

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	21
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	27
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! Yogurt Breaks Forest Fruit	34.9
Go Ahead! Yogurt 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	19
Kellogg's Special K Protein coconut, cocoa & cashew	20
Kellogg's Special K Chocolate Chewy Delight	24
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 Muffin bars	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	27.8
Tracker Chocolate chip bar	30.4
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	26.7

		% less than category average
Graze Cocoa vanilla protein bites	14	47%
Graze Peanut butter protein bites	14	47%
Graze Honey protein bites (launching Jan 2020)	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 (we're making this recipe even better)	22	21%
Graze Banana protein bites (we're making this recipe even better)	23	16%
Graze Berry protein flapjack (we're making this recipe even better)	27	-
Graze Cocoa orange superfood bites (we're making this recipe even better)	27	-

Correct as at November 2019