

Brand and Biscuit	Grams of sugar / 100g
Kit Kat 2 Finger Milk Chocolate Biscuit	51
Kit Kat 2 Finger Orange Chocolate Biscuit	50.8
Maryland Chocolate Chip Cookies	34.3
Maryland Cookies and Cream	30.6
Fox's Extremely Milk Chocolate Chunkie Cookies	41
Fox's White Chocolate Chunky Cookies	38
Fox's Golden Crunch Creams	42
Fox's Rocky Chocolate Biscuit	38
Fox's Jam Sandwich Cream Biscuit	30
Fox's Golden Crunch Biscuit	40
Fox's Party Rings	26
Fox's Milk Chocolate Viennese Biscuits	34
Mcvities Jaffa Cake	52.6
Mcvities Digestive	16.6
Mcvities Milk Chocolate Digestive	29.5
Mcvities Digestive Light	20.2
Mcvities Dark Chocolate Digestive	27.6
Mcvities Hobnobs	22.9
Mcvities Penguin Milk Chocolate Biscuit	40
Mcvities Milk Chocolate Hobnobs	32.3
Mcvities Club Mint Chocolate Bar	39.5
Mcvities Club Orange Chocolate Bar	39.4
Mcvities Ginger Nut Biscuit	28.9
Mcvities Rich Tea Biscuits	20.2
Mcvities Light Rich Tea Biscuits	20.3
Mcvities Thins Milk Chocolate	30.4

Mcvities Thins Dark Chocolate	28.1	
Blue Riband Original	47.3	
Ms Molly's Digestive Biscuit	21.1	
Ms Molly's Chocolate Digestive Biscuit	26	
Ms Molly's Chocolate Chip Cookies	28	
Oreo Thins Vanilla	39	
Oreo Vanilla Original Sandwich	38	
Nairns Gluten Free Chocolate Chip Biscuits	20.5	
Nairns Ginger Stem Biscuits	17.2	
Nairns Oat And Fruit Biscuits	17.6	
Lotus Biscoff Biscuit	38.1	
Jammie Dodger Biscuits	30.6	
Bahlsen Milk Choco Leibniz	41	
Bahlsen Orange Leibniz	38	
Belvita Honey And Nut Biscuits	26	
Belvita Chocolate Chip Biscuits	26	
Belvita Golden Oat Biscuits	22	
Belvita Multigrain Biscuits	23	
Belvita Milk and Cereal Biscuits	20	
Rude Health Turmeric Oat Biscuits	3.1	
Free'ist no added sugar chocolate striped peanut cookies with sweetener	0.5	
Free'ist no added sugar coconut cookies with sweetener	0.2	
Weight Watchers Orange Cookies	29.3	
Border Dark Chocolate Ginger Biscuits	39	
<b>Average grams of sugar per 100g</b>	<b>29.9</b>	
		<b>% less than</b>

		<b>category average</b>
<b>Graze Cocoa Cookies</b>	21	30%
<b>Graze Lemon Almond Cookies</b>	19	36%
<b>Graze Oatmeal and Cinnamon Cookies</b>	20	33%

**Correct as of August 2020**