

Brand and Biscuit	Sugar (g) / 100g
Aldi Cookies	39
Aldi 1/2 Ctd Choc Chunk Cookies	42
Aldi Jam & Cream Filled Biscuit	29
Asda Chosen By You Chocolate Digestives	28.3
Asda Chosen By You Cookies	42
Asda Chosen By You Jam & Cream Filled Biscuit	37.4
Asda Chocolate Chip Digestives	34.2
Asda Malted Milk Biscuits	29
Asda Shortbread Biscuits	22.7
Asda Smart Price Choc Digestives	32.8
Biona blueberry cookies	38.3
Biona raspberry cookies	38.3
Bounty cookies	34.2
Burtons Wagon Wheelies	40.1
Burtons Wagon Wheels	37.1
Cadburys Chocolate Chip & Oat Cookies	32.4
Cadbury crunchy melts chocolate filled cookies	39.0
Cadburys Chocolate Rich Tea	30.4
Cadburys Chocolate Shortcake	32
Cadburys Milk Chocolate Digestives	28.1
Caxton Pink & White Wafers	51.4
Co-op Chocolate Digestives	22.7
Co-op Chocolate Rich Tea	30.7
Co-op Cookies	30.2
Co-op Malted Milk Biscuits	28.7
Crawfords Half Coated Biscuits	28.2
Deans Oat Biscuits	28.8
Foxs Ambers Chocolate Biscuits	41.4
Foxs Caffè Slices	43.8
Foxs Caffè Snaps	21.4
Foxs Caffè Thins	33.5
Foxs Caffè Waffles	34
Foxs Chocolate Biscuits	40.6
Foxs chunkie cookies	41.0
Foxs Classic Chocolate Biscuits	43.3
Foxs Classic Creams	30
Foxs Crinkles	32.9
Foxs Crunch Creams	40.3
Foxs Dunked Chocolate Shortcake	46.7
Foxs Jam N Cream Biscuits	30.2
Foxs Jam & Cream Filled biscuits	35
Foxs The Collection Selection	27.1
Foxs white choc chunkie cookie	38.0
Graces Shortbread Biscuits	18.3
Honeyrose all butter oat and raisin cookies	37.3
Jammie Dodgers	30.6
Kraft Mikado Chocolate Sticks	35
Lidl Chocolate Digestives	28.3
Lidl Cookies	30.1
Lidl Half Coated Biscuit	39
Lidl Jam & Cream Filled Biscuit	29.3
Lidl Sweet Biscuits	25
Lidl Wafers	40.9
Lotus Biscoff Chocolate	39.6
M&S All Butter Sultana Cookies	36.3
M&S Shortbread	15.4
M&S Simply Choc Digestives	36.1
M&S Simply Jam & Cream Filled Biscuits	29.8
M&S Sweet Biscuit	22
M&S TC Oat Biscuit	29.4
M&S Teacakes	42.1
Mars M & M cookies	35.1
Maryland chocolate chip Cookies	34.4

Brand and Biscuit	Sugar
Maryland cookies double chocolate	34.2
Maryland Gooeys Cookies	39.1
Maryland Big and chunky white choc and caramel	33.0
Maryland white choc and raspberry cookies	34.9
McVities Caramels	31.5
McVities Caramel Digestives Banoffee	31.9
McVities Chocolate Digestive	29.3
McVities Chocolate Hob Nobs	33
McVities Chocolate Orange Digestive	29
McVities Cookies	31.9
McVities Dark choc hobnobs	31.4
McVities Double Chocolate Digestive	30.9
McVities Hobnob Creams	29.5
McVities Jaffa Cakes	51.2
McVities Mallows	43
McVities Mini Chocolate Digestives	28.4
McVities Mini Jaffa Cakes	52.4
McVities Quirks	29.8
Merba Cookies	38.7
Michel et Augustin super cookies	34.0
Michel et Augustin choc chip and hazlenut cookies	30.0
Morrison Savers Chocolate Digestives	28.8
Morrison's Chocolate Digestives	30.7
Morrison's Chocolate Malted Milk	19.4
Morrison's Chocolate Rich Tea	30.7
Morrison's Cookies	30.2
Morrison's Half Coated Biscuits	29
Oreo originals	38
Oreo golden	35
Oreo mint	37
Oreo thins chocolate	38
Oreo Double Stuff Cookie Biscuits	43
Patersons Assorted Biscuits	25
Pepperidge farm milk choc macademia cookies	34.0
Pepperidge farm white choc macademia cookies	35.0
Pennywise Chocolate Digestive	28.2
Pepero Chocolate Sticks	38
Prewetts premium chocolate and ginger cookies	37
Prewetts prem gluten free oat and raisin cookies	38
Prewetts rich quadruple choc cookies	40
Prewetts Milk Choc Digestives	33
Rakusen Chocolate Digestive	24.7
Sainsbury's Basics Chocolate Digestives	28.2
Sainsbury's Jam & Cream Filled Biscuits	31.1
Sainsbury's Chocolate Digestives	29.7
Sainsbury's Chocolate Rich Tea	31.6
Sainsbury's Chocolate Shortcake	23.7
Sainsbury's Cookies	30.1
Sainsbury's Taste The Difference Shortbread	20.9
Tesco Chocolate Digestive	29.7
Tesco Jam & Cream Filled Biscuit	30.2
Tesco Cookies	30.1
Tesco Sweet Biscuits	27.4
Tesco Value Chocolate Digestive	27.4
Traidcraft Cookies	32.8
Waitrose 1 Belgian Dark Choc & Ginger biscuits	38.3
Waitrose Essential Chocolate Digestive	34.3
Waitrose Belgian double Chocolate chunk all butter	36.5
Waitrose Belgian Triple choc chunk cookies	36.8
Waitrose Chocolate Malted Milk	29.6
Waitrose Milk Choc Chip Cookies	31.8
Waitrose mini milk choc chip cookies	34.0
Waitrose Jam & Cream Filled Biscuits	31.1

Average of totals (ALL)	33
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Percentage
difference

Snackzilla Golden Syrup	16.0	52
Snackzilla Raspberry	16.7	50
Snackzilla Chocolate	16.6	50