GF Biscuits - Sugar Content			Nairn's Syrup is x% lower vs this brand
Brand	***Product***	***Sugar/100g***	
Pamelas	Pamelas Chunky Chocolate	23.0	25%
Pamelas	Pecan shortbread	23.0	25%
Pamelas	Butter Shortbread	23.0	25%
Pamelas	Dark Choc chunk	33.0	48%
Pamelas	Ginger Cookies	23.0	25%
Pamelas	Lemon Shortbread	23.0	25%
Pamelas	Peanut Butter Cookies	23.0	25%
Pamelas	Simple Bites Ginger	25.0	31%
Pamelas	Simple Bites Chocolate Chip	25.0	31%
Pamelas	Simple Bites Extreme Chocolate	25.0	31%
Pamelas	Simple Bites Snickerdoodle	25.0	31%
Pamelas	Nutty Choc Chip	30.0	43%
Pamelas	Nutty Ginger Spice	30.0	43%
Pamelas	Nutty Macaroon	30.0	43%
Pamelas	Honey Grahams	36.0	52%
Pamelas	Choc Grahams	36.0	52%
Pamelas	Cinnamon Grahams	36.0	52%
Pamelas	Mini Honey Grahams	29.0	41%
Pamelas	Mini Choc Grahams	29.0	41%
Pamelas	Mini Cinnamon Grahams	29.0	41%
Belvita	Vanilla Oat	22.0	22%
Belvita	Cinnamon Brown Sugar	20.0	14%
Belvita	Mixed Berry	20.0	14%
Belvita	Blueberry	26.0	34%
Belvita	Golden Oat	22.0	22%
Belvita	Toasted Coconut	22.0	22%
Belvita	Cranberry Orange	24.0	28%
Belvita	Chocolate	22.0	22%
Belvita	Blueberry Almond	22.0	22%
Belvita	Oat Honey and Chocolate	20.0	14%
Belvita	Mixed Berry	20.0	14%
Belvita	Oats & Chocolate	20.0	14%
Belvita	Banana Bread	18.0	4%
Belvita	Oats & Peanut Butter	18.0	4%
Belvita	Vanilla Yogurt Crème	20.0	14%
Belvita	Strawberry Yoghurt Crème	20.0	14%
Belvita	Peanut Butter	20.0	14%
Belvita	Dark Chocolate Crème	24.0	28%
Goodie Girl	Blueberry Breakfast Biscuits	24.0	28%
Goodie Girl	Cinnamon Breakfast Biscuits	22.0	22%
Midel	Gluten Free Ginger Snaps	30.0	43%
Midel	Pecan Flavoured Cookies	30.0	43%
Midel	Cinnamon Snaps	30.0	43%
Midel	Chocolate Sandwich Cookies	30.0	43%
Midel	Choc Chip Cookies	30.0	43%
Midel	Arrowroot Animals	30.0	43%
Midel	Ginger Flavoured Cookies	30.0	43%
Midel	Vanilla Sandwich Cookies	30.0	43%
Cybele's	Chocolate Chip	28.0	39%
Cybele's	Chocolate Chunk Brownie	28.0	39%
Cybele's	Oatmeal Raisin	28.0	39%
Cybele's	Snickerdoodle	28.0	39%
Meli's	Original Cookies	20.9	18%
Meli's	Choco-lot Cookies	27.9	38%
Lucy's	Choc Chip Cookies	32.0	46%
Lucy's	Cinnamon thin Cookies	32.0	46%
Lucy's	Sugar Cookie	32.0	46%
Lucy's	Oatmeal Cookies	32.0	46%
Lucy's	Ginger Snap Cookies	32.0	46%
Lucy's	Choc Cho Chunk Cookies	32.0	46%
Lucy's	Lemon Goodness Cookies	32.0	46%
Lucy's	Superfruit Choc Chunk	32.0	46%
Lucy's	Superfruit Cookies	32.0	46%
Lucy's	Triple Choc Brownie Crisp	28.0	39%
Lucy's	Mint Brownie Crisps	28.0	39%
Lucy's	Pumpkin Patch Cookies	32.0	46%
Lucy's	Chocolate Merry Mint Cookies	32.0	46%
Lucy's	Holiday Sugars Cookies	32.0	46%
Antonina's	Snickerdoodle Cookies	32.1	46%
Dr Schar	Gluten Free Custard Creams	33.0	48%
Dr Schar	Gluten Free Bourbon Biscuits	29.0	41%
Dr Schar	Gluten Free Rich Tea Biscuits	9.5	-81%
Dr Schar	Gluten Free Chocolate Fingers	32.0	46%
Dr Schar	Gluten Free Chocolix	34.0	49%
Dr Schar	Gluten Free Milk Chocolate Nobbles	31.0	45%
Dr Schar	Gluten Free Breakfast Bakes	19.0	9%
Dr Schar	Gluten Free Digestive Biscuits	21.0	18%
Dr Schar	Gluten Free Mini O's	33.0	48%
Dr Schar	Shortbread Cookies	19.0	10%
Enjoy Life	Apple & Cinnamon Breakfast Ovals	24.0	28%
Enjoy Life	Berry Medley Breakfast Ovals	24.0	28%
Enjoy Life	Choc Chip Banana Breakfast Ovals	24.0	28%
Enjoy Life	Maple Fig Breakfast Ovals	22.0	22%

Oreo	GF Oreos	41.2	58%
Simple Mills	Choc Chip Crunchy Cookies	27.3	37%
Back to Nature	Salted Caramel Pecan Cookies	30.0	43%
Back to Nature	Double Choc Cherry Cookies	30.0	43%
Glutino	Chocolate Chip Cookies	28.0	39%
Kinnikinnick	Vanilla Wafers	27.8	38%
Kinnikinnick	S'moreables	21.9	21%
Kinnikinnick	Choc Chip Cookies	39.4	56%
Kinnikinnick	K-Toos Chocolate Sandwich	37.8	55%
Kinnikinnick	K-Toos Vanilla Sandwich	35.1	51%
Kinnikinnick	K-Toos Fudge Sandwich	32.4	47%
Kinnikinnick	Ginger Snap Cookies	31.3	45%
Kinnikinnick	Kritters Animal Cookies Vanilla	23.3	26%
Kinnikinnick	Kritters Animal Cookies Graham Style	23.3	26%
Kinnikinnick	Kritters Animal Cookies Chocolate	23.3	26%
Glutino	Vanilla Crème Cookies	29.0	41%
Glutino	Chocolate Vanilla Crème Cookies	29.0	41%
Glutino	Cranberry Orange Crispy Cookie Thinks	30.0	43%
Glutino	Double Choc Chip Crispy Cookie Thins	30.0	43%
Glutino	Choc Chip Crispy Cookie Thins	30.0	43%
Glutino	Animal Crackers Original	30.0	43%
Glutino	Animal Crackers Graham	30.0	43%
Glutino	Milk Chocolate Wafers	30.0	43%
Glutino	Vanilla Wafers	30.0	43%
Glutino	Lemon Wafers	30.0	43%
Glutino	Super Stuffed Cookies	54.3	68%
Walker's	Gluten Free Shortbread Rounds	23.2	26%
Walker's	Gluten Free Choc Chip Shortbread	28.3	39%
Walker's	Gluten Free Ginger & Lemon Shortbread	28.2	39%
Tates	Ginger Zinger Cookies	46.4	63%
Tates	Double Choc Chip Cookies	43.0	60%
Tates	Choc Chip Cookies	42.9	60%
Dr. Lucy's	Gluten Free Chocolate Chip Cookies	43.1	60%
Dr. Lucy's	Gluten Free Cinnamon Thin Cookies	46.7	63%
Dr. Lucy's	Gluten Free Maple Bliss Cookies	32.3	47%
Dr. Lucy's	Gluten Free Chocolate Mint Cookies	43.1	60%
Dr. Lucy's	Gluten Free Oatmeal Cookies	32.3	47%
Dr. Lucy's	Gluten Free Ginger Snap Cookies	32.3	47%
	Average	***28.6***	

		Less Than Claim
Nairn's GF Oat & Syrup Biscuit Breaks	**17.2**	**35%**
Nairn's GF Oat & Chocolate Chip Biscuit Breaks	**20.5**	**25%**
Nairn's GF Oat & Ginger Biscuit Breaks	**16**	**40%**
Nairn's GF Apple & Cinnamon Chunky Biscuit Breaks	**14.3**	**45%**
Nairn's GF Choc & Mint Chunky Biscuit Breaks	**17.7**	**35%**
Nairn's GF Dark Choc & Coconut Chunky Biscuit Breaks	**18.8**	**30%**
Nairn's GF Blueberry & Raspberry Chunky Biscuit Breaks	**15.5**	**40%**