

Brand and Dark Chocolate	Grams of sugar / 100g
Green & Blacks Organic Dark Chocolate 70% Cocoa	29
Green & Blacks Organic Dark Chocolate 85% Cocoa	14
Lindt Excellence 70%	29
Lindt Excellence 85%	11
Lindt Excellence 90%	7
Lindt Touch of sea salt	48
Cadbury Bournville Classic	58
Green & Blacks Organic Dark Chocolate 60% Cocoa	38
Sainsburys Fair trade dark chocolate	25.3
Sainsburys swiss 72% dark	26.8
Godiva Belgium Dark Chocolate 72% Cocoa	26
Godiva 90% Cocoa Dark Chocolate	12
Ombar 72% Cacao	25
Divine Fairtrade 70% Deliciously Rich Dark Chocolate	27
Divine Fairtrade 85% Deliciously Rich Dark Chocolate	13.2
Waitrose No.1 75% Madagascar Dark	24.9
Green & Blacks Organic Milk Choc	46
Waitrose Belgian Dark Choc 54% Cocoa Solids	42.5
Waitrose Duchy Organic Dark Chocolate 70% Cocoa Solids	29.4
Nomo Dark Chocolate Vegan Free From	46
Montezuma Giant Dark Choc Buttons Organic	26
Willie's Cacao 71 Cacao	29.4
Willie's Cacao 72 Cacao	28.2
Tesco classic 74% Dark Chocolate	27
Tesco Dark Chocolate Bar	44
Ms Molly Plain Chocolate Bar	51

Tesco intense dark chocolate bar	15	
Thorntons 70% dark chocolate block	28	
E Wedel dark chocolate	35	
Asda smart price dark chocolate	45	
Asda dark chocolate	45	
Waitrose No.1 Ecuador Dark Choc 90%	3.4	
Waitrose No.1 Peru Dark Choc 80%	19.4	
Waitrose No.1 Dominican Republic Dark Choc 65%	32.8	
Nomo Creamy Choc Bar	35	
Cavalier FT Dark Chocolate 85% Cocoa	3.2	
Valrhona Noir Guanaja 70% Cocoa	32	
Blanxart Organic Dominica Dark 99% Chocolate	1.3	
Montezuma Retro Absolute Black 100% Cocoa	0.5	
Montezuma Fitzroy 74% Dark Chocolate	25	
Average grams of sugar per 100g	27.6	
		% less than category average
Graze Choccy Wonders with Coconut & Almonds (Our Dark Chocolate Buttons Only)	5.5	80
Graze Choccy Wonders with Pretzel & Hazelnut (Our Dark Chocolate Buttons Only)	5.5	80
Graze Choccy Wonders with Banana & Peanut (Our Dark Chocolate Buttons Only)	5.5	80

Correct as of August 2020