

	Sugar (g) / 100g	Kcals / 100g		Sugar (g) / 100g	Kcals / 100g
Aldi 1/2 Ctd Choc Chunk Cookies	42	514	M&S Milk Chocolate Digestives	31.9	497
Aldi Jaffa Cakes	52	375	M&S Chocolate Chip Cookies	35.3	497
Aldi Digestive	16	482	M&S Ginger Snaps	39.8	440
Aldi Shortbread	14	515	M&S Oat Crunch Biscuits	20.8	454
Aldi Chocolate Chip Cookies	33	481	M&S All Butter Shortbread Fingers	17	517
Aldi Oaties	19	463	M&S Jam Sandwich Creams	33.6	488
Aldi Ginger Nuts	34	460	M&S Milk Chocolate Teacakes	41.9	445
Aldi 1/2 Ctd Milk Choc Oaties	33	476	Maryland Chocolate Chip Cookies	34.4	491
Asda Milk Chocolate Digestives	25	494	Maryland Double Chocolate Chip Cookies	34.2	487
Asda CBY Oaty Crumbles	23	476	McVitie's Fig Rolls	34.8	383
Asda Jam and Creams	29	461	McVitie's Ginger Nuts	30.8	461
Asda Shortbread Fingers	14	515	McVitie's Hobnob Vanilla Creams	29.5	502
Asda Fruit Shortcake Biscuits	23	469	McVitie's Digestives	16.6	481
Asda Dark Choc Digestives	24	499	McVitie's Hobnobs	25.5	470
Asda Rich Tea Biscuits	19	454	McVitie's Milk Chocolate Digestive	29.5	495
Asda Jaffa Cakes	51	388	McVitie's Dark Chocolate Digestive	26.7	495
Asda Bourbon Biscuits	29	461	McVitie's Chocolate Chip Cookies	32.2	505
Asda Gingernut Biscuits	27	456	McVitie's Double Chocolate Digestive	30.9	497
Asda Cookies & Cream Biscuits	38	478	McVitie's Dark Chocolate Digestive Thins	28.1	499
Asda Custard Creams	27	489	McVitie's Milk Chocolate Digestive Thins	30.4	508
Asda Smart Price Milk Chocolate Digestive Bars	27	501	McVitie's Dark Chocolate Hob Nobs	31.4	492
Asda Fig Rolls	38	383	McVitie's Milk Chocolate Hob Nobs	33	491
Bolands Chocolate Kimberley Teacake	42.1	440	McVitie's Jaffa Cakes	52.5	380
Bolands Jam Mallows	41.4	397	Merba Chocolate Cookies	38.7	510
Border Biscuits Dark Chocolate Gingers	39.9	466	Morrisons Milk Choc Digestives	25.2	494
Burton's (Lyons') Fig Rolls	37.9	392	Morrisons Milk Chocolate Malted Milk Biscuits	26	500
Burton's (Lyons') Coconut Delights	44	448	Morrisons Milk Chocolate Breaks	47.8	531
Burton's (Lyons') Jam Teacakes	43.8	444	Morrisons Bourbon Creams	28.6	486
Burton's (Lyons') Viscount Mint Choc Biscuit	38.2	525	Morrisons Jaffa Cakes	53.7	379
Burton's (Lyons') Toffypops	36.9	463	Morrisons Ginger Nuts	25.6	456
Burton's Wagon Wheels Jammie	35	430	Morrisons Oat Nobbles	26.3	490
Burton's Wagon Wheels Original	37.5	439	Morrisons Coconut Cookies	29	554
Cadbury Crunchy Melts Soft Cookie Centre	33	486	Morrisons Digestives	15.3	498
Cadbury Crunchy Melts Choc Centre Cookies	39	511	Oreo Original Sandwich Biscuits	38	480
Cadbury Fingers Milk Chocolate Biscuits	31	517	Oreo Thins Vanilla	39	490
Cadbury Fingers White Chocolate Biscuits	33	528	Oreo Double Stuff Cookie Biscuits	43	494
Cadbury Snack Shortcake Chocolate Biscuit	28	483	Paterson's Shortbread and Biscuit assortment	18.1	500
Cadbury Roundie Milk Chocolate Biscuits	43	536	Paterson's Shortbread Fingers	18	497
Caxton Pink & White Wafers	51.4	350	Rakusen's Chocolate Oatie	30.6	510
Co-op Milk Chocolate Digestives	25	494	Rakusen's Chocolate Digestive Biscuits	25.7	505
Co-op Bourbon Creams	28	480	Sainsbury's Biscuit Assortment	32.1	494
Co-op Choc Chip Cookies	28	490	Sainsbury's Basics Milk Chocolate Digestives	28	499
Co-op Fig Rolls	38	383	Sainsbury's Sainsbury's Chocolate Chunk Cookies	40.2	522
Co-op Malted Milk Bisc.	19	485	Sainsbury's Jam Sandwich Creams	31.1	488
Co-op Shortbread Fingers	17	532	Sainsbury's Digestive Biscuits	14.9	469
Co-op Custard Creams	27	493	Sainsbury's Plain Chocolate Digestive Biscuits	24.1	499
Fox's Chunky Cookies Milk Chocolate Chunk	36	500	Sainsbury's Chocolate Chip Cookies	33	493
Fox's Classic Original	44	518	Sainsbury's Milk Choc Shortbread Rings TTD	35.8	543
Fox's Milk Chocolate Viennese	34	527	Sainsbury's Milk Chocolate Malted Milk Biscuits	29.6	505
Fox's Dark Chocolate Viennese	31	524	Sainsbury's Mini Jaffa Cakes	56.6	415
Fox's Double Chocolate Crunch Creams	38	499	Sainsbury's Malted Milk	19.1	493
Fox's Rocky Chocolate Biscuits	38	495	Sainsbury's Oaty Biscuits	25	457
Fox's Rocky Caramel Biscuits	40	468	Sainsbury's Coconut Rings	26.2	486
Fox's Ginger Crinkle Crunch	40	441	Tesco Milk Chocolate Digestive Biscuits	25	511
Fox's Butter Crinkle Crunch	33	468	Tesco Custard Cream Biscuits	28.33	490
Fox's Golden Crunch Creams	42	506	Tesco Chocolate Chip Cookies	27.9	493
Fox's Ginger Crunch Creams	41	501	Tesco Digestive Biscuits	15.3	498
Fox's Jam 'n' Cream	30	500	Tesco Fruit Shortcake Biscuits	23	469
Fox's Favourites Biscuit Selection	34	491	Tesco Jaffa Cakes	51.5	388
Lees Snowballs	41.8	473	Tesco Jam Sandwich Creams Biscuit	30.2	483
Lees Jam Teacakes	47.4	443	Tesco Malted Milk Biscuits	16.3	488
Lidl (Tower Gate) Fruit Shortcake	24.5	469	Tesco Rich Tea Biscuits	19.8	450
Lidl (Tower Gate) Dark Choc Digestives	27.4	495	Tesco Garibaldi Biscuit	36.8	408
Lidl (Tower Gate) Caramel Wafers	48.3	478	Tesco Plain Chocolate Digestive Biscuits	16.3	516
Lidl (Tower Gate) Oaties	25.7	480	Tesco Fig Roll Biscuits	38.9	377
Lidl (Tower Gate) Rich Tea	18.1	453	Tesco Gingernut Biscuits	33.5	450
Lidl (McAllister's) Choc Chip Shortbread Rounds	25.6	515	Tunnocks Caramel Wafer Biscuits	34.7	448
Lidl (Tower Gate) 1/2 Ctd Milk Chocolate Oaties	31	496	Tunnocks Teacakes	36	440
Lidl (Tower Gate) Jaffa Cakes	47	381	Waitrose Essential Plain Chocolate Digestive	26.7	499
Lidl (Tower Gate) Jam & Crm Filled Biscuit	29	475	Waitrose Essential Milk Chocolate Digestive	28.3	497
Lidl (McAllister's) Shortbread Fingers	15.5	517	Waitrose Milk Chocolate Shortcake Biscuits	46.2	522
Lidl(Sondey) Butter Rings	24	551	Waitrose Milk Chocolate Malted Milk Biscuits	28.7	500
Lidl (Tower Gate) Bourbon Creams	30.3	488	Waitrose Flapjack All Butter Cookies	25.7	483
Lidl (Tower Gate) Malted Milk	16.3	488	Waitrose Essential Jam Sandwich Creams	31.1	488
M&S Digestives	18.7	498	Waitrose Essential Custard Cream Biscuits	30.6	487
			Waitrose All Butter Stem Ginger Shortbread	31.6	478

<b>Average of totals (ALL)</b>	<b>31.48</b>	<b>478</b>
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<b>Dark Chocolate Chip Oat Biscuit</b>		
	Sugar	Calories
Average Nairn's DCC Biscuit	19.0	454

<b>Mixed Berry Oat Biscuit</b>		
	Sugar	Calories
Average Nairn's Mixed Berry Biscuit	15.7	427

<b>Stem Ginger Oat Biscuit</b>		
	Sugar	Calories
Average Nairn's Stem Ginger Biscuit	17.2	438

<b>Fruit &amp; Spice Oat Biscuit</b>		
	Sugar	Calories
Average Nairn's Fruit & Spice Biscuit	19.3	419

<b>Toasted Coconut &amp; Chia Oat Biscuit</b>		
	Sugar	Calories
Average Nairn's Coconut & Chia Biscuit	12.4	449