

Brand and Cereal Bar	Grams of sugar / 100g
Alpen Light Jaffa Cake bars	15
Alpen Light Double Chocolate	16
Alpen Light Summer Fruits bars	18
Alpen Protein Chocolate bar	20
Alpen Protein Berries & Yoghurt bar	2
Alpen Strawberry & Yoghurt	28
Belvita Soft Bakes Strawberry filled	18
Belvita Milk & Cereals	20
Belvita Soft Bakes Blueberry	21
Belvita Soft Bakes Choc Chips	21
Belvita Soft Bakes Filled Chocolate	22
Belvita Soft Bakes Red Berries	22
Belvita Breakfast Duo Crunch Strawberry	25
Belvita Honey & Nuts	26
Belvita Yoghurt Crunch	27
Cadbury Brunch Peanut Protein	24
Cadbury Brunch Choc Chip	20
Cadbury Brunch Raisin	31
Cadbury Break Bar Chocolate	39
Deliciously Ella Cacao & Almond Oat Bars	25.6
Deliciously Ella Apple, Raisin & Cinnamon Oat Bars	29
Eat Natural Bars Protein Packed Peanuts & Chocolate	18.8
Eat Natural Yoghurt Almond & Apricot Bars	31.2
Eat Natural Dark Chocolate Cranberry & Macadamia Bars	35.4
Fibre One 90 Calorie Milk Choc Popcorn Bars	22.4

Fibre One 90 Calorie Carrot Cake Bars	23
Fibre One 90 Calorie Triple Choc Cake Bars	26.1
Fibre One 90 Calorie Cinnamon Drizzle Bars	29.9
Fibre One 90 Calorie Chocolate Fudge Brownies	30.5
Fibre One 90 Calorie Lemon Drizzle Bars	33.4
Fibre One 90 Calorie Salted Caramel Bars	33.7
Go Ahead! Nutty Crunch Peanut	17.7
Go Ahead! Nutty Crunch Hazelnut	18.1
Go Ahead! Apple Bakes	22
Go Ahead! Strawberry Bakes	22.6
Go Ahead! Fruit & Nut Breaks Almond, Coconut Bars	30.6
Go Ahead! Crispy Fruit Slices Apple	31.6
Go Ahead! Crispy Fruit Slices Raspberry	31.9
Go Ahead! Yoghurt Breaks Forest Fruit	34.9
Go Ahead! Yoghurt Breaks Strawberry	35.2
Go Ahead! Fruit & Nut Breaks Apricot & Hazelnut	37.1
Jordans Frusli Blueberry Burst	33.1
Jordans Frusli Juicy Red Berries	33.8
Kellogg's Special K Protein Blackcurrant & Pumpkin Seeds	18
Kellogg's Special K Protein Coconut, Cocoa & Cashew	16
Kellogg's Special K Chocolate Chewy Delight	21
Kellogg's Coco Pops Snack Bar	27
Kellogg's Special K Biscuit Moments Chocolate	27
Kellogg's Special K Juicy Red Berry Bars	28
Kellogg's Rice Krispies Snack Bar	29
Kellogg's Special K Biscuit Moments Strawberry	31

Kellogg's Squares Chewy-Tastic Marshmallow	32
Kellogg's Squares Delightfully Chocolatey	35
Kellogg's Crunchy Nut Cranberries & Nuts Granola Bar	37
Kellogg's Nutri-Grain Chocolate Chip	38
Kellogg's Squares Caramel & Chocolate	40
Kellogg's Nutri-Grain Raisin	41
Kind Dark Chocolate Nuts and Sea Salt Bars	14
Nakd Peanut Delight Bars	38.8
Nakd Cocoa Delight Bars	45.3
Nakd Berry Delight Bars	47.4
Nakd Blueberry Muffins	52
Nature Valley Protein Coconut & Almond Bar	13
Nature Valley Protein Salted Caramel Nut Bar	13.5
Nature Valley Protein Peanut & Chocolate Bar	15.5
Nature Valley Sweet and Salty Peanut Bar	19.2
Nature Valley Nut Butter Peanut Biscuits	21.4
Nature Valley Sweet and Salty Dark Chocolate Bar	21.9
Nature Valley Nut Butter Peanut Chocolate Cups	24.5
Nature Valley Nut Butter Cocoa Hazelnut Biscuits	25.8
Nature Valley Canadian Maple Syrup	28
Nature Valley Oats & Honey	28.3
Nutella B-Ready	47.1
Quaker Porridge to Go Mixed Berries	20
Quaker Porridge to Go Cinnamon	20
Stoats Blueberry & Honey Porridge Oat Bars	22.4
Tracker Peanut Butter Bar	21.7
Tracker Chocolate Chip Bar	21.4

Trek Blueberry & Pumpkin Seeds Protein Nut Bars		11.2
Trek Dark Chocolate & Sea Salt Protein Nut Bars		11.7
Trek Dark Chocolate & Orange Protein Nut Bars		12.3
Trek Cocoa Oat Protein Flapjacks		27.9
Trek Cocoa Raisin Protein Flapjacks		29.6
Yes! Cranberry & Dark Choc Nut Bars		13.8
Average grams of sugar per 100g		26.4
		% less than category average
Graze Cocoa vanilla protein bites	14	47%
Graze Peanut butter protein bites	14	47%
Graze Honey protein bites	14	47%
Graze Lemon and blueberry superfood bites	17	36%
Graze Raspberry chia superfood bites	17	36%
Graze Chocolate hazelnut wow bakes	13	51%
Graze Honeycomb caramel wow bakes	14	47%
Graze Lemon drizzle wow bakes	14	47%
Graze Lively Lemon Flapjack	13	51%
Graze Cocoa Vanilla Protein Flapjack	14	47%
Graze Maple protein bites	13	50%
Graze Banana protein bites	10	62%
Graze Cocoa Orange Superfood bites	10	62%
Graze Kids Chocolate Super Snackers	13	51%
Graze Kids Strawberry Super Snackers	12	55%
Graze Kids Toffee Apple Super Snackers	12	55%
Graze Honeycomb fibre flapjack	15	43%
Graze Honey protein flapjack	14	47%
Graze banana protein flapjack	10	62%

Graze raspberry superfood flapjack	17	36%
Graze cocoa orange superfood flapjack	10	62%
Graze lemon blueberry superfood flapjack	17	36%
Graze maple protein flapjack	13	50%
Graze cinnamon protein flapjack	20.6	20%
Graze cocoa cranberry protein flapjack	22.5	13%
Graze peanut butter chocolate protein flapjack	14	47%

Correct as of August 2020