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| --- | --- |
| Food: | All Day Breakfast |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| Kershaws The All Day Big Breakfast | 400 | 448 | 4.2 | 51.2 | 1.50 |
| Hearty Food Co All Day | 350 | 507.5 | 6.7 | 38.2 | 1.59 |
| ASDA All Day Breakfast  | 350 | 528.5 | 6.7 | 42 | 1.50 |
| ASDA All Day Breakfast  | 400 | 620 | 8.8 | 52 | 2.20 |
| Iceland All Day Breakfast | 400 | 652 | 8.0 | 56.4 | 1.59 |
| Morrisons All Day Breakfast | 400 | 804 | 13.2 | 52.4 | 3.00 |

Supermarkets Tested

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ASDA | Tesco | Morrisons | Sainsburys | Waitrose | Lidl  | Aldi | Able & Cole |
| YES | YES | YES | N/A | N/A | N/A | N/A | N/A |

*N/A Indicates Either Nutrition Information Not Available On The Company’s Website Or The Company Doesn’t Supply This Brand*