

## Cereal/Snack Bars – sugar content

| <b>Brand</b>  | <b>Product</b>  | <b>Sugar/100g</b> |
|---------------|---|-------------------|
| Nature Valley | Crunchy - Oats & Honey  | 26.8              |
| Nature Valley | Crunchy - Oats & Dark Chocolate                                 | 26.8              |
| Nature Valley | Crunchy - Peanut Butter   | 25.6              |
| Nature Valley | Crunchy - Canadian Maple Syrup                                  | 26.8              |
| Nature Valley | Protein Soft Bakes-Blueberry & Almond                           | 17.6              |
| Nature Valley | Protein Soft Bakes- Oats & Honey                                | 19.4              |
| Nature Valley | Protein - Peanut & Chocolate                                    | 15.5              |
| Nature Valley | Protein Bars- Salted Caramel Nut                                | 13.5              |
| Nature valley | Smooth & Crunchy Peanut Butter                                  | 21.7              |
| Nature Valley | Smooth & Crunchy Cocoa Hazelnut                                 | 25.7              |
| Nature Valley | Full Mix- Cranberry & Peanut                                    | 24.6              |
| Nature Valley | Full Mix- Blueberry & Peanut                                    | 23.3              |
| Nature Valley | Sweet & Salty- Peanut   | 19.2              |
| Nature Valley | Sweet & Salty- Dark Chocolate, Peanut & Almond                  | 22.0              |
| Nature Valley | Fruit & Nut - Apple, Raisin & Almond                            | 22.1              |
| Nature Valley | Fruit & Nut - Cranberry, Raisin & Almond                        | 22.5              |
| Eat Natural   | Maple Syrup, Pecans & Peanuts (Extra Protein)                   | 13.2              |
| Eat Natural   | Apple, Ginger & Dark Chocolate (High in Fibre)                  | 32.5              |
| Eat Natural   | Chocolate Chunks, Peanuts & Seeds (With Omega-3)                | 22.9              |
| Eat Natural   | Raw Almond, Cranberry & Pomegranate                             | 32.0              |
| Eat Natural   | Raw Hazelnut, Date & Peanut                                     | 28.0              |
| Eat Natural   | Raw Peanut, Almond & Cocoa                                      | 15.1              |
| Eat Natural   | Fibre Packed Dark Choc & Sea Salt                               | 30.7              |
| Eat Natural   | Cocoa & Orange (Fruit & Nut Bar)                                | 18.4              |
| Eat Natural   | Dark Chocolate with Cranberries & Macadamia's (Fruit & Nut Bar) | 35.4              |
| Eat Natural   | Milk Chocolate with Peanuts & Cranberries (Fruit & Nut Bar)     | 30.5              |
| Eat Natural   | Cashew & Blueberry with a Yoghurt Coating (Fruit & Nut Bar)     | 35.8              |
| Eat Natural   | Almond & Apricot with a Yoghurt Coating (Fruit & Nut Bar)       | 31.2              |
| Eat Natural   | Date & Walnut with Pumpkin Seeds (Fruit & Nut Bar)              | 34.2              |
| Eat Natural   | Chocolate chunk, Peanuts & Seeds (Bars with Benefits)           | 22.9              |
| Eat Natural   | Almond & Sultana with Peanuts & Apricots (Fruit & Nut Bar)      | 29.0              |
| Eat Natural   | Peanut & Almond (Mixed Nut Bar)                                 | 13.5              |
| Eat Natural   | Coffee & Chocolate with Peanuts & Almonds (Mixed Nut Bar)       | 16.1              |
| Eat Natural   | Bars for breakfast Almond & Wholegrain Oats                     | 22.7              |
| Eat Natural   | Bars for breakfast Berries & Wholegrain Oats                    | 23.2              |
| Eat Natural   | Protein Packed with Peanuts & Chocolate                         | 18.8              |
| Eat Natural   | Protein Packed with Salted Caramel & Peanuts                    | 19.7              |

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| Eat Natural        | Protein Packed with Chocolate Orange         | 18.4 |
| Eat Natural        | Simply Vgan Peanut, Coconut & Chocolate      | 22.4 |
| Eat Natural        | Darker Chocolate with Almonds & Apricots     | 35.1 |
| Jordans            | Frusli Cranberries & Apple Chewy Cereal Bars | 27.4 |
| Jordans            | Frusli Raisin & Hazelnuts Chewy Cereal Bars  | 27.3 |
| Jordans            | Frusli Juicy Red Berries Chewy Cereal Bars   | 28.9 |
| Jordans            | Frusli Juicy Blueberries Chewy Cereal Bars   | 29.2 |
| Jordans            | Frusli Apple & Cinnamon Chewy Cereal Bars    | 32.0 |
| Thanks For Frank's | Salted Caramel Hand-Baked Granola Bar        | 36.3 |
| Thanks For Frank's | The Original hand-Baked Granola Bar          | 35.7 |
| Get Fruity         | Juicy Berry Mix Oat Snack Bar                | 34.0 |
| Get Fruity         | Scrumptious Strawberry Fruity Oat Snack Bar  | 34.0 |
| Get Fruity         | Radiant Raspberry Fruity Oat Snack Bar       | 33.0 |
| Get Fruity         | Marvelous Mango Fruity Oat Snack Bar         | 28.0 |
| TREK               | Cocoa Coconut Protein Flapjack               | 27.2 |
| TREK               | Cocoa Oat Protein Flapjack                   | 27.9 |
| TREK               | Original Oat Protein Flapjack                | 24.4 |
| TREK               | White Choc & Raspberry Protein Flapjack      | 24.1 |
| TREK               | Smooth Lemon Protein Flapjack                | 23.9 |
| TREK               | Morning Berry Protein Flapjack               | 24.7 |
| TREK               | Salted Caramel Protein Flapjack              | 23.2 |
| TREK               | Cocoa Chaos Wholefood Energy Bar             | 43.7 |
| TREK               | Peanut Power Wholefood Energy Bar            | 40.4 |
| TREK               | Dark Chocolate & Orange Protein Nut Bar      | 12.3 |
| TREK               | Dark Chocolate & Sea salt Protein Nut Bar    | 11.7 |
| TREK               | Coconut & Raspberry Protein Nut Bar          | 11.3 |
| TREK               | Blueberry & Pumpkin Protein Nut Bar          | 11.2 |
| TREK               | Millionaire Shortbread Power Bar             | 20.0 |
| TREK               | Peanut Butter crunch Power Bar               | 19.2 |
| TREK               | Choc Orange Power Bar                        | 22.6 |
| Nak'd              | Bakewell Tart Bar                            | 45.6 |
| Nak'd              | Blueberry Muffin Bar                         | 52.0 |
| Nak'd              | Carrot Cake Bar                              | 44.5 |
| Nak'd              | Cocoa Coconut Bar                            | 47.8 |
| Nak'd              | Peanut Delight Bar                           | 38.8 |
| Nak'd              | Cashew Cookie Bar                            | 39.2 |
| Nak'd              | Lemon Drizzle Bar                            | 50.6 |
| Nak'd              | Cocoa Delight Bar                            | 45.3 |
| Nak'd              | Cocoa Orange Bar                             | 38.9 |
| Nak'd              | Strawberry Sundae                            | 51.6 |
| Nak'd              | Berry Delight Bar                            | 47.4 |
| Nak'd              | Salted Caramel Bar                           | 52.0 |
| Nak'd              | Almond Macroon Bar                           | 50.1 |

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| Nak'd       | Coffee & Walnut bar                            | 50.0 |
| Nak'd       | Banoffee Pie Bar`                              | 51.1 |
| Nak'd       | Coco Brownie Bar                               | 49.4 |
| Nak'd       | Strawberry Muffin Bar                          | 47.9 |
| Nak'd       | Apple Crumble Bar                              | 47.8 |
| Nak'd       | Peanut Chocolish                               | 47.4 |
| Nak'd       | Double Chocolish                               | 46.5 |
| Nak'd       | Toffee Chocolish                               | 46.9 |
| Nak'd       | Raspberry Chocolish                            | 48.3 |
| Nak'd       | Banana Bread Oat Bar                           | 43.9 |
| Nak'd       | Apple Danish Oat Bar                           | 49.6 |
| Nak'd       | Berry Bliss Bar                                | 48.2 |
| Stoats      | Apple & Cinnamon Bar                           | 26.0 |
| Stoats      | Banana & Chocolate Porridge Bar                | 19.0 |
| Stoats      | Blueberry & Honey Bar                          | 22.4 |
| Stoats      | Cherry, Choc & Coconut                         | 27.0 |
| Stoats      | Rasberry & Honey Bars                          | 22.4 |
| Stoats      | Orange & Dark Chocolate Porridge Oat Bars      | 21.7 |
| Stoats      | Rhubarb & Ginger Porridge Oat bar              | 22.0 |
| Stoats      | Hazelnut & White Chocolate Porridge Oat Bar    | 21.0 |
| Perkier     | Madagascan Vanilla & Dark Chocolate Bar        | 22.0 |
| Perkier     | Salted Caramel & Dark Chocolate Bar            | 22.0 |
| Perkier     | Cacao & Orange                                 | 18.0 |
| Tracker     | Oats & Grains - Chocolate & Peanut             | 21.0 |
| Tracker     | Oats & Grains - Peanut & Caramel               | 20.0 |
| 9 bar       | Dark Choc & Orange                             | 22.0 |
| 9 bar       | Dark Choc & Peanut                             | 17.3 |
| 9 bar       | Dark Choc, Pistachio & Brazil Nut              | 20.7 |
| 9 bar       | Salted Caramel & Pecan                         | 19.8 |
| 9 bar       | Dark Choc & Peanut                             | 17.3 |
| 9 bar       | Dark Chocolate Pistachio & Brazil              | 20.7 |
| 9 bar       | White Choc, Blueberry & Almond                 | 22.1 |
| 9 bar       | Dark Chocolate & Orange                        | 22.0 |
| 9 bar       | Chia & Berries                                 | 19.8 |
| 9 bar       | White Chocolate & Raspberry                    | 22.0 |
| Wholebake   | Apple & Raspberry Flapjack                     | 26.7 |
| Wholebake   | Apricot & Almond Flapjack                      | 31.7 |
| Wholebake   | Cashew & Coconut Flapjack                      | 27.2 |
| Wholebake   | Cranberry Flapjack                             | 27.6 |
| Wholebake   | Summer Berry Flapjack                          | 28.5 |
| Wholebake   | Dark Chocolate & Ginger Flapjack               | 35.0 |
| Quaker Oats | To Go Golden Syrup Bars                        | 12.0 |
| Quaker Oats | To Go Cinnamon Bars                            | 12.0 |
| Quaker Oats | To Go Mixed Berry Bar- Straw, Rasp & Cranberry | 15.0 |

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| Kellogg's Special K   | Juicy Red Berry Bars                     | 27.0 |
| Kellogg's Special K   | Belgian Milk Chocolate Cereal Bars       | 25.0 |
| Kellogg's Special K   | Dark Chocolate Bars                      | 28.0 |
| Kellogg's Nutri-Grain | Strawberry Fruity Bars                   | 33.0 |
| Kellogg's Nutri-Grain | Apple Fruity Bars                        | 33.0 |
| Kellogg's Nutri-Grain | Blueberry Fruity Bars                    | 33.0 |
| Belvita               | Dark Chocolate & Hazelnut Breakfast Bar  | 26.0 |
| Rude Health           | Date & Seed Bars                         | 34.3 |
| Rude Health           | Peanut, Date & Banana Bars               | 35.2 |
| Rude Health           | Date & Berry Bars                        | 39.0 |
| Alpen                 | Strawberry & Yogurt Bar                  | 28.0 |
| Alpen                 | Fruit And Nut With Chocolate Bar         | 28.0 |
| Alpen                 | Coconut & Chocolate                      | 22.0 |
| Alpen Light           | Chocolate & Fudge Bar                    | 16.0 |
| Alpen Light           | Double Chocolate Bar                     | 16.0 |
| Alpen Light           | Summer Fruits Bar                        | 18.0 |
| Alpen Light           | Cherry Bakewell Bar                      | 15.0 |
| Alpen Light           | Jaffa Cake Bar                           | 15.0 |
| Alpen Light           | White Choc & Rasp Shortcake              | 14.0 |
| Alpen Protein         | Chocolate                                | 19.0 |
| Alpen Protein         | Berries & Yogurt                         | 20.0 |
| Go Ahead              | Apple & Sultana Fruit Slices             | 25.6 |
| Go Ahead              | Forest Fruit Slices                      | 25.4 |
| Go Ahead              | Raspberry Fruit Slices                   | 25.5 |
| Freee                 | Apple Oat Bars with Sultanas             | 23.0 |
| Freee                 | Apricot with Chia Oat Bar                | 23.0 |
| Freee                 | Choc Chip Oat Bars                       | 20.0 |
| Fuel                  | Chocolate Oat Bar                        | 18.0 |
| Fuel                  | Superberry Oat Bar                       | 19.3 |
| Get Buzzing           | Chocolate Coconut High Protein Flapjacks | 17.3 |
| Get Buzzing           | Cherry Protein                           | 30.0 |
| Get Buzzing           | Vegan Wow Butter Oat Bar                 | 8.5  |
| Get Buzzing           | Date Seed and Nut Oat Bar                | 13.8 |
| Get Buzzing           | Mint Chocolate High Protein Flapjacks    | 28.0 |
| Get Buzzing           | Banana Bars                              | 31.8 |
| Get Buzzing           | Mixed Berry Bars                         | 39.8 |
| GEO                   | Chocolate Chewy Cereal Bar               | 26.6 |
| Cadbury's             | Brunch Bar - Chocolate Chip              | 27.0 |
| Cadbury's             | Brunch Bar - Raisin                      | 31.0 |
| Cadbury's             | Brunch Bar - Peanut                      | 25.0 |

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| Cadbury's        | Brunch Bar - Bournville                    | 25.0        |
| BOKA             | Choco Mallow Cereal Bar                    | 4.5         |
| BOKA             | Strawberry Cereal Bar                      | 4.9         |
| BOKA             | Caramel Cereal Bar                         | 4.4         |
| BOKA             | Apple & Cinnamon Cereal Bar                | 4.9         |
| Skinny           | Crunch Light - Raspberry & White Chocolate | 14.3        |
| Skinny           | Crunch Light - Salted Caramel              | 12.2        |
| Skinny           | Crunch - Mint & Dark Chocolate             | 20.4        |
| Deliciously Ella | Apple, Raisin & Cinnamon Oat Bar           | 29.0        |
| Deliciously Ella | Hazelnut, Pecan & Maple                    | 18.3        |
| Deliciously Ella | Cacao & Almond Oat Bar                     | 25.6        |
| Deliciously Ella | Peanut Butter Oat Bar                      | 21.2        |
| Tesco            | Honey Granola Bars                         | 18.2        |
| Tesco            | Salted Caramel Munch Bars                  | 30.0        |
| Asda             | Summer Berry Cereal Bar                    | 18.0        |
| Asda             | Chocolate Fudge Cereal Bar                 | 15.0        |
| Morrisons        | FF Fruity Granola Bars                     | 36.4        |
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| <b>Average</b>   |  | <b>26.7</b> |

| <b>Brand</b> | <b>Lab Analysis Results</b>            | <b>Sugar/100g</b> | <b>% Less*</b> |
|--------------|--|-------------------|----------------|
| Nairn's      | Chocolate Chunk                        | 12.6              | -53%           |
| Nairn's      | Raisin, Apple & Cinnamon               | 12.1              | -55%           |
| Nairn's      | Honey & Oat                            | 8.3               | -69%           |
|              | Lab analysis October 2022 used for BOP |                   |                |