

Brand and Biscuit	Sugar (g) / 100g
Aldi Cookies	39
Aldi Jaffa Cakes	58.9
Aldi Jam & Cream Filled Biscuit	29
Aldi Shortbread	15.6
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 Chosen By You Shortbread	10.4
Asda Chosen By You Shortbread Biscuits	18.5
Asda Chocolate Chip Digestives	34.2
Asda Extra Special Shortbread	18.9
Asda Jaffa Cakes	52
Asda Malted Milk Biscuits	29
Asda Shortbread Biscuits	22.7
Asda Smart Price Choc Digestives	32.8
Asda Smart Price Jaffa Cakes	51.9
Bolands Teacakes	52.7
Bolands Uncoated Mallows	41.4
Border Shortbread	16.9
Burtons Wagon Wheelies	40.1
Burtons Wagon Wheels	37.1
Cadburys Chocolate Chip & Oat Cookies	32.4
Cadburys Chocolate Rich Tea	30.4
Cadburys Chocolate Shortcake	32
Cadburys Mallows	52.3
Cadburys Milk Chocolate Digestives	28.1
Co-op Chocolate Digestives	22.7
Co-op Chocolate Rich Tea	30.7
Co-op Cookies	30.2
Co-op Jaffa Cakes	55.3
Co-op Malted Milk Biscuits	28.7
Crawfords Half Coated Biscuits	28.2
Deans Oat Biscuits	28.8
Deans Shortbread Biscuit	17.8
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 Classic Chocolate Biscuits	43.3
Foxs Classic Creams	30
Foxs Crinkles	32.9

Brand and Biscuit cont.	Sugar (g) / 100g
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
Graces Shortbread Biscuits	18.3
Kraft Mikado Chocolate Sticks	35
Lees Original Snowballs	47
Lees Tea Cakes	59
Lidl Chocolate Digestives	28.3
Lidl Cookies	30.1
Lidl Half Coated Biscuit	39
Lidl Jaffa Cakes	49.2
Lidl Jam & Cream Filled Biscuit	29.3
Lidl Shortbread	21
Lidl Sweet Biscuits	25
Lidl Wafers	40.9
Lyons Jaffa Cakes	51.9
Lyons Teacakes	90
M&S All Butter Sultana Cookies	36.3
M&S Jaffa Cakes	50.1
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
Maryland Big & Chunky Cookies	30.1
Maryland Gooeys Cookies	39.1
McVities Caramels	31.5
McVities Chocolate Digestive	29.3
McVities Chocolate Hob Nobs	33
McVities Chocolate Orange Digestive	29
McVities Cookies	31.9
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
Morrisons Savers Chocolate Digestives	28.8

Brand and Biscuit cont.	Sugar (g) / 100g
Morrisons Savers Jaffa Cakes	51.9
Morrisons Chocolate Digestives	30.7
Morrisons Chocolate Malted Milk	19.4
Morrisons Chocolate Rich Tea	30.7
Morrisons Cookies	30.2
Morrisons Digestives	18.4
Morrisons Half Coated Biscuits	29
Morrisons Jaffa Cakes	55.1
Nabisco Oreo Cookie Cream Double Stuffed	44.5
Nabisco Oreo Cookie Cream	37
Patersons Assorted Biscuits	25
Patersons Shortbread Biscuits	17.9
Pennywise Chocolate Digestive	28.2
Pepero Chocolate Sticks	38
Rakusen Chocolate Digestive	24.7
Rakusens Half Coated Milk	13.9
Sainsbury's Assorted Biscuits	19.4
Sainsbury's Basics Chocolate Digestives	28.2
Sainsbury's Jaffa Cakes	52.2
Sainsbury's Jam & Cream Filled Biscuits	31.1
Sainsbury's By Shortbread Biscuit	18.7
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 Jaffa Cakes	52.2
Sainsbury's Malted Milk	19.1
Sainsbury's So Organic Shortbread	15
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 Finest Shortbread Biscuit	13.7
Tesco Jaffa Cakes	51.6
Tesco Malted Milk	19.1
Tesco Shortbread Biscuits	14.9
Tesco Sweet Biscuits	27.4
Tesco Value Chocolate Digestive	27.4
Tesco Value Jaffa Cakes	52
Tesco Value Shortbread Biscuit	19.2
Traidcraft Cookies	32.8
Tunnocks Snowballs	42
Tunnocks Teacakes	35.8

Brand and Biscuit	Sugar (g) / 100g
Waitrose Essential Chocolate Digestive	34.3
Waitrose Chocolate Cookies	35.7
Waitrose Chocolate Malted Milk	29.6
Waitrose Cookies	36.5
Waitrose Jam & Cream Filled Biscuits	31.1
Waitrose Shortbread	15.8
Wedel Delicje Jaffa Cakes	50
Average of totals (ALL)	33.3
Nairn's Dark Chocolate Chip Oat Biscuit	19.0
Nairn's Ginger Oat Biscuit	17.2
Nairn's Mixed Berry Oat Biscuit	15.7
Nairn's Fruit & Spice Oat Biscuit	19.3