

Product	Why we think it's a feel-good switch
<b>cocoa vanilla protein flapjack</b>	Source of protein High source of fibre High source of manganese: 37% of your daily recommended manganese intake which contributes to normal energy-yielding metabolism.
<b>salted chocolate crunch creations</b>	High source of fibre Contains 2.7g of fibre per punnet Contains 2.3g of fibre per serving (sharing bag only) 73% less sugar than the average chocolate bar*
<b>honey roast crunch creations</b>	High source of fibre Contains 2.6g of fibre per punnet Contains 2.2g of fibre per serving (sharing bag only) 75% less saturated fat than the average honey roasted nut product**
<b>smoky barbecue crunch</b>	High source of fibre Contains 2.4g of fibre per punnet Contains 2g of fibre per serving (sharing bag only)

**\*Salted Chocolate Crunch Creations vs Average Chocolate Bar**

Chocolate Bars	Sugar / 100g
Dairy Milk Bar	56
Twirl Bar	58
Yorkie Bar	58.7
Wispa Bar	52.5
Aero Bar	56.8
Ripple	58.2
Galaxy Chocolate Bar	55.4
Snickers Bar	45
Mars Bar	59.9
Double Decker Bar	54
Bounty	47.9
Toffee Crisp Bar	50.3
Milky Bar	52.6

Crunchie	65	
Flake	59	
Kit Kat	51	
Twix	48.8	
M&Ms	66	
Milky Way Bar	65.1	
<b>Average grams of Sugar per 100g</b>	<b>55.8g</b>	
		<b>% less than category average</b>
<b>Graze Salted Chocolate Crunch Creations</b>	15g	73%

Correct as of October 2020

**\*\*Honey Roasted Crunch Creations vs Average Honey Roasted Nuts**

<b>Honey Roasted Nuts</b>	<b>Saturated Fat / 100g</b>	
KP Honey Roast Cashews	8.3	
KP Honey Roast Peanuts	7.3	
Walkers Sensations Honey and Salt Peanuts	5.8	
Honey Roasted Cashews (Tesco)	7.1	
Honey Roast Peanuts and Cashews (Tesco)	5.2	
Honey Roast Peanuts and Cashews (Sainsburys)	6.6	
Honey Roasted Peanuts (Sainsburys)	6.4	
Honey Roasted Cashews (Waitrose)	6.8	
<b>Average grams of Saturated Fat per 100g</b>	<b>6.7</b>	
		<b>% less than category average</b>
<b>Graze Honey Roasted Crunch Creations</b>	1.6	75%

Correct as of October 2020