

	Sugar (g) / 100g	Kcals / 100g
Christie Peek Freans Digestive Biscuit	21.2	
Christie Chips Ahoy Original Cookies	31.0	
Christie Oreo Cookies	44.8	
Christie Chips Ahoy Chewy Cho Chip Cookies	34.8	
Christie Peek Freans Blueberry Brown Sugar Cookies	20.7	
Christie Chips Ahoy tripe Choc chunk Cookies	32.4	
Christie Peek freans Fruit Crème Biscuits	35.7	
Christie Nilla Vanilla wafers	41.4	
Christie Dads Oatmeal Choco chip Cookies	34.8	
Christie Chips Ahoy Thins Oatmeal	40.0	
Christie Peek Freans Family Digestives	30.4	
Christie Mr Christies Social Tea Biscuits	22.6	
Christie Oreo Golden Double Stuff Cookies	41.4	
Christie Dad's Oatmeal Cookies	29.2	
McVities Rich Tea Biscuits	22.2	
McVities Milk Choc Digestive	29.5	495
McVities Digestive the Original Cookies	16.7	467
McVities Digestive Biscuits	18.5	
Dare Goglu Biscuits	22.6	
Dare Digestive Biscuits	18.5	
Dare Breaktime Coconut Cookies	26.7	
Dare Breaktime Choc Chip Cookies	42.1	
Dare Maple Crème Filled Cookies	38.2	
Dare Dipped Milk Choc Digestive Cookies	30.0	
Dare Yoghurt Dipped Cookies	36.7	
Dare Cookie Chips - Chocolate Chip	32.1	
Dare Cookie Chips - Salted Caramel	32.1	
Grace Kennedy Munchee Ginger Biscuits	41.7	
Grace Kennedy Lemon Puff	37.5	
Walkers Shortbread Fingers	16.2	
Walkers Butter Shortbread Cookies	22.6	
Walkers Choc Chip Cookies	29.0	
Walkers Ginger & Lemon Biscuits	29.0	
Arnotts Tim Tam Original	44.9	
Arnotts Tim Tam Dark	42.4	
Arnotts Tim Tam Chewy Caramel	46.8	
Arnotts Tim Tam Double Coated	47.3	
Presidents Choice Oatmeal Dark Choc Chip	30.0	
Presidents Choice Oatmeal Choc Chunk	31.3	
Presidents Choice Oatmeal Raisin	33.3	
President's Choice Soft Baked Ginger	36.7	
President's Choice Centrefulls Chocolatey	38.7	
President's Choice English Style Gingersnap	31.0	
Lu Petit Ecolier Milk	40.0	
Lu Petit Ecolier 70% cocoa	28.0	

Lu Petit Ecolier Dark	36.0	
Lotus Biscuits Biscoff	38.1	
Deans Shortbread Bisc.	16.2	512
Loacker Noisette Biscuits Crème	36.4	
Loacker Quadratini Vanilla wafer	30.0	
Loacker Quadratini Lemon Wafer	31.0	
Loacker Quadratini Espresso Wafer	28.0	
Loacker Quadratini Dark Chocolate	27.0	
Loacker Quadratini Coconut	28.0	
Loacker Quadratini Cappuccino	28.0	
Loacker Quadratini Blueberry Yoghurt	31.0	
Loacker Quadratini Raspberry Yoghurt	31.0	
Loacker Coconut Crème	32.0	
Loacker Noisette Crème	35.0	
Loacker Hazelnut gardena	32.8	
Loacker Tortina Dark Hazelnut	38.1	
Loacker Tortina Triple Dark	33.3	
Kagi Classic	40.0	
Kagi Dark Orange	36.0	
Bahlsen Choco Liebniz Milk	41.0	
Bahlsen Choco Liebniz Dark choc	33.0	
Bahlsen Choco Liebniz Choc orange	42.0	
Bahlsen Choco Liebniz White	42.0	
Domacica Original choc tea biscuits	24.3	
Belvita Breakfast Sandwich Cocoa	24.0	
Belvita Breakfast Peanut Butter	20.0	
Belvita Oatmeal Crunch	22.0	
Belvita Banana Choco Oatmeal	24.0	
Belvita Cranberry & Orange	24.0	
Voortman Almond Crunch	30.0	
Voortman Chocolate Chip	31.6	
Voortman Coconut	33.3	
Voortman Coconut Dark Choc	27.8	
Voortman Oatmeal	27.8	
Voortman Oatmeal Raisin	33.3	
Voortman Apple Turnover Biscuit	28.0	
Voortman Blueberry Turnover Biscuit	28.0	
Voortman Cherry Turnover Biscuit	28.0	
Voortman Lemon Turnover Biscuit	32.0	
Voortman Raspberry Turnover Biscuit	28.0	
Voortman Strawberry Turnover Biscuit	28.0	
Oreo Original Biscuits	38	480
Oreo Chocolate Crème Biscuits	35	473
Oreo Double Stuff Biscuits	43	500
Total	2828.610767	2927

Average of totals (ALL)	31.78	488
-------------------------	-------	-----

<u>Dark Chocolate Chip Oat Cookie</u>		
	Sugar	Calories
Average Nairns DCC Biscuit	19.0	454
Average Competitor Biscuit	31.78	488
	All	
Sugar Level Difference (%)	<b>-40%</b>	

<u>Stem Ginger Oat Cookie</u>		
	Sugar	Calories
Average Nairns Stem Ginger	17.2	438
Average Competitor Biscuit	31.78	488
	All	
Sugar Level Difference (%)	<b>-46%</b>	

<u>Mixed Berry Oat Cookie</u>		
	Sugar	Calories
Average	15.7	427
Average Competitor Biscuit	31.78	488
	All	
Sugar Level Difference (%)	<b>-51%</b>	

<u>Coconut &amp; Chia Oat Cookie</u>		
	Sugar	Calories
Average	12.4	449
Average Competitor Biscuit	31.78	0
	All	
Sugar Level Difference (%)	<b>-61%</b>	

<u>Fruit &amp; Spice Oat Biscuit</u>		
	Sugar	Calories
Average Nairn's Fruit & Spice	19.3	416
Average Competitor Biscuit	31.78	488
	All	
Sugar Level Difference (%)	<b>-39%</b>	