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| Food: | Beef Dinner |

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Traditional Roast Beef Dinner | 400 | 336.0 | 2.4 | 48.0 | 1.50 |
| Tesco Roast Beef Dinner | 400 | 340.0 | 1.2 | 43.2 | 1.75 |
| Sainsbury's Roast Beef Dinner | 400 | 344.0 | 0.8 | 46.0 | 2.00 |
| Bisto Roast Beef Dinner | 400 | 380.0 | 2.0 | 46.8 | 2.00 |
| Morrisons Traditional Roast Beef Dinner  | 400 | 380.0 | 2.0 | 37.6 | 3.00 |
| Iceland Beef & Yorkshire Pudding Roast Dinner | 450 | 414.0 | 1.8 | 51.8 | 1.59 |
| Waitrose Classic Roast Beef Dinner | 390 | 417.3 | 2.3 | 50.3 | 4.50 |
| Tesco Roast Beef Dinner 4+ | 400 | 428.0 | 1.2 | 53.2 | 3.70 |

* Values shown per Meal

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| --- | --- | --- | --- | --- | --- |
| Suggested Brands | Size / Weight (g) | Number of Calories(Kcal) | Saturated Fat (g) | Carbohydrate (g) | Price(£0.00) |
| ASDA Traditional Roast Beef Dinner | 400 | 84 | 0.6 | 12 | 1.50 |
| Tesco Roast Beef Dinner | 400 | 85 | 0.3 | 10.8 | 1.75 |
| Sainsbury's Roast Beef Dinner | 400 | 86 | 0.2 | 11.5 | 2.00 |
| Iceland Beef & Yorkshire Pudding Roast Dinner | 450 | 92 | 0.4 | 11.5 | 1.59 |
| Bisto Roast Beef Dinner | 400 | 95 | 0.5 | 11.7 | 2.00 |
| Morrisons Traditional Roast Beef Dinner  | 400 | 95 | 0.5 | 9.4 | 3.00 |
| Waitrose Classic Roast Beef Dinner | 390 | 107 | 0.6 | 12.9 | 4.50 |
| Tesco Roast Beef Dinner 4+ | 400 | 107 | 0.3 | 13.3 | 3.70 |

* 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*