

GF Biscuits - Sugar Content		
Brand	Product	Sugar/100g
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%

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%
<b>Average</b>		<b>31.7</b>	

<b>Nairn's GF Oat &amp; Syrup Biscuit Breaks</b>	<b>16.6</b>
<b>Nairn's GF Oat &amp; Fruit Biscuit Breaks</b>	<b>17.2</b>

<b>Less Than Claim</b>
<b>48%</b>
<b>46%</b>

<b>Nairn's GF Oat &amp; Chocolate Chip Biscuit Breaks</b>	<b>21.7</b>
<b>Nairn's GF Oat &amp; Ginger Biscuit Breaks</b>	<b>17.2</b>
<b>Nairn's GF Dark Choc &amp; Coconut Chunky Biscuit Breaks</b>	<b>18.8</b>
<b>Nairn's GF Blueberry &amp; Raspberry Chunky Biscuit Breaks</b>	<b>15.5</b>

<b>32%</b>
<b>46%</b>
<b>41%</b>
<b>51%</b>