

**SUGAR COMPARISON - BISCUITS - CANADA**

	Sugar (g) / 100g	size (g)	g of sugar	
<b>Enjoy Life</b>				
Snickerdoodle	35.7	28	10	3.6
Double Chocolate	38.5	26	10	3.8
Crunchy Sugar Shortbread	30.8	26	8	3.8
Gingerbread Spice	35.7	28	10	3.6
Chocolate Chip	35.7	28	10	3.6
<b>Presidents Choice</b>				
Gluten Free Oatmeal Raisin Cookies	31.4	35	11	2.9
Gluten Free Chocolate Chip Cookies	40.0	35	14	2.9
<b>Udi's</b>				
Peanut Butter	23.1	26	6	3.8
Maple Pecan Chocolate Chip	30.8	26	8	3.8
Salted Caramel	26.9	26	7	3.8
<b>Glutino</b>				
Vanilla Crème	34.5	29	10	3.4
Chocolate Vanilla Cream	44.8	29	13	3.4
Lemon Wafers	40.0	30	12	3.3
Vanilla Wafers	43.3	30	13	3.3
<b>Presidents Choice Regular</b>				
GF Cookies Chocolate Chip	40.0	35	14	2.9
GF Cookies Oatmeal Raisin	31.4	35	11	2.9
<b>Kinnikinnack</b>				
Kritters	23.3	30	7	3.3
Smoreables	21.9	32	7	3.1
Chocolate Chip	39.4	33	13	3.0
Vanilla Cream	35.1	37	13	2.7
Chocolate Cream - Kinnitoos	37.8	37	14	2.7
<b>Midel</b>				
Ginger Snaps	36.7	30	11	3.3
Arrowroot Animals	30.0	30	9	3.3
<b>WOW</b>				
Lemon Burst	24.6	57	14	1.8
Chocolate Chip	35.1	57	20	1.8
Ginger Molasses	28.1	57	16	1.8
Snickerdoodle Cookies	24.6	57	14	1.8
Key Lime	38.6	57	22	1.8
Oatmeal Cookie	33.3	57	19	1.8
Peanut Butter	29.8	57	17	1.8
<b>New Moon Kitchen</b>				
Chocolate Chip	29.7	37	11	2.7
The Original Bite Me Cookie (Seed & Raisin)	27.5	40	11	2.5
Chocolate Momint	27.5	40	11	2.5
Mackie Cookie	27.5	40	11	2.5
Ginger Snapper	15.0	40	6	2.5
Spicy Chocolate	27.5	40	11	2.5

Low Sugar Mini Moon	6.7	30	2	3.3
Oatmeal Goldies	15.0	40	6	2.5
<b>Sweets from the Earth</b>				
Peanut Butter	35.0	20	7	5.0
Oatmeal Coconut	23.5	17	4	5.9
Chocolate Superstuff	34.7	75	26	1.3
Cashew	25.0	20	5	5.0
Goji Superstuff	36.0	75	27	1.3
<b>Pamela's</b>				
Pecan Shortbread	17.6	34	6	2.9
Cinnamon Grahams	27.8	36	10	2.8
Honey Grahams	25.0	36	9	2.8
Lemon Shortbread	21.7	23	5	4.3
Chocolate Chip	30.4	23	7	4.3
Ginger Snaps	48.0	25	12	4.0
<b>Made Good</b>				
Chocolate Banana	25.0	24	6	4.2
Apple Cinnamon	25.0	24	6	4.2
Chocolate Chip	25.0	24	6	4.2
Double Chocolate	25.0	24	6	4.2
<b>GoGo Quinoa</b>				
Orange Mango	18.2	33	6	3.0
Dark Chocolate	24.2	33	8	3.0
Double Chocolate	24.2	33	8	3.0
<b>Walkers</b>				
Chocolate Chip Shortbread	29.0	31	9	3.2
GF Shortbread Fingers	22.6	31	7	3.2
Ginger Lemon Shortbread	29.0	31	9	3.2
Sables / Rounds	22.6	31	7	3.2
<b>Schar</b>				
Chocolate Dipped honeygrams	28.9	38	11	2.6
Frollini Cookies	19.0	100	19	1.0
Choc dipped cookies	23.0	100	23	1.0
Honey Grahams	11.0	100	11	1.0
<b>Annie's</b>				
Cocoa & Vanilla GF Bunny Cookies	30.0	30	9	3.3
Snickerdoodle Cinnamon Sugar Cookies	30.0	30	9	3.3
<b>Hidden Garden</b>				
Red Velvet Cookies	40.0	40	16	2.5
Chocolate Chip	35.0	40	14	2.5
Cocoa Cherry	32.5	40	13	2.5
<b>Tates's Bake Shop (Gluten Free)</b>				
Chocolate Chip	42.9	28	12	3.6
Zinger Cookies	46.4	28	13	3.6
<b>Sweet Loren's</b>				
Gluten Free Chocolate Chunk Cookie	35.7	28	10	3.6
Gluten Free Brownie Cookie	35.7	28	10	3.6

Total Number of Products	73		
<b>Average of totals (ALL)</b>	<b>29.89</b>		

**Dark Chocolate Chip Oat Biscuit Breaks**

	<b>Sugar</b>
Average Nairns Dark Choc Chip Biscuit	22.7
Average Competitor Biscuit	29.89
	All
Sugar Level Difference (%)	<b>-24%</b>

**Oat & Fruit Biscuit Breaks**

	<b>Sugar</b>
Average Nairns Oat & Fruit Biscuit	22.4
Average Competitor Biscuit	29.89
	All
Sugar Level Difference (%)	<b>-25%</b>

**Stem Ginger Biscuit Breaks**

	<b>Sugar</b>
Average Nairns Stem Ginger Biscuit	17.2
Average Competitor Biscuit	29.89
	All
Sugar Level Difference (%)	<b>-42%</b>

**Dark Choc & Coconut Chunky Biscuit Breaks**

	<b>Sugar</b>
Average Nairns Dark Choc & Coconut Chunky	18.8
Average Competitor Biscuit	29.89
	All
Sugar Level Difference (%)	<b>-37%</b>

**Blueberry & Raspberry Chunky Biscuit Breaks**

	<b>Sugar</b>
Average Nairns Blueberry & Raspberry Chunky	15.5
Average Competitor Biscuit	29.89
	All
Sugar Level Difference (%)	<b>-48%</b>

**Apple & Cinnamon Chunky Biscuit Breaks**

	<b>Sugar</b>
Average Nairns Apple & Cinnamon Chunky	14.3
Average Competitor Biscuit	29.89
	All

Sugar Level Difference (%)

**-52%**

**Dark Choc & Mint Chunky Biscuit Breaks**

Average Nairns Dark Choc & Mint Chunky

Sugar

17.7

Average Competitor Biscuit

29.89

All

Sugar Level Difference (%)

**-41%**