



## Breakfast Biscuits Survey 2016

Data table sorted by highest sugars (g) per 100g

Comparisons are based on the nutritional value per 100g.

Product information was collected instore.

Colour coding based on front of pack colour-coded nutrition labelling criteria

Sugars - Red >27g/portion or >25.5g/100g, Amber >5.0≤22.5/100g, Green ≤5.0g/100g

Product Name	Sugars (g) / 100g
McVitie's Breakfast Fruit & Oat Bakes Porridge Oats & Blueberries	31.3
Lidl Sondey Envitas Breakfast Biscuit Chocolate & Hazelnut Flavour	29.0
Lidl Sondey Envitas Breakfast Biscuit Chocolate	29.0
BelVita Breakfast Yogurt Crunch Creamy Live Yogurt Cocoa Biscuits	28.0
BelVita Breakfast Cocoa with Choc Chip	28.0
BelVita Breakfast Yogurt Crunch Honey & Live Yogurt	27.0
BelVita Breakfast Honey & Nuts with Choc Chips	27.0
BelVita Breakfast Duo Crunch Strawberry & Live Yogurt	26.0
BelVita Breakfast Tops Choco-Hazelnuts	26.0
Aldi Harvest Morn Breakfast Biscuits Strawberry & Yogurt	25.0
Kellogg's Nutri-Grain Crunchy Breakfast Granola Biscuits Choc & Nut Filling	24.0
BelVita Breakfast Crunchy Apricot	23.0
BelVita Breakfast Tops Strawberry	23.0
BelVita Breakfast Crunchy Choc Chips	23.0
McVitie's Breakfast Oaty Breaks Porridge Oats Raisin and Cinnamon	22.9
Sainsbury's Milk & Cereal Breakfast Biscuits	22.4
Asda Chosen by You Milk & Oat Breakfast Biscuits 300g	22.3
BelVita Breakfast Fruit & Fibre	22.0
BelVita Breakfast Golden Oats	22.0
Lidl Sondey Envitas Breakfast Biscuit Classic	22.0
Belvita Breakfast Soft Bakes Red Berries	22.0
Sainsbury's Mixed Berries Breakfast Biscuits 300g	21.3
BelVita Breakfast Soft Bakes Choc Chips	21.0
Sainsbury's Muesli Breakfast Biscuits	20.7
Sainsbury's Coconut & Yogurt Filled Breakfast Biscuits 186g	20.7
Sainsbury's Cocoa Filled Breakfast Biscuits 186g	20.1
BelVita Breakfast Milk & Cereals 300g	20.0
Lidl Sondey Envitas Breakfast Biscuit Milk	20.0
Kellogg's Nutri-Grain Breakfast Granola Crunch Biscuits Choc Chip	20.0
BelVita Breakfast Crunchy Hazelnuts	19.0
McVitie's Breakfast Oaty Breaks Porridge Oats & Golden Syrup	19.0
Kellogg's Nutri-Grain Breakfast Granola Crunch Biscuits Honey Oat	19.0
Tesco Milk & Cereal Breakfast biscuits	18.5
Belvita Breakfast Soft Bakes Golden Grain	18.0
Aldi Harvest Morn Breakfast Biscuits Milk and Cereal	12.0