

Cereal/Snack Bars - Sugar Content		
Brand	Product	Sugar/100g
Nature Valley	Crunchy - Oats & Honey	28.3
Nature Valley	Crunchy - Ginger Nut	27.6
Nature Valley	Crunchy - Coconut	26.1
Nature Valley	Crunchy - Canadian Maple Syrup	28.0
Nature Valley	Crunchy - Roasted Almond	26.1
Nature Valley	Crunchy - Oats & Dark Chocolate	26.5
Nature Valley	Crunchy - Peanut Butter	25.2
Nature Valley	Crunchy - Oats & Berries	30.2
Nature Valley	Crunchy - Oats & Hazelnuts	26.6
Nature Valley	Protein - Peanut & Chocolate	15.5
Nature Valley	Protein - Coconut & Almond	13.0
Nature Valley	Protein - Salted Caramel Nut	13.5
Eat Natural	Maple Syrup, Pecans & Peanuts (Extra Protein)	13.7
Eat Natural	Apple, Ginger & Dark Chocolate (High in Fibre)	32.5
Eat Natural	Chocolate Chunks, Peanuts & Seeds (With Omega-3)	22.9
Eat Natural	Yoghurt Coated Coconut & Apricot (Better Inside)	29.5
Eat Natural	Cocoa & Ginger (Fruit & Nut Bar)	22.0
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)	36.3
Eat Natural	Almond & Apricot with a Yoghurt Coating (Fruit & Nut Bar)	31.2
Eat Natural	Date & Walnut with Pumpkin Seeds (Fruit & Nut Bar)	44.0
Eat Natural	Darker Chocolate with Almonds & Apricots (Fruit & Nut Bar)	35.1
Eat Natural	Peanut & Popcorn with Dark Chocolate Chunks (Fruit & Nut Bar)	34.1
Eat Natural	Light & lovely with Red Apple & Chia Seeds (Fruit & Nut Bar)	30.1
Eat Natural	Almond & Sultana with Peanuts & Apricots (Fruit & Nut Bar)	30.0
Eat Natural	Peanut & Almond (Mixed Nut Bar)	13.5
Eat Natural	Coffee & Chocolate with Peanuts & Almonds (Mixed Nut Bar)	17.9
Eat Natural	Fruits & Fibre with Cranberries, Peanuts, Oats & Spelt Flakes	23.5
Eat Natural	Fruits & Fibre with Coconut, Apricots, Oats & Spelt Flakes	29.4
Eat Natural	Fruits & Fibre with Plums, Peanuts, Oats & Spelt Flakes	22.4
Eat Natural	Protein Packed with Peanuts & Chocolate	18.8
Jordans	Frusli Cranberries & Apple Chewy Cereal Bars	34.7
Jordans	Frusli Raisin & Hazelnuts Chewy Cereal Bars	32.1
Jordans	Frusli Juicy Red Berries Chewy Cereal Bars	33.8
Jordans	Frusli Juicy Blueberries Chewy Cereal Bars	33.1
Jordans	Frusli Apple & Cinnamon Chewy Cereal Bars	36.1
Jordans	Luxury Absolute Nut Bar	15.4
Thanks For Frank's	Belgian Choc Hand-Baked Granola Bar	34.7
Thanks For Frank's	Flame Raisin & Hazelnut Hand-Baked Granola Bar	32.2
Thanks For Frank's	Cashew, Raspberry & Chocolate Hand-Baked Granola Bar	30.1
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	Apricot, Orange & Ginger Fruity Oat Snack Bar	26.0
Get Fruity	Moist Mixed Berry Fruity Oat Snack Bar	32.0
Get Fruity	Scrumptious Strawberry Fruity Oat Snack Bar	35.0
Get Fruity	Tangy Pineapple, Coconut & Lime Fruity Oat Snack Bar	33.0
Get Fruity	Radiant Raspberry Fruity Oat Snack Bar	32.0
Get Fruity	Marvelous Mango Fruity Oat Snack Bar	32.0
TREK	Cocoa Coconut Protein Flapjack	27.2
TREK	Cocoa Oat Protein Flapjack	27.9
TREK	Original Oat Protein Flapjack	24.4
TREK	Oat Raisin Protein Flapjack	26.6
TREK	Banana Bread Protein Flapjack	24.8
TREK	Morning Berry Protein Flapjack	24.7
TREK	Cocoa Chaos Wholefood Energy Bar	41.4
TREK	Peanut Power Wholefood Energy Bar	38.4
TREK	Berry Burst Wholefood Energy Bar	44.6
TREK	Banana Blast Wholefood Energy Bar	45.3

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	Caffe Mocha Bar	47.0
Nak'd	Cocoa Delight Bar	45.3
Nak'd	Cocoa Orange Bar	38.9
Nak'd	Ginger Bread Bar	33.0
Nak'd	Pecan Pie Bar	34.4
Nak'd	Berry Delight Bar	47.4
Nak'd	Apricot Crunch Bar	47.8
Nak'd	Strawberry Crunch Bar	44.8
Nak'd	Cocoa Crunch Bar	42.9
Nak'd	Banana Crunch Bar	44.4
Nak'd	Apple Danish Bar	49.6
Nak'd	Banana Bread Bar	43.9
Nak'd	Berry Bliss Bar	48.2
Nak'd	Cocoa Twist Bar	46.2
Stoats	Apple & Cinnamon Bar	31.0
Stoats	Apricot & Sultana Bar	27.0
Stoats	Blueberry & Honey Bar	27.5
Stoats	Cherry & Dark Chocolate Bar	25.2
Stoats	Fig & Date Bar	28.6
Stoats	White Chocolate & Hazelnut Bars	22.4
Stoats	Raspberry & Honey Bars	26.7
Stoats	Orange & Dark Chocolate Porridge Oat Bars	25.2
Stoats	Original Scottish Porridge Oat Bars	26.1
9 bar	Breakfast Peanut & Raisin Bar	28.3
9 bar	Breakfast Almond & Raspberry Bar	25.2
9 bar	Breakfast Apricot & Strawberry Bar	29.6
9 bar	Breakfast Cashew & Cocoa Bar	25.9
9 bar	Classic Peanut & Pumpkin Seed Bar	14.9
9 bar	Classic Pumpkin & Sunflower Seed Bar	19.7
9 bar	Classic Almond & Sesame Seed Bar	19.4
9 bar	Classic Organic Sunflower Seed Bar	22.9
9 bar	Double Cocoa & Cashew Bar	26.9
9 bar	Double Cocoa & Hazelnut Bar	26.8
9 bar	Double Cocoa & Coconut Bar	26.9
9 bar	Double Cocoa & Raspberry Bar	27.1
9 bar	Classic Carob Original, Carob & Hemp Seed Bar	21.1
9 bar	Classic Carob, Sesame & Flax Bar	21.2
9 bar	Classic Carob, Apricot & Hemp Seed Bar	28.5
9 bar	Classic Carob, Raspberry & Chia Seed Bar	21.9
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	Oat So Simple Golden Syrup Morning Bar	15.4
Quaker Oats	Oat So Simple Fruit Muesli Morning Bar	18.7
Quaker Oats	Oat So Simple Raspberry & Pomegranate Morning Bar	15.0
Beloved	Cranberry & Blueberry Date Cereal Bars	39.8
Beloved	Pumpkin & Sunflower Seed Date Cereal Bars	29.0

Kellogg's Special K	Blackcurrant & Pumpkin Seeds Protein Bars	19.0
Kellogg's Special K	Cocoa & Cashew Protein Bars	20.0
Kellogg's Special K	Red Berry Cereal Bars	30.0
Kellogg's Special K	Chocolate & Raspberry Cereal Bars	36.0
Kellogg's Special K	Belgian Milk Chocolate Cereal Bars	25.0
Kellogg's Special K	Peach & Apricot Cereal Bars	34.0
Kellogg's Special K	Milk Chocolate Delight Cereal Bars	24.0
Kellogg's Special K	Dark Chocolate Delight Cereal Bars	21.0
Kellogg's	Nuts & More Dark Chocolate & Almonds Cereal Bar	25.0
Kellogg's Nutri-Grain	Strawberry Fruity Bars	33.0
Kellogg's Nutri-Grain	Blueberry Fruity Bars	33.0
Alpen	Strawberry & Yogurt Bar	35.0
Alpen	Fruit And Nut With Chocolate Bar	36.0
Alpen Light	Chocolate & Fudge Bar	21.0
Alpen Light	Double Chocolate Bar	21.0
Alpen Light	Summer Fruits Bar	23.0
Alpen Light	Cherry Bakewell Bar	18.0
Alpen Light	Jaffa Cake Bar	19.0
Nom	Banana Oat Bar	28.8
Nom	Original Oat Bar	26.8
Nom	Cacao & Raspberry Oat Bar	26.7
Nom	Protein Oat Bar	25.0
Fruitus	Pomegranate , Blueberry & Oat Bar	42.4
Fruitus	Mixed Berry & Oat Bar	37.1
Fruitus	Apricot & Oat Bar	30.3
Nature's Path	Gluten Free Dark Choc Chip Granola Bars	29.0
The Food Doctor	Apple & Walnut Goodness Bar	23.2
The Food Doctor	Apricot & Almond Goodness Bar	20.8
The Food Doctor	Fig & Mango Goodness Bar	25.9
The Food Doctor	Pineapple & Banana Goodness Bar	28.9
The Food Doctor	Beetroot & Walnut Goodness Bar	20.1
The Food Doctor	Kale & Cashew Goodness Bar	16.2
The Food Doctor	Sweet Potato & Pecan Goodness Bar	18.7
Get Buzzing	Chocolate Coconut High Protein Flapjacks	17.1
Get Buzzing	Vanilla & Seed High Protein Flapjacks	14.0
Get Buzzing	Mint Chocolate High Protein Flapjacks	25.8
Get Buzzing	Banana Bars	36.0
Get Buzzing	Wowbutter Bars	20.2
Get Buzzing	Mixed Berry Bars	37.7
Get Buzzing	Date & Seed Bars	37.3
GEO	Wild Apricot Chewy Cereal Bar	30.6
GEO	Mixed Berries Chewy Cereal Bar	33.4
GEO	Chocolate Chewy Cereal Bar	30.9
GEO	Cocoa & Beetroot Fruit, Oat & Nut Wholefood Bar	43.0
GEO	Carrot & Ginger Fruit, Oat & Nut Wholefood Bar	34.8
GEO	Apple & Kale Fruit, Oat & Nut Wholefood Bar	35.1
BOKA	Choco Mallow Cereal Bar	3.6
BOKA	Strawberry Cereal Bar	4.7
BOKA	Caramel Cereal Bar	4.5
BOKA	Apple & Cinnamon Cereal Bar	4.9
Naturya	Organic Seed Superbar	10.0
Naturya	Organic Berry Superbar	19.0
Naturya	Organic Cacao Superbar	20.0
Goodness Knows (Mars)	Cranberry & Almond with Dark Chocolate	37.0
Goodness Knows (Mars)	Blueberry & Almond with Dark Chocolate	36.0
Goodness Knows (Mars)	Apple, Peanut & Almond with Dark Chocolate	40.0
Benecol	Blueberry & Cranberry Bar	31.0
Benecol	Apricot, Almond & Pumpkin Seed Bar	27.0
Benecol	Raisin & Hazelnut Bar	31.0
Deliciously Ella	Apple, Raisin & Cinnamon Oat Bar	26.0
Deliciously Ella	Cacao & Almond Oat Bar	22.4
Deliciously Ella	Apricot & Coconut Oat Bar	22.4
	Average	29.0

Brand	Product	Sugar/100g	% Less*
Nairn's	Seeded Protein	14.8	-49%

Nairn's	Apple & Cinnamon	17	-41%
Nairn's	Cacao & Orange	16.8	-42%

Last updated end October 2018

* less than other Cereal/Fruit Bars