

Gluten Free Biscuits – Sugar Content - 2023

Brand	Product	Sugars/100g
Tesco	Finest Free From Triple Choc Cookies	35.9
Tesco	Finest Free From White Choc & Cranberry Cookies	36.4
Tesco	Finest Free From Dark Choc & Ginger Cookies	43.0
Tesco	Finest Free From Oat & Raisin Cookies	38.0
Tesco	Free From Belgian Chocolate Wafers	49.0
Tesco	Free From Cream Crunchies	37.5
Tesco	Free From Gingerbread Men	30.2
Tesco	Free From Swirly Chocolate Wafers	43.5
Tesco	Free From Vanilla Cookies & Cream	43.3
Tesco	Free From Stem Ginger Cookie	39.9
Tesco	Free From Custard Creams	25.2
Tesco	Free From Digestive Biscuits	24.8
Asda	Free From Stem Ginger Cookies	37.0
Asda	Free From Belgian Chocolate Twin Wafer Bars	47.0
Asda	Free From Digestive Biscuits	19.0
Asda	Free From 8 Belgian Triple Chocolate Cookies	32.0
Asda	Free From Chocolate Chip Cookies Biscuits	25.0
Asda	Free From Chocolate Digestives Biscuits	29.0
Asda	Free From Chocolate Wafer Snaps	48.0
Asda	Extra Special Free From 8 Raspberry & Belgian White Chocolate Cookies	35.0
Asda	Extra Special Free From 8 Sicilian Orange and Belgian Dark Chocolate Cookies	36.0
Asda	Extra Special Free From 8 Belgian Dark Chocolate Ginger Cookies	43.0
Asda	Free From 6 Gingerbread Men	30.0
Asda	Free From Shortbread	23.0
Asda	Free From Milk Chocolate Vienesse Fingers	25.0
Asda	Free From Golden Oat Breakfast Biscuits	16.0
Asda	Free From Lemon Creams Biscuits	20.0
Asda	Free From Cookies & Cream Biscuits	32.0
Asda	Free From 8 Oaty Cookies	16.0
Asda	Free From 8 Cranberry & Orange Oaty cookies	21.0
Asda	Free From Bourbon Biscuits	18.0
Asda	Free From Custard Creams	19.0
Co-op	Free From Chocolate Digestive Biscuits	33.0
Co-op	Free From Choc Chip Cookie	28.0
Sainsbury's	Taste the Difference Free From Oat & Sultana Cookies	31.5
Sainsbury's	Deliciously Free From Chocolate Chip Cookies	26.5
Sainsbury's	Taste the Difference Free From Triple Chocolate Cookies	39.3
Sainsbury's	Taste the Difference Free From Dark Chocolate Ginger Cookies	42.1
Sainsbury's	Free From Plain Digestives	17.7
Sainsbury's	Free From Chocolate Digestives	25.5

Sainsbury's	Deliciously Free From Ginger Crunch Cookies	39.7
Sainsbury's	Deliciously Free From Cookies & Cream Biscuits	32.1
Sainsbury's	Free From Salted Caramel Cookies, Taste the Difference 150g	31.0
Sainsbury's	Taste the Difference Free From Triple Chocolate Cookies	39.3
Sainsbury's	Deliciously Free From Shortbread	23.5
Morrison's	Free From Digestives	17.4
Morrison's	Free From Milk Chocolate Digestives	24.6
Morrison's	Free From Bourbon Biscuits	18.0
Morrison's	Free From Jammy Wheels	24.4
Morrison's	Free From Custard Creams	20.4
Morrison's	Free From Cookies & Cream Cookies	36.1
Morrison's	Free From Cream Crunchies 180g	37.1
Morrison's	Free From Gingerbread Person	32.2
Morrison's	Free From Ginger Snaps 180g	23.5
Morrison's	Free From Quad Choc Cookies	31.1
Waitrose	Free From Stem Ginger Cookies	40.7
Waitrose	Free From Choc Chunk Cookies	15.0
Waitrose	Free From Butter Shortbread	20.2
Waitrose	Free From Triple Choc Cookies	39.0
Lazy Day Foods	Vegan Chocolate chip shortbread	25.5
Lazy Day Foods	Vegan Scottish Shortbread	21.7
Lazy Day Foods	Chocolate Ginger Snaps	38.0
Lazy Day Foods	Chocolate Chip Oaties 150g	15.0
Lazy Day Foods	Stem Ginger Oaties 150g	20.0
Lazy Day Foods	Golden Syrup Oaties 150g	17.0
Lazy Day Foods	Golden Syrup Oaties 38g	18.3
Lazy Day Foods	Ginger snaps	34.9
Dr Schar	Gluten Free Custard Creams	23.0
Dr Schar	Gluten Free Spekulatius	25.0
Dr Schar	Gluten Free Rich Tea Biscuits	13.0
Dr Schar	Gluten Free Chocolate Fingers	30.0
Dr Schar	Gluten Free Digestive Biscuits	18.0
Dr Schar	Gluten Free Jaffa Cakes	44.0
McVities	Original Hobnobs Gluten Free	24.6
McVities	Original Milk Chocolate HobNobs Gluten Free	33.0
Mrs Crimble's	6 Big Jam Coconut Rings	42.8
Mrs Crimble's	Gluten Free Caramel Macaroons	47.5
Mrs Crimble's	Gluten Free Chocolate Macaroon 6 Pack 195G	39.6
Mrs Crimble's	6 Gluten Free Coconut Macaroons 180G	41.0
Mrs Crimble's	6 Gluten Free Vegan Chocolate Macaroon 195G	36.6
M&S	Made Without All Butter Shortbread Rounds	20.3
M&S	Made Without Belgian Triple Chocolate Chunk Cookies	39.0
M&S	Made Without Stem Ginger Snaps	38.7

Livia's	Cookie Dough Nugglets	39.8
The Beginnings	Coconut Ginger Cookies	24.6
The Beginnings	Almond Cookie (With Pumpkin, Chia & Flaxseeds)	16.6
Honeyrose	Gluten Free All Butter Oat & Raisin Cookies	37.3
Prewett's	GF Spicy Dark Chocolate and Ginger Cookies	37.1
Prewett's	Gluten Free Chewy Oat & Raisin Cookies	38.0
Prewett's	Gluten Free Jammie Wheels	33.9
Prewett's	Gluten Free Milk Chocolate Digestives	35.5
Prewett's	Gluten Free White Chocolate and Cranberry Cookies	35.2
Prewett's	Gluten Free Rich Quadruple Chocolate Cookies	40.4
Dean's	Gluten Free All Butter Shortbread	22.1
Dean's	Gluten Free Choc Chip Shortbread	24.3
Walker's	Gluten Free Shortbread Rounds	23.2
Walker's	Gluten Free Choc Chip Shortbread	28.3
Walker's	Gluten Free Ginger & Lemon Shortbread	28.2
Lovemore	Free From Jammy Wheels	15.3
Lovemore	Free From O'Choco Biscuits	25.0
Lovemore	Free From Digestive Biscuits	19.7
Lovemore	Free From Custard Creams	20.1
Lovemore	Free From Choc Chip Cookies	28.3
Lovemore	Free From Double Choc Chip Cookies	29.9
Lovemore	Free From Oat Crunch Cookies	20.4
Lovemore	Free From Stem Ginger Cookies	31.1
Lovemore	Free From Shortbread Fingers	22.3
Lovemore	Free From Shortbread Thistle Biscuits	21.6
Farmhouse Biscuits	GF Oat & Cranberry Cookies	34.2
Farmhouse Biscuits	GF Chocolate Chip & Hazelnut Biscuits	26.6
Farmhouse Biscuits	GF Triple Chocolate Chip Biscuits	20.0
Farmhouse Biscuits	GF Lemon and White Chocolate Chips Cookies	22.5
Farmhouse Biscuits	GF Honey & Oat Cookies	24.4
Farmhouse Biscuits	GF Spicy Stem Ginger Cookies	31.8
Angelic	Gluten Free Orange Chocolate Vegan Cookies	36.0
Angelic	Gluten Free Ginger Crunch Cookies	35.2
Angelic	Gluten Free Ginger & Chocolate Chip Cookies	36.4
Angelic	Gluten Free Cranberry Crunch Cookies	34.0
Angelic	Gluten Free Double Chocolate Cookies	36.0
Kent & Fraser	Gluten Free Choc Chip Crunchy Cookies	29.7
Kent & Fraser	Gluten Free Lemon butter Shortbread	17.4
Kent & Fraser	Gluten Free Spicy Ginger Crunchy Cookies	33.9
Rhythm 108	Swiss Chocolate Peanut Butter Soft Baked Filled Cookie 50g	25.0

Rhythm 108	Vegan Hazelnut Chocolate Chip Bag	21.0
Rhythm 108	Hazelnut Chocolate Praline Soft-Baked Filled Cookie	31.0
Rhythm 108	Vegan Coconut Crunch Biscuit Share Bag	25.0
Rhythm 108	Lemon, Ginger & Chia Biscuit Share Bag	23.0
Rhythm 108	Swiss Vegan Double Chocolate Hazelnut Biscuit Share Bag	26.0
Rhythm 108	Tea Biscuits - Almond Biscotti	23.0
Rhythm 108	Tea Biscuits - Lemon, Ginger & Chia Biscuits	19.7
Rhythm 108	Tea Biscuits - Coconut Cookie	
Dove's Farm	Freee Organic Stem Ginger Cookies	30.1
Dove's Farm	Organic Gluten Free Double Chocolate Cookies	28.0
Dove's Farm	Organic Gluten Free Chocolate Chip Cookies	26.7
Dove's Farm	Organic Gluten Free Lemon Zest Cookies	24.8
Sweet FA	Gluten Free Double Chocolate Chip Cookies	35.0
Sweet FA	Gluten Free Oat & Raisin Cookies	36.0
Sweet FA	Gluten Free Peanut Butter Cookies	27.0
Sweet FA	Gluten Free Cranberry & Orange Cookies	35.0
Planet Organic	Almond Butter Choc Chip Cookie	27.0
Planet Organic	Gluten Free Triple Chocolate Cookie	
Planet Organic	Salted Caramel Macaroons	24.0
Kelkin	Free From Jaffa Cakes	44.0
Kelkin	Free From Teacakes	44.0
Kelkin	Free From Oat Cookies with Honey	28.0
Kelkin	Free From Chocolate Finger	49.0
Kelkin	Gluten Free Belgian Milk Chocolate Wafer Bars	49.0
Kelkin	Gluten Free Cranberry Oat Cookies	
Eskal	Gluten Free Chocolate Covered Wafers	46.5
Eskal	Gluten Free Lemon Wafers	43.7
Eskal	Gluten Free Chocolate Wafer Rolls	42.5
GEFEN	Gluten Free Almond Cookies	16.0
GEFEN	Gluten Free Cinnamon Cookies	29.6
GEFEN	Gluten Free Chocolate Chip Cookies	21.4
Fabulous Free From Factory	Dairy Free Choccovered Crunchee Bites	66.7
Wholey Moly	Pistachio & Lemon Cookies	13.0
Wholey Moly	Chocolate & Orange Cookies	10.8
Wholey Moly	Cacao & Hazelnut Cookie	10.2
Dr. Lucy's	Gluten Free Chocolate Chip Cookies	37.5
Dr. Lucy's	Gluten Free Cinnamon Thin Cookies	40.6
Dr. Lucy's	Gluten Free Chocolate Merry Mint Cookies	37.5
Dr. Lucy's	Gluten Free Oatmeal Cookies	28.1
Dr. Lucy's	Gluten Free Ginger Snap Cookies	28.1
Dr. Lucy's	Gluten Free Sugar Cookies	40.6

Dr. Lucy's	Gluten Free Chocolate Chocolate Chunk	40.6
Dr. Lucy's	Gluten Free Lemon Goodness Cookies	28.1
Dr. Lucy's	Gluten Free Superfruit Chocolate Chunk Cookies	31.3
Dr. Lucy's	Gluten Free Superfruit Cookies	31.3
Dr. Lucy's	Gluten Free Pumpkin Patch cookies	28.1
Dr. Lucy's	Gluten Free Holiday Sugars Cookies	40.6
Enjoy Life	GF Chocolate Chip Crunchy Cookies	34.6
Enjoy Life	GF Soft Baked Chocolate Chip Cookie	42.8
Enjoy Life	Soft Baked Cookies - Oatmeal Raisin	29.4
Enjoy Life	Soft Baked Cookies - Sunseed Butter Chocolate Chip	39.3
Enjoy Life	Soft Baked Cookies - Peppermint Bark	42.9
Enjoy Life	Soft Baked Cookies - Monster	42.9
Enjoy Life	Crunchy Cookies - Vanilla Honey Graham	38.5
Enjoy Life	Crunchy Cookies - Double Chocolate	38.5
Enjoy Life	Crunchy Cookies - Birthday Cake	38.5
Enjoy Life	Crunchy Cookies - Strawberry Lemonade	34.6
Enjoy Life	Crunchy Cookies - Sugar Crisp	26.9
Enjoy Life	Enjoy Life Foods, Soft-Baked Breakfast Fruit & Oat Ovals, Apple & Cinnamon	18.0
Enjoy Life	Enjoy Life Foods, Soft-Baked Breakfast Fruit & Oat Ovals, Berry Medley	24.0
Enjoy Life	Enjoy Life Foods, Soft-Baked Breakfast Fruit & Oat Ovals, Choc Chip Banana	24.0
Enjoy Life	Enjoy Life Foods, Soft-Baked Breakfast Fruit & Oat Ovals, Maple Fig	16.0
Enjoy Life	Enjoy Life Foods, Soft Baked - Oat & Chocolate Breakfast Ovals - Dark Chocolate	24.0
Enjoy Life	GF Softed Baked Gingerbread Spice	35.7
Enjoy Life	GF Soft Baked Mini Cookies	
Enjoy Life	GF Softed Baked Cookies Double Chocolate Brownie	46.4
Enjoy Life	Soft Baked Cookies Snickerdoodle	42.9
Brooklyn Bites	Brooklyn Bites Gluten Free Birthday Cake Cookie Brittle	25.0
Home free	Crunchy Vanilla Mini Cookies	32.3
Home free	Double Chocolate Chip Mini Cookies	35.5
Home Free	Lemon Burst Mini Cookies	33.3
Home Free	Chocolate Mint Mini Cookies	32.3
Home Free	Ginger Snap Mini Cookies	32.3
Home free	Chocolate Chip Mini Cookies	32.3
Katz	Gluten Free Chocolate Chip Cookies	39.3
Average: 30.6		

	Sugars/100g	Lower by:	Current claim:
Nairn's GF Oats & Syrup Biscuit Breaks	16	-47.79%	-40%
Nairn's GF Oat & Fruit Biscuit Breaks	17.6	-42.57%	-40%

Nairn's GF Oat & Chocolate Chip Biscuit Breaks	20.5	-33.11%	-30%
Nairn's GF Oat & Ginger Biscuit Breaks	17.2	-43.88%	-40%
Nairn's GF Dark Choc & Coconut Chunky Biscuit Breaks	16.7	-45.51%	-35%
Nairn's GF Blueberry & Raspberry Chunky Biscuit Breaks	15.5	-49.43%	-45%
Nairn's GF Dark Chocolate & Mint Chunky Oat Biscuit Breaks	17.7	-42.25%	-40%
Nairn's GF Apple & Cinnamon Chunky Biscuit Breaks	14.3	-53.34%	-50%
Nairn's GF Salted Caramel Biscuit Breaks	17.2	-43.88%	-40%
Nairn's GF Chocolate Chip Oaties	20.3	-33.76%	-30%
Nairn's GF Oaties	15.2	-50.40%	-45%
Nairn's GF Toffee Oaties	15	-51.06%	-45%