|  |  |
| --- | --- |
| Food: | Mince  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Meat the alternative beef style mince made with soya | 500 | 133.5 | 0.2 | 10.4 | 2.99 |
| Quorn Meat Free Mince | 500 | 156.0 | 0.8 | 6.8 | 3.00 |
| The Butcher's Market Scottish Lean Beef Steak Mince Typically 5% Fat | 400 | 163.5 | 2.3 | 0.0 | 3.00 |
| The Butcher's Market British Lean Beef Steak Mince Typically 5% Fat | 400 | 163.5 | 2.3 | 0.0 | 3.00 |
| Morrisons Market St Turkey Breast Mince | 500 | 168.0 | 0.8 | 0.2 | 4.00 |
| Iceland Lean Steak Mince | 475 | 177.0 | 3.3 | 0.0 | 3.00 |
| Waitrose Venison Mince | 300 | 178.5 | 2.4 | 0.1 | 4.50 |
| Tesco Beef Lean Steak Mince | 500 | 186.0 | 3.0 | 13.5 | 3.30 |
| Morrisons Meat Free Mince | 400 | 187.5 | 1.2 | 5.7 | 1.50 |
| Waitrose Aberdeen Angus lean mince beef, 5% fat | 400 | 187.5 | 3.3 | 0.0 | 5.00 |
| Tesco Pork Lean Mince 5% Fat | 500 | 189.0 | 2.7 | 0.0 | 3.00 |
| Waitrose Pork Lean Mince Typically 5% Fat | 500 | 192.0 | 2.6 | 0.0 | 3.00 |
| ASDA Extra Special Aberdeen Angus Beef Mince (Typically Less Than 5% Fat) | 500 | 196.5 | 2.4 | 0.1 | 3.75 |
| Tesco Lean Beef Steak Mince 5 % Fat  | 500 | 196.5 | 3.6 | 0.5 | 3.75 |
| Sainsbury's British Pork Mince 5% Fat | 500 | 199.5 | 1.4 | 0.0 | 2.20 |
| Sainsbury's Turkey Breast Mince 2% Fat | 500 | 204.0 | 0.6 | 0.0 | 4.35 |
| ASDA Butcher's Selection Lean Turkey Mince (Typically Less Than 7% Fat) | 500 | 210.0 | 2.9 | 0.1 | 2.25 |
| ASDA Butcher's Selection Extra Lean Turkey Mince (Typically Less Than 3% Fat) | 500 | 211.5 | 0.5 | 0.1 | 3.49 |
| Sainsbury's Vegetarian Mince | 500 | 211.5 | 1.5 | 10.1 | 1.75 |
| essential Waitrose British Beef Lean Mince | 500 | 214.5 | 4.7 | 0.0 | 3.65 |
| essential Waitrose British Turkey Breast Mince | 300 | 214.5 | 0.8 | 0.2 | 4.00 |
| Sainsbury's British Turkey Thigh Mince 7% Fat | 500 | 219.0 | 1.8 | 3.3 | 2.00 |
| ASDA Butcher's Selection Lean Beef Mince (Typically Less Than 5% Fat) | 500 | 225.0 | 2.7 | 0.1 | 2.97 |
| essential Waitrose British pork mince | 500 | 226.5 | 5.0 | 0.1 | 2.30 |
| Waitrose Duchy free range British pork mince | 500 | 226.5 | 5.0 | 0.1 | 4.19 |
| ASDA Butcher's Selection Lean Pork Mince (Typically Less Than 5% Fat) | 500 | 246.0 | 2.6 | 1.2 | 3.00 |
| Sainsbury's Beef Mince 5% Fat, SO Organic | 400 | 249.0 | 3.2 | 0.1 | 3.80 |
| The Butcher’s Market Pork Mince 20% Fat | 500 | 249.0 | 2.6 | 0.0 | 2.00 |
| Sainsbury's 5% Fat Beef Mince | 500 | 250.5 | 3.2 | 0.1 | 3.75 |
| Sainsbury's Beef Mince 5% Fat | 500 | 252.0 | 3.2 | 0.1 | 3.10 |
| Waitrose Duchy Organic British lean beef mince, 10% fat | 400 | 255.0 | 6.8 | 0.0 | 4.30 |
| Waitrose Aberdeen Angus mince beef, 10% fat | 400 | 255.0 | 6.8 | 0.0 | 4.30 |
| Waitrose Hereford lean beef mince, 10% fat | 400 | 255.0 | 6.8 | 0.0 | 4.30 |
| Waitrose Frozen Hereford beef mince | 500 | 255.0 | 6.8 | 0.0 | 3.99 |
| essential Waitrose British mince beef, 10% fat | 500 | 255.0 | 6.8 | 0.0 | 3.20 |
| Iceland Beef Steak Mince | 550 | 255.0 | 8.1 | 0.0 | 3.00 |
| The Butcher's Market Beef Steak Mince | 1100 | 255.0 | 8.1 | 0.0 | 5.00 |
| Tesco Healthy Living 10% Fat Minced Beef Steak | 500 | 262.5 | 6.5 | 0.0 | 3.50 |
| ASDA Meat Free Mince | 454 | 268.5 | 1.7 | 12.2 | 1.50 |
| Woodside Farms 12% Fat Pork Mince | 500 | 268.5 | 6.2 | 0.0 | 2.20 |
| Morrisons British Minced Pork 5% Fat | 500 | 268.5 | 2.9 | 0.0 | 3.00 |
| Naked Glory Mince | 260 | 270.0 | 6.6 | 13.5 | 2.00 |
| essential Waitrose British Turkey Thigh Mince | 500 | 283.5 | 3.5 | 0.2 | 3.65 |
| Morrisons Market St British Minced Beef 12 % Fat | 500 | 285.0 | 8.4 | 0.0 | 2.35 |
| Morrisons The Best Matured Scotch Beef Mince 12% Fat | 500 | 285.0 | 8.4 | 0.0 | 3.50 |
| Sainsbury's Lamb Mince 10% Fat | 500 | 288.0 | 6.9 | 0.1 | 5.50 |
| ASDA Reduced Fat Beef Mince | 800 | 289.5 | 6.8 | 0.1 | 3.50 |
| ASDA Lean Turkey Mince | 500 | 289.5 | 3.9 | 0.1 | 2.50 |
| ASDA Butcher's Selection Reduced Fat Beef Mince (Typically Less Than 12% Fat) | 500 | 301.5 | 7.1 | 3.6 | 2.09 |
| Sainsbury's Beef Mince 12% Fat | 500 | 309.0 | 8.1 | 0.1 | 2.60 |
| Sainsbury's Beef Mince 12% Fat, SO Organic | 400 | 309.0 | 8.1 | 0.1 | 3.00 |
| Sainsbury's Beef Mince 12% Fat, Taste the Difference | 500 | 312.0 | 8.3 | 0.1 | 3.50 |
| Iceland Lamb Mince | 450 | 312.0 | 11.9 | 0.0 | 3.00 |
| The Butcher's Market Lamb Mince | 900 | 312.0 | 11.9 | 0.0 | 5.00 |
| Tesco Finest Aberdeen Angus Steak Mince | 500 | 313.5 | 9.8 | 0.0 | 4.00 |
| Tesco Beef Steak Mince 15% Fat | 500 | 313.5 | 9.8 | 0.0 | 2.50 |
| Tesco Organic Beef Steak Mince 15% Fat | 500 | 313.5 | 9.8 | 0.0 | 4.65 |
| Naturli Pea Based Minced | 400 | 315.0 | 11.9 | 14.4 | 3.00 |
| ASDA Butcher's Selection Lamb Mince (Typically Less Than 20% Fat) | 500 | 318.0 | 8.6 | 2.0 | 3.20 |
| The Butcher's Market Beef Mince | 1300 | 322.5 | 11.0 | 0.0 | 5.00 |
| essential Waitrose British beef mince, 15% fat | 500 | 328.5 | 10.1 | 0.0 | 2.75 |
| Waitrose Aberdeen Angus Beef Mince 15% Fat | 400 | 328.5 | 10.1 | 0.0 | 4.00 |
| Waitrose British Veal Mince | 400 | 328.5 | 10.1 | 0.0 | 4.29 |
| Morrisons British Minced Lamb | 500 | 352.5 | 12.8 | 0.0 | 4.00 |
| ASDA Butcher's Selection Beef Mince (Typically Less Than 20% Fat) | 500 | 361.5 | 10.4 | 0.1 | 1.59 |
| Sainsbury's British Pork Mince 10% Fat | 500 | 363.0 | 7.7 | 0.9 | 2.10 |
| essential Waitrose British lamb mince 20% fat | 500 | 370.5 | 15.3 | 0.2 | 4.49 |
| Boswell Farms Beef Mince 20% Fat | 500 | 378.0 | 14.7 | 0.0 | 1.49 |
| Morrisons British Minced Beef 20% Fat | 500 | 379.5 | 11.3 | 0.0 | 1.60 |
| Morrisons British Minced Pork 20% Fat | 500 | 385.5 | 11.0 | 0.0 | 2.10 |
| ASDA Butcher's Selection Pork Mince (Typically Less Than 20% Fat) | 500 | 387.0 | 9.6 | 4.2 | 1.99 |
| ASDA Beef Mince | 800 | 388.5 | 16.5 | 5.7 | 3.20 |
| Sainsbury's British Pork Mince 20% Fat | 500 | 397.5 | 9.8 | 1.5 | 1.75 |
| Sainsbury's Lamb Mince 20% Fat | 500 | 403.5 | 15.3 | 0.1 | 4.50 |
| Sainsbury's Lamb Mince, SO Organic | 400 | 403.5 | 15.3 | 0.1 | 4.80 |
| Morrisons Minced Lamb | 500 | 406.5 | 16.1 | 0.6 | 2.75 |
| Sainsbury's Beef Mince 20% Fat | 500 | 409.5 | 12.8 | 1.2 | 1.65 |
| Iceland Beef Pork & Mince | 375 | 409.5 | 13.1 | 0.8 | 1.59 |
| The Butcher's Market British Beef Mince Typically 23% Fat | 500 | 418.5 | 15.6 | 0.0 | 2.00 |
| ASDA Prime Cuts Lamb Mince | 500 | 424.5 | 16.5 | 1.1 | 3.30 |
| M savers Beef & Pork Mince | 1000 | 448.5 | 17.0 | 0.2 | 3.20 |
| Sainsbury's New Zealand Lamb Mince | 500 | 462.0 | 16.2 | 0.0 | 3.75 |
| J.James & Family 25% Fat Beef & Pork Mince | 750 | 475.5 | 15.8 | 0.1 | 2.75 |
| The Butcher's Market British Beef Steak Mince Typically 12% Fat | 500 | 928.5 | 28.5 | 0.1 | 2.89 |
| The Butcher's Market Scottish Beef Steak Mince Typically 12% Fat | 500 | 928.5 | 28.5 | 0.1 | 2.89 |

* Values Shown Per 150 grams

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Meat the alternative beef style mince made with soya | 500 | 89 | 0.1 | 6.9 | 2.99 |
| Quorn Meat Free Mince | 500 | 104 | 0.5 | 4.5 | 3.00 |
| The Butcher's Market Scottish Lean Beef Steak Mince Typically 5% Fat | 400 | 109 | 1.5 | 0 | 3.00 |
| The Butcher's Market British Lean Beef Steak Mince Typically 5% Fat | 400 | 109 | 1.5 | 0 | 3.00 |
| Morrisons Market St Turkey Breast Mince | 500 | 112 | 0.5 | 0.1 | 4.00 |
| Iceland Lean Steak Mince | 475 | 118 | 2.2 | 0 | 3.00 |
| Waitrose Venison Mince | 300 | 119 | 1.6 | 0.05 | 4.50 |
| Tesco Beef Lean Steak Mince | 500 | 124 | 2 | 9 | 3.30 |
| Morrisons Meat Free Mince | 400 | 125 | 0.8 | 3.8 | 1.50 |
| Waitrose Aberdeen Angus lean mince beef, 5% fat | 400 | 125 | 2.2 | 0 | 5.00 |
| Tesco Pork Lean Mince 5% Fat | 500 | 126 | 1.8 | 0 | 3.00 |
| Waitrose Pork Lean Mince Typically 5% Fat | 500 | 128 | 1.7 | 0 | 3.00 |
| ASDA Extra Special Aberdeen Angus Beef Mince (Typically Less Than 5% Fat) | 500 | 131 | 1.6 | 0.05 | 3.75 |
| Tesco Lean Beef Steak Mince 5 % Fat  | 500 | 131 | 2.4 | 0.3 | 3.75 |
| Sainsbury's British Pork Mince 5% Fat | 500 | 133 | 0.9 | 0 | 2.20 |
| Sainsbury's Turkey Breast Mince 2% Fat | 500 | 136 | 0.4 | 0 | 4.35 |
| ASDA Butcher's Selection Lean Turkey Mince (Typically Less Than 7% Fat) | 500 | 140 | 1.9 | 0.05 | 2.25 |
| ASDA Butcher's Selection Extra Lean Turkey Mince (Typically Less Than 3% Fat) | 500 | 141 | 0.3 | 0.05 | 3.49 |
| Sainsbury's Vegetarian Mince | 500 | 141 | 1.0 | 6.7 | 1.75 |
| essential Waitrose British Beef Lean Mince | 500 | 143 | 3.1 | 0 | 3.65 |
| essential Waitrose British Turkey Breast Mince | 300 | 143 | 0.5 | 0.1 | 4.00 |
| Sainsbury's British Turkey Thigh Mince 7% Fat | 500 | 146 | 1.2 | 2.2 | 2.00 |
| ASDA Butcher's Selection Lean Beef Mince (Typically Less Than 5% Fat) | 500 | 150 | 1.8 | 0.05 | 2.97 |
| essential Waitrose British pork mince | 500 | 151 | 3.3 | 0.05 | 2.30 |
| Waitrose Duchy free range British pork mince | 500 | 151 | 3.3 | 0.05 | 4.19 |
| ASDA Butcher's Selection Lean Pork Mince (Typically Less Than 5% Fat) | 500 | 164 | 1.7 | 0.8 | 3.00 |
| Sainsbury's Beef Mince 5% Fat, SO Organic | 400 | 166 | 2.1 | 0.05 | 3.80 |
| The Butcher’s Market Pork Mince 20% Fat | 500 | 166 | 1.7 | 0 | 2.00 |
| Sainsbury's 5% Fat Beef Mince | 500 | 167 | 2.1 | 0.05 | 3.75 |
| Sainsbury's Beef Mince 5% Fat | 500 | 168 | 2.1 | 0.05 | 3.10 |
| Waitrose Duchy Organic British lean beef mince, 10% fat | 400 | 170 | 4.5 | 0 | 4.30 |
| Waitrose Aberdeen Angus mince beef, 10% fat | 400 | 170 | 4.5 | 0 | 4.30 |
| Waitrose Hereford lean beef mince, 10% fat | 400 | 170 | 4.5 | 0 | 4.30 |
| Waitrose Frozen Hereford beef mince | 500 | 170 | 4.5 | 0 | 3.99 |
| essential Waitrose British mince beef, 10% fat | 500 | 170 | 4.5 | 0 | 3.20 |
| Iceland Beef Steak Mince | 550 | 170 | 5.4 | 0 | 3.00 |
| The Butcher's Market Beef Steak Mince | 1100 | 170 | 5.4 | 0 | 5.00 |
| Tesco Healthy Living 10% Fat Minced Beef Steak | 500 | 175 | 4.3 | 0 | 3.50 |
| ASDA Meat Free Mince | 454 | 179 | 1.1 | 8.1 | 1.50 |
| Woodside Farms 12% Fat Pork Mince | 500 | 179 | 4.1 | 0 | 2.20 |
| Morrisons British Minced Pork 5% Fat | 500 | 179 | 1.9 | 0 | 3.00 |
| Naked Glory Mince | 260 | 180 | 4.4 | 9 | 2.00 |
| essential Waitrose British Turkey Thigh Mince | 500 | 189 | 2.3 | 0.1 | 3.65 |
| Morrisons Market St British Minced Beef 12 % Fat | 500 | 190 | 5.6 | 0 | 2.35 |
| Morrisons The Best Matured Scotch Beef Mince 12% Fat | 500 | 190 | 5.6 | 0 | 3.50 |
| Sainsbury's Lamb Mince 10% Fat | 500 | 192 | 4.6 | 0.05 | 5.50 |
| ASDA Reduced Fat Beef Mince | 800 | 193 | 4.5 | 0.05 | 3.50 |
| ASDA Lean Turkey Mince | 500 | 193 | 2.6 | 0.05 | 2.50 |
| ASDA Butcher's Selection Reduced Fat Beef Mince (Typically Less Than 12% Fat) | 500 | 201 | 4.7 | 2.4 | 2.09 |
| Sainsbury's Beef Mince 12% Fat | 500 | 206 | 5.4 | 0.05 | 2.60 |
| Sainsbury's Beef Mince 12% Fat, SO Organic | 400 | 206 | 5.4 | 0.05 | 3.00 |
| Sainsbury's Beef Mince 12% Fat, Taste the Difference | 500 | 208 | 5.5 | 0.05 | 3.50 |
| Iceland Lamb Mince | 450 | 208 | 7.9 | 0 | 3.00 |
| The Butcher's Market Lamb Mince | 900 | 208 | 7.9 | 0 | 5.00 |
| Tesco Finest Aberdeen Angus Steak Mince | 500 | 209 | 6.5 | 0 | 4.00 |
| Tesco Beef Steak Mince 15% Fat | 500 | 209 | 6.5 | 0 | 2.50 |
| Tesco Organic Beef Steak Mince 15% Fat | 500 | 209 | 6.5 | 0 | 4.65 |
| Naturli Pea Based Minced | 400 | 210 | 7.9 | 9.6 | 3.00 |
| ASDA Butcher's Selection Lamb Mince (Typically Less Than 20% Fat) | 500 | 212 | 5.7 | 1.3 | 3.20 |
| The Butcher's Market Beef Mince | 1300 | 215 | 7.3 | 0 | 5.00 |
| essential Waitrose British beef mince, 15% fat | 500 | 219 | 6.7 | 0 | 2.75 |
| Waitrose Aberdeen Angus Beef Mince 15% Fat | 400 | 219 | 6.7 | 0 | 4.00 |
| Waitrose British Veal Mince | 400 | 219 | 6.7 | 0 | 4.29 |
| Morrisons British Minced Lamb | 500 | 235 | 8.5 | 0 | 4.00 |
| ASDA Butcher's Selection Beef Mince (Typically Less Than 20% Fat) | 500 | 241 | 6.9 | 0.05 | 1.59 |
| Sainsbury's British Pork Mince 10% Fat | 500 | 242 | 5.1 | 0.6 | 2.10 |
| essential Waitrose British lamb mince 20% fat | 500 | 247 | 10.2 | 0.1 | 4.49 |
| Boswell Farms Beef Mince 20% Fat | 500 | 252 | 9.8 | 0 | 1.49 |
| Morrisons British Minced Beef 20% Fat | 500 | 253 | 7.5 | 0 | 1.60 |
| Morrisons British Minced Pork 20% Fat | 500 | 257 | 7.3 | 0 | 2.10 |
| ASDA Butcher's Selection Pork Mince (Typically Less Than 20% Fat) | 500 | 258 | 6.4 | 2.8 | 1.99 |
| ASDA Beef Mince | 800 | 259 | 11 | 3.8 | 3.20 |
| Sainsbury's British Pork Mince 20% Fat | 500 | 265 | 6.5 | 1 | 1.75 |
| Sainsbury's Lamb Mince 20% Fat | 500 | 269 | 10.2 | 0.05 | 4.50 |
| Sainsbury's Lamb Mince, SO Organic | 400 | 269 | 10.2 | 0.05 | 4.80 |
| Morrisons Minced Lamb | 500 | 271 | 10.7 | 0.4 | 2.75 |
| Sainsbury's Beef Mince 20% Fat | 500 | 273 | 8.5 | 0.8 | 1.65 |
| Iceland Beef Pork & Mince | 375 | 273 | 8.7 | 0.5 | 1.59 |
| The Butcher's Market British Beef Mince Typically 23% Fat | 500 | 279 | 10.4 | 0 | 2.00 |
| ASDA Prime Cuts Lamb Mince | 500 | 283 | 11 | 0.7 | 3.30 |
| M savers Beef & Pork Mince | 1000 | 299 | 11.3 | 0.1 | 3.20 |
| Sainsbury's New Zealand Lamb Mince | 500 | 308 | 10.8 | 0 | 3.75 |
| J.James & Family 25% Fat Beef & Pork Mince | 750 | 317 | 10.5 | 0.05 | 2.75 |
| The Butcher's Market British Beef Steak Mince Typically 12% Fat | 500 | 619 | 19 | 0.05 | 2.89 |
| The Butcher's Market Scottish Beef Steak Mince Typically 12% Fat | 500 | 619 | 19 | 0.05 | 2.89 |

* Values Shown Per 100 Grams

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*