Cure Bacon x 6 | 200 | 94.3 | 1.8 | 1.1 | 2.50 |
| Sainsbury's Oak Smoked Dry Cure Bacon, Taste the Difference x6 | 220 | 100.8 | 2.6 | 0.4 | 2.50 |
| Sainsbury's, Unsmoked Dry Cure Bacon, Taste the Difference x 6 | 220 | 104.5 | 2.8 | 0.4 | 2.50 |
| essential Waitrose smoked British thick cut back bacon, 6 rashers | 300 | 109.0 | 3.6 | 0.1 | 2.39 |
| ASDA Farm Stores Unsmoked Back Bacon x 6 | 300 | 110.5 | 2.7 | 0.1 | 1.00 |
| Morrisons Extra Thick Unsmoked Back Bacon Rashers 6 Pack | 300 | 115.5 | 2.4 | 0.3 | 2.00 |
| Morrisons Smoked Extra Thick Rindless Back Bacon Rashers 6 | 300 | 115.5 | 2.4 | 0.3 | 2.00 |
| Morrisons The Best Dry Cure Smoked Streaky Bacon x 8 | 240 | 115.8 | 3.1 | 0.4 | 2.50 |
| Sainsbury's Thick Unsmoked Bacon Rasher x6 | 300 | 116.5 | 2.7 | 0.5 | 2.00 |
| Sainsbury's Thick Smoked Bacon Rashers x6 | 300 | 116.5 | 2.7 | 0.5 | 2.00 |
| Sainsbury's Thick Unsmoked Back Bacon Rasher x4 | 200 | 116.5 | 2.7 | 0.5 | 1.80 |
| Sainsbury's Unsmoked Lean Bacon Loin Steaks x2 | 250 | 221.3 | 3.9 | 1.4 | 3.00 |

* Values shown per slice

| Suggested Brands | Size / Weight (g) | Number of Calories  (Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price  (£0.00) |
| --- | --- | --- | --- | --- | --- |
| Wall's Thick Cut Unsmoked Bacon 6 Rashers | 146.8 | 221.7 | 4.3 | 1.0 | 2.00 |
| Sainsbury's Unsmoked Dry Cured British Bacon Medallions 160g, Taste the Difference x8 | 160 | 228.8 | 1.1 | 1.6 | 2.50 |
| Oakpark Unsmoked Bacon Medallions 6 Pack | 170 | 229.5 | 3.4 | 1.5 | 2.00 |
| Oakpark Smoked Bacon Medallions 6 Pack | 170 | 244.8 | 3.9 | 1.9 | 2.00 |
| Wall's Thick Cut Smoked Bacon 6 Rashers | 146.8 | 249.6 | 6.0 | 1.0 | 2.00 |
| The Butcher's Market 10 Unsmoked Lean Bacon Medallions | 250 | 277.5 | 2.3 | 1.3 | 2.00 |
| The Butcher's Market 10 Smoked Lean Bacon Medallions | 250 | 277.5 | 2.3 | 1.3 | 2.00 |
| Quorn Meat Free Bacon Slices X 8 | 150 | 321.0 | 1.7 | 8.1 | 2.00 |
| Morrisons Eat Smart 8 Lean Unsmoked Bacon Medallions | 248 | 389.4 | 3.0 | 2.5 | 2.00 |
| Morrisons Eat Smart Smoked Bacon x 8 | 248 | 391.8 | 2.5 | 8.9 | 2.00 |
| essential Waitrose smoked British thin cut back bacon, 10 rashers | 200 | 436.0 | 14.4 | 0.2 | 2.00 |
| Spoiltpig Unsmoked Dry Cured Back Bacon Rashers | 184 | 439.8 | 13.4 | 0.9 | 3.00 |
| Sainsbury's Unsmoked Lean Bacon Loin Steaks x2 | 250 | 442.5 | 7.8 | 2.8 | 3.00 |
| Iceland Luxury 6 Unsmoked Dry Cured Back Bacon | 200 | 464.0 | 11.6 | 0.4 | 2.00 |
| Sainsbury's Thick Unsmoked Back Bacon Rasher x4 | 200 | 466.0 | 10.8 | 2.0 | 1.80 |
| ASDA Butcher's Selection 8 Reduced Fat Smoked Bacon Medallions | 250 | 467.5 | 5.5 | 0.3 | 1.90 |
| Tesco Unsmoked 10 Medallions | 300 | 468.0 | 6.9 | 0.0 | 2.85 |
| Finnebrogue Smoked 6 Naked Back Bacon | 200 | 474.0 | 11.2 | 2.2 | 3.00 |
| Spoiltpig Smoked Dry Cured Back Bacon Rashers x 6 | 184 | 498.6 | 12.3 | 0.4 | 3.00 |
| Tesco Unsmoked Thick Cut Back Bacon x 6 | 300 | 510.0 | 14.4 | 0.0 | 1.95 |
| Tesco Smoked Thick Cut Back Bacon x 6 | 300 | 510.0 | 14.4 | 0.0 | 1.95 |
| Tesco Meat Free Bacon Style Rashers 8 Pack | 150 | 511.5 | 2.9 | 7.7 | 1.75 |
| J.James & Family Unsmoked Back Bacon Rashers x8 | 200 | 512.0 | 9.2 | 3.0 | 1.00 |
| Finnebrogue Unsmoked 6 Naked Back Bacon | 200 | 514.0 | 11.0 | 2.0 | 3.00 |
| J.James & Family Smoked Back Bacon Rashers x8 | 200 | 526.0 | 10.4 | 2.0 | 1.00 |
| Finnebrogue Smoked 12 Naked Streaky Bacon | 200 | 528.0 | 14.6 | 1.6 | 3.00 |
| The Jolly Hog Unsmoked Back Bacon x 6 | 200 | 532.0 | 11.8 | 1.6 | 2.50 |
| The Jolly Hog Smoked Back Bacon x 6 | 200 | 532.0 | 11.8 | 1.6 | 2.50 |
| ASDA Butcher's Selection 8 Reduced Fat Unsmoked Bacon Medallions | 250 | 532.5 | 6.8 | 0.3 | 1.90 |
| The Jolly Hog Smoked Treacle Bacon x 6 | 200 | 534.0 | 12.0 | 4.6 | 2.50 |
| Tesco Unsmoked Back Bacon Rasher x 10 | 300 | 540.0 | 12.3 | 1.2 | 1.50 |
| Tesco Smoked Back Bacon Rashers x 10 | 300 | 540.0 | 12.3 | 1.2 | 1.50 |
| Suffolk Crown Sweetcure Back Bacon x 8 | 200 | 554.0 | 13.4 | 2.2 | 2.00 |
| Morrisons The Best 6 Wiltshire Unsmoked Cured Back Bacon Rashers | 200 | 562.0 | 13.0 | 1.0 | 2.50 |
| Morrisons The Best Old Fashion Cure Bacon x 6 | 200 | 566.0 | 10.8 | 6.6 | 2.50 |
| ASDA Extra Special 8 Dry Cured Unsmoked Back Bacon Rashers | 240 | 566.4 | 10.1 | 0.2 | 2.20 |
| Waitrose smoked British back bacon, 8 rashers | 250 | 567.5 | 14.8 | 0.0 | 3.49 |
| Waitrose unsmoked British back bacon, 8 rashers | 250 | 567.5 | 14.8 | 0.0 | 3.49 |
| Iceland 10 Rashers Average Smoked Back | 300 | 570.0 | 14.4 | 1.5 | 2.00 |
| Tesco Finest Smoked Wiltshire Cured Back Bacon 8 Pack | 240 | 595.2 | 15.4 | 2.4 | 2.50 |
| Sainsbury's Oak Smoked Dry Cure Bacon, Taste the Difference x6 | 220 | 605.0 | 15.8 | 2.2 | 2.50 |
| Tesco Finest Unsmoked Wiltshire Cured Back Bacon 8 Pack | 240 | 612.0 | 12.5 | 2.4 | 2.50 |
| Sainsbury's Unsmoked Wiltshire Cured Back Bacon, Taste the Difference x8 | 240 | 624.0 | 12.7 | 0.2 | 2.00 |
| Sainsbury's, Unsmoked Dry Cure Bacon, Taste the Difference x 6 | 220 | 627.0 | 16.9 | 2.6 | 2.50 |
| essential Waitrose 10 British Outdoor Bred smoked back bacon rashers | 300 | 654.0 | 21.6 | 0.3 | 2.39 |
| essential Waitrose smoked British thick cut back bacon, 6 rashers | 300 | 654.0 | 21.6 | 0.3 | 2.39 |
| ASDA Farm Stores Unsmoked Back Bacon x 6 | 300 | 663.0 | 16.2 | 0.3 | 1.00 |
| Iceland 10 Rashers Average Unsmoked Back | 300 | 663.0 | 21.3 | 1.5 | 2.00 |
| Sainsbury's Oak Smoked Wiltshire Cured Back Bacon, Taste the Difference x8 | 240 | 667.2 | 16.3 | 2.4 | 2.00 |
| Spoilt Pig Dry Cured Smoked Streaky Bacon x 10 | 184 | 667.9 | 18.6 | 0.4 | 3.14 |
| Sizzlers Smoked Back Bacon Rasher x8 | 240 | 669.6 | 14.6 | 2.2 | 1.75 |
| Sizzlers Unsmoked Back Bacon Rasher x8 | 240 | 669.6 | 14.6 | 2.2 | 1.75 |
| essential Waitrose smoked British streaky bacon, 12 rasher | 250 | 672.5 | 25.8 | 0.3 | 2.00 |
| Morrisons Extra Thick Unsmoked Back Bacon Rashers 6 Pack | 300 | 693.0 | 14.1 | 1.8 | 2.00 |
| Morrisons Smoked Extra Thick Rindless Back Bacon Rashers 6 | 300 | 693.0 | 14.1 | 1.8 | 2.00 |
| Iceland 12 Smoked Streaky Bacon | 270 | 693.9 | 21.3 | 1.4 | 2.00 |
| Sainsbury's Thick Unsmoked Bacon Rasher x6 | 300 | 699.0 | 16.2 | 3.0 | 2.00 |
| Sainsbury's Thick Smoked Bacon Rashers x6 | 300 | 699.0 | 16.2 | 3.0 | 2.00 |
| Sainsbury's Reduced Salt Smoked Back Bacon x8 | 250 | 700.0 | 17.8 | 3.3 | 1.50 |
| Jolly Hog Oak & Beech Smoked Dry Cure Streaky Bacon x12 | 200 | 702.0 | 22.0 | 0.2 | 2.50 |
| Waitrose smoked British streaky bacon, 12 rashers | 250 | 715.0 | 21.3 | 0.0 | 3.49 |
| Sainsbury's Unsmoked Back Bacon Rashers x8 | 250 | 730.0 | 16.8 | 2.5 | 1.50 |
| ASDA Extra Special 16 Oak Smoked Dry Cured Streaky Bacon Rasher | 240 | 744.0 | 16.8 | 1.9 | 2.20 |
| Tesco Finest Smoked Dry Cure Streaky Bacon x 16 | 240 | 775.2 | 21.1 | 2.4 | 2.50 |
| ASDA Butcher's Selection 10 Unsmoked Back Bacon Rashers | 300 | 783.0 | 20.4 | 0.3 | 1.90 |
| Tesco Smoked Streaky Bacon 14 Rashers | 300 | 801.0 | 27.3 | 0.0 | 1.95 |
| Finnebrogue Unsmoked 12 Naked Streaky Bacon | 200 | 806.0 | 24.6 | 3.8 | 3.00 |
| ASDA Butcher's Selection 10 Smoked Back Bacon Rashers | 300 | 822.0 | 20.4 | 0.3 | 1.90 |
| Morrisons Unsmoked Back Bacon Rashers 10 Pack | 300 | 843.0 | 1.5 | 1.5 | 2.00 |
| Morrisons Smoked Back Bacon Rashers 10 Pack | 300 | 843.0 | 18.0 | 1.5 | 2.00 |
| Morrisons The Best Dry Cure Smoked Streaky Bacon x 8 | 240 | 926.4 | 25.0 | 3.1 | 2.50 |

* Values shown per pack

Supermarkets Tested

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