

| GF Biscuits - Sugar Content | | |
|-----------------------------|---|-------------------|
| <i>Brand</i> | <i>Product</i> | <i>Sugar/100g</i> |
| Tesco | Finest Free From Triple Choc Cookies | 31.2 |
| Tesco | Finest Free From Choc & Cranberry Cookies | 35.2 |
| Tesco | Finest Free From Dark Choc & Ginger Cookies | 37.1 |
| Tesco | Finest Free From Oat & Raisin Cookies | 38.0 |
| Tesco | Free From Shortbread | 29.9 |
| Tesco | Free From Choc Chip Cookie (Dairy Free) | 29.4 |
| Tesco | Free From Choc Chip Cookie | 32.8 |
| Tesco | Free From Malted Milk Biscuits | 23.3 |
| Tesco | Free From Belgian Chocolate Wafers | 49.0 |
| Tesco | Free From Ginger Nuts | 36.6 |
| Asda | Free From Choc Chunk Cookies | 35.1 |
| Asda | Free From Stem Ginger Cookies | 41.0 |
| Asda | Free From Triple Choc Oat Cookies | 34.0 |
| Asda | Free From Choc & Hazelnut Cookies | 24.3 |
| Asda | Free From Chocolate Digestives | 24.3 |
| Asda | Free From Digestives | 18.0 |
| Asda | Free From Jammy Wheels | 34.0 |
| Sainbury's | Free From Oat & Sultana Cookies | 27.9 |
| Sainbury's | Free From Chocolate Chip Cookies | 32.1 |
| Sainbury's | Free From Triple Chocolate Cookies | 39.3 |
| Sainbury's | Free From Ginger Crunch Cookies | 39.7 |
| Sainbury's | Free From Dark Chocolate Ginger Cookies | 43.0 |
| Sainbury's | Free From Plain Digestives | 20.3 |
| Sainbury's | Free From Chocolate Digestives | 32.7 |
| Sainbury's | Free From Rich Tea Biscuits | 29.9 |
| Sainbury's | Free From Shortbread | 32.7 |
| Morrison's | Free From Digestives | 19.9 |
| Morrison's | Free From Milk Chocolate Digestives | 33.0 |
| Morrison's | Free From Swirly Chocolate Wafer Bars | 47.7 |
| Morrison's | Free From Shortbread | 22.4 |
| Morrison's | Free From Chunky Chocolate Chip Cookies | 36.3 |
| Morrison's | Free From Triple Chocolate Chunk Cookies | 39.1 |
| Dr Schar | Gluten Free Custard Creams | 33.0 |
| Dr Schar | Gluten Free Bourbon Biscuits | 29.0 |
| Dr Schar | Gluten Free Rich Tea Biscuits | 9.5 |
| Dr Schar | Gluten Free Chocolate Fingers | 32.0 |
| Dr Schar | Gluten Free Chocolix | 34.0 |
| Dr Schar | Gluten Free Milk Chocolate Nobbles | 31.0 |
| Dr Schar | Gluten Free Breakfast Bakes | 19.0 |
| Dr Schar | Gluten Free Digestive Biscuits | 21.0 |
| Dr Schar | Gluten Free Mini O's | 33.0 |
| Prewett's | Gluten Free Chocoful Biscuit Bars | 46.1 |
| Prewett's | GF Spicy Dark Chocolate and Ginger Cookies | 37.1 |
| Prewett's | Gluten Free Triple Chocolate Cookies | 40.4 |
| Prewett's | Gluten Free Oat & Raisin Cookies | 38.0 |
| Prewett's | Gluten Free Jammie Wheels | 33.9 |
| Prewett's | Gluten Free Milk Chocolate Digestives | 35.5 |
| Rivington Biscuits | Pink Panther Gluten Free Wafers | 37.0 |
| Natures Store | Viennese Moments | 36.2 |

Nairn's Syrup is x%
lower vs this brand

47%
53%
55%
56%
44%
44%
49%
29%
66%
55%
53%
60%
51%
32%
32%
8%
51%
41%
48%
58%
58%
61%
18%
49%
44%
49%
17%
50%
65%
26%
54%
58%
50%
43%
-75%
48%
51%
46%
13%
21%
50%
64%
55%
59%
56%
51%
53%
55%
54%

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|---------------------------------------|--|------|-----------------|
| Kelkin | Free From Jaffa Cakes | 43.0 | 61% |
| Kelkin | Free From Teacakes | 44.0 | 62% |
| Kelkin | Free From Chocolate Chip Cookies | 23.0 | 28% |
| Dean's | GF Choc Chip & Stem Ginger Shortbread | 28.4 | 42% |
| Dean's | Gluten Free All Butter Shortbread | 22.1 | 25% |
| Dean's | Gluten Free Choc Chip Shortbread | 24.3 | 32% |
| Walker's | Gluten Free Shortbread Rounds | 23.2 | 28% |
| Walker's | Gluten Free Choc Chip Shortbread | 28.3 | 41% |
| Walker's | Gluten Free Ginger & Lemon Shortbread | 28.2 | 41% |
| Lovemore | Free From Jammy Wheels | 20.8 | 20% |
| Lovemore | Free From O'Choco Biscuits | 24.3 | 32% |
| Lovemore | Free From Digestive Biscuits | 20.6 | 19% |
| Lovemore | Free From Custard Creams | 19.9 | 17% |
| Lovemore | Free From Choc Chip Cookies | 26.0 | 36% |
| Lovemore | Free From Double Choc Chip Cookies | 32.0 | 48% |
| Lovemore | Free From Oat Crunch Cookies | 20.9 | 21% |
| Lovemore | Free From Stem Ginger Cookies | 32.7 | 49% |
| Lovemore | Free From Shortbread Fingers | 25.8 | 36% |
| Lovemore | Free From Shortbread Biscuits | 23.4 | 29% |
| Lovemore | Free From Gingerbread Men | 38.1 | 56% |
| Farmhouse Biscuits | GF White Chocolate & Brazil Nut Biscuits | 25.3 | 34% |
| Farmhouse Biscuits | GF Oat & Cranberry Biscuits | 28.2 | 41% |
| Farmhouse Biscuits | GF Stem Ginger & Spice Biscuits | 38.6 | 57% |
| Farmhouse Biscuits | GF Triple Chocolate Chip Biscuits | 24.4 | 32% |
| Farmhouse Biscuits | GF Vanilla Shortbread Biscuits | 35.6 | 53% |
| Farmhouse Biscuits | GF Honey Crunch Biscuits | 27.9 | 41% |
| Eskal | Gluten Free Chocolate Covered Wafers | 46.5 | 64% |
| Eskal | Gluten Free Lemon Wafers | 51.0 | 67% |
| Angelic | Gluten Free Orange Chocolate Cookies | 35.9 | 54% |
| Angelic | Gluten Free Ginger Crunch Cookies | 35.2 | 53% |
| Angelic | Gluten Free Cranberry Crunch Cookies | 34.0 | 51% |
| Angelic | Gluten Free Double Chocolate Cookies | 31.1 | 47% |
| Angelic | Gluten Free Chocolate Chip Oat Biscuits | 23.0 | 28% |
| Angelic | GF Cranberry & Sunflower Seed Oat Biscuits | 22.4 | 26% |
| Angelic | Gluten Free Honey & Oat Biscuits | 21.0 | 21% |
| Dr. Lucy's | Gluten Free Chocolate Chip Cookies | 43.1 | 61% |
| Dr. Lucy's | Gluten Free Cinnamon Thin Cookies | 40.6 | 59% |
| Dr. Lucy's | Gluten Free Maple Bliss Cookies | 32.3 | 49% |
| Dr. Lucy's | Gluten Free Chocolate Mint Cookies | 43.1 | 61% |
| Dr. Lucy's | Gluten Free Oatmeal Cookies | 32.3 | 49% |
| Dr. Lucy's | Gluten Free Ginger Snap Cookies | 32.3 | 49% |
| Byron Bay | Gluten Free Triple Chocolate Fudge Cookies | 26.0 | 36% |
| Byron Bay | GF White Chocolate & Macadamia Cookies | 29.5 | 44% |
| Byron Bay | GF Strawberries & Clotted Cream Cookies | 32.1 | 48% |
| Byron Bay | Gluten Free Byron The Bear | 23.2 | 28% |
| Byron Bay | GF Strawberries & Clotted Cream Cookies | 32.1 | 48% |
| Kent & Fraser | Gluten Free Fig & Hazelnut Crunchy Cookie | 29.4 | 44% |
| Kent & Fraser | Gluten Free Toasted Almond Shortbread | 22.0 | 25% |
| Caveman Cookies | Gluten Free Original (Raisin & Walnut) | 46.4 | 64% |
| Caveman Cookies | Gluten Free Alpine (Hazelnut & Carob) | 43.8 | 62% |
| Semper | Gluten Free Chocolate & Mint Wafer Bites | 31.0 | 46% |
| Enjoy Life | Chocolate Chip Crunchy Cookies | 34.0 | 51% |
| Enjoy Life | Dark Crunchy Cookies | 37.0 | 55% |
| Average | | 31.7 | |
| | | | |
| Nairn's GF Oat & Syrup Biscuit Breaks | | 16.6 | Less Than Claim |
| Nairn's GF Oat & Fruit Biscuit Breaks | | 17.2 | 48% |
| | | | 46% |

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| Nairn's GF Oat & Chocolate Chip Biscuit Breaks | 21.7 |
| Nairn's GF Oat & Ginger Biscuit Breaks | 17.2 |
| Nairn's GF Dark Choc & Coconut Chunky Biscuit Breaks | 18.8 |
| Nairn's GF Blueberry & Raspberry Chunky Biscuit Breaks | 15.5 |

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|-----|
| 32% |
| 46% |
| 41% |
| 51% |