

GF Biscuits - Sugars Content			Nairn's Syrup is x% lower vs this brand
Brand	Product	Sugars/10 0g	
Tesco	Finest Free From Triple Choc Cookies	40.4	60%
Tesco	Finest Free From Choc & Cranberry Cookies	35.2	55%
Tesco	Finest Free From Dark Choc & Ginger Cookies	37.1	57%
Tesco	Finest Free From Oat & Raisin Cookies	38.0	58%
Tesco	Free From Shortbread	29.9	46%
Tesco	Free From Choc Chip Cookie (Dairy Free)	29.4	46%
Tesco	Free From Belgian Chocolate Wafers	49.0	67%
Tesco	Free From Ginger Nut Biscuits	27.7	42%
Tesco	Free From Chocolate Digestives	31.7	50%
Tesco	Free From Stem Ginger Cookie	39.9	60%
Tesco	Free From Breakfast Biscuits Chocolate Chip	19.6	18%
Tesco	Free From Breakfast Biscuits Honey Oat	14.5	-10%
Tesco	Free From Cookies and Crean Biscuits	34.1	53%
Tesco	Free From Digestive Biscuits	20.0	20%
Asda	Free From Stem Ginger Cookies	41.0	61%
Asda	Free From Belgian Chocolate Twin Wafer Bars	48.0	67%
Asda	Free From Digestive Biscuits	22.0	27%
Asda	Free From Jammy Wheels	26.0	38%
Asda	Free From 8 Belgian Triple Chocolate Cookies	35.0	54%
Asda	Free From Chocolate Chip Cookies Biscuits	35.0	54%
Asda	Free From Belgian Chocolate Rocky Roads	41.0	61%
Asda	Free From Chocolate Digestives Biscuits	25.0	36%
Asda	Free From Chocolate Wafer Snaps	48.0	67%
Asda	Free From 6 Gingerbread Men	38.0	58%
Asda	Free From Shortbread	26.0	38%
Asda	Free From Fruit & Oat Cookies	30.0	47%
Asda	Free From Flapjack Mini Bites	28.0	43%
Asda	Free From 8 Oaty Cookies	17.0	6%
Asda	Free From 8 Cranberry & Orange Oaty cookies	22.0	27%
Asda	Free From 9 Salted Caramel Shortbread Biscuits	28.0	43%
Asda	Free From 8 Belgian White Chocolate & Cranberry Cookies	31.0	48%
Asda	Free From Custard Creams	23.0	30%
Sainsbury's	Free From Oat & Sultana Cookies	27.9	43%
Sainsbury's	Free From Chocolate Chip Cookies	32.1	50%
Sainsbury's	Free From Triple Chocolate Cookies	39.3	59%

Sainsbury's	Free From Dark Chocolate Ginger Cookies	43.0	63%
Sainsbury's	Free From Plain Digestives	20.3	21%
Sainsbury's	Free From Chocolate Digestives	32.7	51%
Sainsbury's	Free From Rich Tea Biscuits	29.9	46%
Sainsbury's	Free From Shortbread	32.7	51%
Sainsbury's	Free From Gingerbread Man 32g	35.4	55%
Morrison's	Free From Digestives	20.3	21%
Morrison's	Free From Milk Chocolate Digestives	32.7	51%
Morrison's	Free From Swirly Chocolate Wafer Bars	47.7	66%
Morrison's	Free From Milk Free Shortbread	32.7	51%
Morrison's	Free From Quad Choc Cookies	36.0	56%
Morrison's	Free From Dark Choc & Ginger Cookies	41.8	62%
Morrison's	Free from Jam & Cream Biscuits	21.1	24%
Morrison's	Free From Chocolate Wafer Bar	47.5	66%
Morrison's	Free From Bourbon Biscuits	20.0	20%
Lazy Day Foods	Chocolate chip shortbread	20.0	20%
Lazy Day Foods	Ginger snaps	34.9	54%
Lazy Day Foods	Shortbread	16.7	4%
Dr Schar	Gluten Free Custard Creams	33.0	52%
Dr Schar	Gluten Free Bourbon Biscuits	29.0	45%
Dr Schar	Gluten Free Rich Tea Biscuits	13.0	-23%
Dr Schar	Gluten Free Chocolate Fingers	32.0	50%
Dr Schar	Gluten Free Chocolix	34.0	53%
Dr Schar	Gluten Free Milk Chocolate Nobbles	31.0	48%
Dr Schar	Gluten Free Breakfast Bakes	19.0	16%
Dr Schar	Gluten Free Digestive Biscuits	21.0	24%
Dr Schar	Gluten Free Mini O's	33.0	52%
Dr Schar	Gluten Free Chocolate O's	31.0	48%
Dr Schar	Gluten Free Chocolate Shorts	23.0	30%
Dr Schar	Gluten Free Hazelnut Wafer Pockets	26.0	38%
Dr Schar	Gluten Free Jaffa Cakes	44.0	64%
Dr Schar	Gluten Free Luxury Shortbread Cookies	40.0	60%
Dr Schar	Gluten free Viennese Biscuits	19	16%
Prewett's	Gluten Free Chocoful Biscuit Bars	46.1	65%
Prewett's	GF Spicy Dark Chocolate and Ginger Cookies	37.1	57%
Prewett's	Gluten Free Rich Triple Chocolate Cookies	40.4	60%
Prewett's	Gluten Free Chewy Oat & Raisin Cookies	38.0	58%
Prewett's	Gluten Free Jammie Wheels	33.9	53%
Prewett's	Gluten Free Milk Chocolate Digestives	35.5	55%
Prewett's	Gluten Free White Chocolate and Cranberry Cookies	35.2	55%

Prewett's	Gluten Free Rich Quadruple Chocolate Cookies	40.4	60%
Prewett's	Gluten Free Chocoful Caramel	37.6	57%
Prewett's	Gluten Free Digestive Biscuits	17.7	10%
Prewett's	Gluten Free Mini Chunky Choc Chip Cookies	23.6	32%
Kelkin	Free From Jaffa Cakes	45.0	64%
Kelkin	Free From Teacakes	47.0	66%
Kelkin	Free From Chocolate Chip Cookies	28.6	44%
Kelkin	Free From Oat Cookies with Honey	28.0	43%
Kelkin	Free From Chocolate Finger	49.0	67%
Kelkin	Gluten Free Belgian Milk Chocolate Wafer Bars	49.0	67%
Kelkin	Gluten Free White Chocolate & Basil Nut Oat Cookies	25.9	38%
Kelkin	Gluten Free Cranberry Oat Cookies	26.0	38%
Dean's	GF Choc Chip & Stem Ginger Shortbread	28.4	44%
Dean's	Gluten Free All Butter Shortbread	22.1	28%
Dean's	Gluten Free Choc Chip Shortbread	24.3	34%
Walker's	Gluten Free Shortbread Rounds	23.2	31%
Walker's	Gluten Free Choc Chip Shortbread	28.3	43%
Walker's	Gluten Free Ginger & Lemon Shortbread	28.2	43%
Walker's	Gluten Free Oat & Cranberry Biscuits	32.0	50%
Walker's	Gluten Free Chocolate Chunk & Orange Biscuits	32.9	51%
Lovemore	Free From Jammy Wheels	15.3	-5%
Lovemore	Free From O'Choco Biscuits	25.0	36%
Lovemore	Free From Digestive Biscuits	19.7	19%
Lovemore	Free From Custard Creams	20.1	20%
Lovemore	Free From Choc Chip Cookies	28.3	43%
Lovemore	Free From Double Choc Chip Cookies	29.9	46%
Lovemore	Free From Oat Crunch Cookies	20.4	22%
Lovemore	Free From Stem Ginger Cookies	31.1	49%
Lovemore	Free From Shortbread Fingers	22.3	28%
Lovemore	Free From Shortbread Biscuits	21.6	26%
Lovemore	Free From Gingerbread Men	36.7	56%
Lovemore	Free From Apple & Sultana Cookies	29.6	46%
Lovemore	Free From Gingerbread Santa	38.2	58%
Farmhouse Biscuits	GF White Chocolate & Brazil Nut Cookies	23.1	31%
Farmhouse Biscuits	GF Oat & Cranberry Cookies	34.2	53%
Farmhouse Biscuits	GF Stem Ginger & Spice Biscuits	33.8	53%
Farmhouse Biscuits	GF Triple Chocolate Chip Biscuits	18.4	13%

Farmhouse Biscuits	GF Lemon and White Chocolate Chips Cookies	22.5	29%
Farmhouse Biscuits	GF Honey & Oat Cookies	24.4	34%
Farmhouse Biscuits	GF Spicy Stem Ginger Cookies	31.8	50%
Eskal	Gluten Free Chocolate Covered Wafers	46.5	66%
Eskal	Gluten Free Lemon Wafers	51.0	69%
Eskal	Gluten Free Chocolate Wafer Rolls	42.5	62%
Angelic	Gluten Free Orange Chocolate Cookies	35.9	55%
Angelic	Gluten Free Ginger Crunch Cookies	35.2	55%
Angelic	Gluten Free Cranberry Crunch Cookies	34.0	53%
Angelic	Gluten Free Double Chocolate Cookies	31.1	49%
Angelic	Gluten Free Chocolate Chip Oat Biscuits	9.1	-76%
Angelic	GF Cranberry & Sunflower Seed Oat Biscuits	22.4	29%
Angelic	Gluten Free Honey & Oat Biscuits	21.0	24%
Angelic	GF Coconut & Chia Seed Oat Biscuits	9.0	-78%
Dr. Lucy's	Gluten Free Chocolate Chip Cookies	37.5	57%
Dr. Lucy's	Gluten Free Cinnamon Thin Cookies	40.6	61%
Dr. Lucy's	Gluten Free Maple Bliss Cookies	28.1	43%
Dr. Lucy's	Gluten Free Chocolate Mint Cookies	37.5	57%
Dr. Lucy's	Gluten Free Oatmeal Cookies	28.1	43%
Dr. Lucy's	Gluten Free Ginger Snap Cookies	28.1	43%
Dr. Lucy's	Gluten Free Sugar Cookies	40.6	61%
Dr. Lucy's	Gluten Free Chocolate Chocolate Chunk	40.6	61%
Dr. Lucy's	Gluten Free Lemon Goodness Cookies	28.1	43%
Dr. Lucy's	Gluten Free Superfruit Chocolate Chunk Cookies	31.3	49%
Dr. Lucy's	Gluten Free Superfruit Cookies	31.3	49%
Dr. Lucy's	Gluten free Triple Chocolate Brownie Crisps	34.4	53%
Dr. Lucy's	Gluten Free Cinnamon Graham Cracker Crisp	31.3	49%
Dr. Lucy's	Gluten Free Pumpkin Patch cookies	28.1	43%
Dr. Lucy's	Gluten Free Holiday Sugars Cookies	40.6	61%
Dr. Lucy's	Gluten free Mint Brownie Crisps	34.4	53%
Kent & Fraser	Gluten Free Choc Chip Cookies	31.2	49%
Kent & Fraser	Gluten Free Vanilla Butter Crunch	28.7	44%
Kent & Fraser	Gluten Free Lemon butter Shortbread	17.4	8%
Kent & Fraser	Gluten Free Chocolate Butter Crunch	27.3	41%
Kent & Fraser	Gluten Free Spicy Ginger Crunchy Cookies	36.0	56%
Enjoy Life	GF Chocolate Chip Crunchy Cookies	34.6	54%
Enjoy Life	GF Soft Baked Chocolate Chip Cookie	35.7	55%
Enjoy Life	GF Softed Baked Gingerbread Spice	32.1	50%

Enjoy Life	GF Softed Baked Cookies Double Chocolate Brownie	32.1	50%
Enjoy Life	Soft Baked Cookies Snickerdoodle	32.1	50%
		Average	31.0

Less Than Claim

Nairn's GF Oat & Syrup Biscuit Breaks	16	48%
Nairn's GF Oat & Fruit Biscuit Breaks	17.6	43%
Nairn's GF Oat & Chocolate Chip Biscuit Breaks	20.5	34%
Nairn's GF Oat & Ginger Biscuit Breaks	17.2	45%
Nairn's GF Dark Choc & Coconut Chunky Biscuit Breaks	18.8	39%
Nairn's GF Blueberry & Raspberry Chunky Biscuit Breaks	15.5	50%
Nairn's GF Apple & Cinnamon Chunky Biscuit Breaks	14.3	54%
Nairn's GF Oaties	15.2	51%