



HEALTH IS WEALTH

SO YOU LOVE THE TASTE BUT HOW DO WE REALLY COMPARE TO THE REST OF THE COMPETITION?

BURGERS

	Plant Based	Sat Fat per100g	Daily % Allowance*	Calories per 100g	Daily %* Allowance*
Miami Burger Classic	YES	0.6g	3%	167	8%
Moving Mountains	YES	18g	90%	266	13%
Sainsbury's Taste the Difference	NO	9.6g	48%	298	15%
Birds Eye Original Beef Burger	NO	8.4g	42%	296	15%
Vivera Qtr Pounder Burger	YES	8.0g	40%	222	11%
Naked Glory Qtr Pounders	YES	3.7g	18.5%	190	9.5%
Waitrose Essential Qtr Pounder	NO	5.7g	29%	225	11%
Quorn Vegan Burger	YES	4.9g	25%	210	11%
The Beyond Burger	YES	4.2g	21%	280	14%
The Meatless Farm Co Patty	YES	2.9g	14%	217	11%
Quorn Ultimate Burger	YES	3.0g	15%	225	11%
Garden Gourmet Plant Burger	YES	4.0g	20%	197	10%

BACON

	Plant Based	Sat Fat per100g	Daily % Allowance*	Calories per 100g	Daily %* Allowance*
Miami Smoked Mini Rashers	YES	0.2g	1%	167	8%
Asda Farm Stores Unsmoked Streaky Bacon Rashers (grilled)	NO	12g	60%	361	18%
Daylesford Org. Outdoor Reared Applewoord Smkd Streaky Bacon (Ocado)	NO	11.7g	59%	269	13%
Sainsbury's Smoked Streaky Bacon Rashers	NO	11.2g	56%	267	13%
Essential Waitrose Smoked British Bacon 12 Streaky Rashers	NO	10.3g	52%	361	18%
Tesco Smoked Streaky Bacon	NO	9.1g	46%	212	11%
Naked Without The Oink Unsmoked Bacon Rashers	YES	1.5g	7.5%	200	10%
Plant Pioneers Vacon from Sainsbury	YES	6.1g	31%	347	17%
Waitrose Vegan Streaky Slices	YES	5.5g	28%	269	13%
VBITES Cheatin' Rashers	YES	4.4g	22%	196	10%
THIS ISN'T	YES	0.3g	2%	152	8%

SAUSAGES

	Plant Based	Sat Fat per100g	Daily % Allowance*	Calories per 100g	Daily %* Allowance*
Miami Lincolnshire Sausages	YES	0.9g	5%	215	11%
Moving Mountains	YES	9.6g	48%	215	11%
M&S Select Farm Sausages	NO	8.8g	44%	287	14%
Heck 97% Pork Sausages	NO	8.8g	44%	301	15%
The Black Farmer Premium Sausages	NO	8.6g	43%	241	12%
Beyond Meat Sausages	YES	7.0g	35%	238	12%
Like Meat' Smoked Sausages	YES	6.7g	33%	218	11%
Richmond Pork Sausages	NO	5.7g	29%	240	12%
Naked Glory Sausages	YES	3.5g	17.5%	150	7.5%
Richmond 'Meat Free'	YES	3.5g	16%	155	7.7%
Quorn Sausages	NO	1.4g	7%	198	10%
Linda McCartney Lincolnshire	YES	1.0g	5%	209	10%