



Data table sorted highest sugars per 100g

Product information was collected in store during November 2018

Colour coding of salt and sugars was based on front of pack colour-coded nutrition labelling criteria

Sugars - Red >22.5g, Amber >5.0 to ≤22.5, Green ≤5.0g/100g

Salt - Red >1.5g, Amber >0.3 to ≤1.5g, Green ≤0.3/100g

We created scoring for fibre - Red <5g, Amber ≥5g to < 10g, Green ≥10g/100g

*Serving size as reported on pack or calculated from per 100g and per serving nutrition information

Product Name	Serving Size	Fibre Per 100 (g)	Fibre Per Serve (g)	Salt Per 100 (g)	Salt Per Serve (g)	Sugars Per 100 (g)	Sugars Per Serve (g)
Malt O Meal Marshmallow Mateys	30	5.1	1.5	1.6	0.5	40.2	12.2
Morrisons Choco Pillows	30	2.5	0.8	0.5	0.1	36.1	10.8
Sainsbury's Frosted Flakes	30	2.4	0.7	0.59	0.18	34	10.2
Morrisons Choco Crackles	30	2.3	0.7	0.75	0.22	32.1	9.6
Tesco Choco Snaps	30	2.3	0.7	0.7	0.2	32.1	9.6
Asda Choco Snaps	30	2.3	0.7	0.75	0.22	32	9.6
Aldi Harvest Morn Honey & Nut Clusters With Milk Chocolate	45	4.7	2.1	0.65	0.29	30	13
Sainsbury's Choco Hazelnut Squares	30	5.5	1.7	0.62	0.19	29.7	8.9
Co op Choco Rice Crispies	30	2.7	0.8	0.65	0.2	29	8.8
Aldi Harvest Morn Frosted Flakes	30	1.9	0.6	0.53	0.16	29	8.6
Asda Frosted Flakes	30	1.9	0.6	0.53	0.16	29	8.6
The Co-operative Frosted Flakes	30	1.9	0.6	0.53	0.16	29	8.6
Lidl Crownfield Choco Rice	30	3.6	1.1	0.38	0.11	28.9	8.7
Morrisons Frosted Flakes	30	1.9	0.6	0.53	0.16	28.5	8.6
Tesco Frosted Flakes	30	1.9	0.6	0.5	0.2	28.5	8.6
Tesco Pillows With Choco - Nut Filling	30	3.5	1.1	0.5	0.2	28.2	8.5
Aldi Harvest Morn Honey Nut Crunchy Corn Flakes	40	2.9	1.2	0.47	0.19	28	11
Aldi Harvest Morn Choco Rice	30	2.9	0.9	0.56	0.17	28	8.5
Sainsbury's Choco Rice Pops	30	2.7	0.8	0.66	0.2	28	8.4
Kellogg's Coco Pops Rocks	30	5	1.5	0.75	0.23	27	8.1
Tesco Pillows with Milk Chocolate Filling	30	1.5	0.5	0.5	0.2	26.2	7.9
Asda Cocoa Wheaties	40	9.1	3.6	0.4	0.16	26	10
Asda Frosted Wheaties	40	8.7	3.5	0.41	0.33	26	10
Asda Jungle Bites	30	6.5	2	0.5	0.15	26	7.8
Nestle Nesquik	30	8.7	2.6	0.44	0.28	25	13
Kellogg's Unicorn Froot Loops	30	3.5	1.1	1.13	0.34	25	7.5
Tesco Multigrain Boulders	30	3.4	1	0.6	0.2	25	7.5
Asda Golden Balls	30	3.4	1	0.58	0.17	25	7.5
Morrisons Boulders	30	3.4	1	0.58	0.17	25	7.5
Asda Coco Squares	30	1.6	0.5	0.55	0.17	25	7.5
Lidl Crownfield Frosted Flakes	30	3.2	1	0.49	0.15	24.9	7.5
Asda Honey Hoops	30	5	1.5	0.55	0.17	24	7.2
Morrisons Honey Loops	30	5	1.5	0.55	0.17	24	7.2
Asda Choco Flakes	30	2.6	0.8	0.55	0.17	24	7.2
Lidl Crownfield Choco Shells	30	8.5	2.6	0.37	0.11	23.9	7.2
Lidl Crownfield Choco Hoops	30	9.2	2.8	0.6	0.18	23.5	7.1
Aldi Harvest Morn Honey & Nut Clusters	45	5.6	2.5	0.71	0.32	23	10
Harvest Morn Honey Hoops	30	7	2.1	0.69	0.21	23	6.8
Tesco Crunchy Cookie Cereal	30	5.4	1.6	0.4	0.1	22.1	6.6
Asda Cookie Crunch	30	6.5	2	0.38	0.11	22	6.6
Nestle Cookie Crisp	30	6	1.8	0.79	0.24	22	6.7
Harvest Morn Choco Hoops	30	6.1	1.8	0.28	0.08	22	6.7
Asda Choco Hoops	30	5.5	1.7	0.43	0.13	22	6.6
Morrisons Choco Hoops	30	5.5	1.7	0.43	0.13	22	6.6
Tesco Choco Hoops	30	5.5	1.7	0.4	0.1	22	6.6
Lidl Crownfield Cereal Cookie	30	6.3	1.9	0.62	0.19	21.9	6.6
Lidl Crownfield Corn Flakes Honey & Peanuts	30	4.3	1.3	0.46	0.14	21.9	6.6
Aldi Harvest Morn Golden Puffs	40	15	6.1	0.11	0.04	21	8.4
Asda Chosen by You Choco Balls	30	7	2.1	0.3	0.09	21	6.3
Lidl Crownfield Honey Hoops	30	8.8	2.6	0.19	0.06	20.9	6.3
Asda Choco-Nut Squares	30	4.9	1.5	0.05	0.02	20	6
Sainsbury's Choco Hoops	30	9.1	2.7	0.15	0.05	19.7	5.9
Aldi Harvest Morn Multi-Grain Hoops	30	7.4	2.2	0.61	0.18	19	5.8
Asda Multigrain Hoops	30	6.5	2	0.55	0.17	19	5.7
Morrisons Magic Balance	40	4.2	1.7	0.65	0.26	18.7	7.5
Tesco Multigrain Hoops	30	6.6	2	0.6	0.2	17	5.1
Morrisons Super Hoops	30	6.6	2	0.58	0.17	17	5.1
Co-operative Multigrain Hoops	30	6.6	2	0.58	0.17	17	5.1
Kellogg's Coco Pops	30	3	0.9	0.7	0.21	17	5.1
Kellogg's Rice Krispies Multi-Grain Shapes	30	7.5	2.3	0.18	0.05	15	4.5
The Co-operative Malt Crunchies	30	11	3.2	0.6	0.18	14	4.2
Sainsbury's Wholegrain Malties	40	10.8	4.3	0.6	0.24	13.9	5.6
Kellogg's Crunchy Nut Peanut Butter Clusters	45	5.5	2.5	0.45	0.2	12	5.4
Lizis Adventurers Banana Granola	30	6.7	2	0.1	0.1	11.6	3.5
Lizi's Adventurers Strawberry Granola	30	6.6	2	0.1	0.1	11.5	3.5
Asda Malted Wheaties	40	10	4	0.43	0.17	11	4.4
Morrisons Mighty Malties	40	10	4	0.43	0.17	11	4.4
Co-op Crispy Rice	30	1.4	0.5	0.7	0.2	9.4	2.8
Lidl Crownfield Rice Snaps	30	1.7	0.5	0.88	0.26	8.9	2.7
Aldi Harvest Morn Crisp Rice	30	1.6	0.5	0.74	0.22	8.8	2.7
Asda Rice Snaps	30	1.6	0.5	0.73	0.22	8.8	2.7
Morrisons Rice Crackles	30	1.6	0.5	0.73	0.22	8.8	2.7
Tesco Rice Snaps	30	1.6	0.5	0.7	0.2	8.8	2.7
Kellogg's Corn Flakes	30	3	0.9	1.13	0.34	8	2.4
Kellogg's Rice Krispies	30	2	0.6	1	0.3	7.9	2.4
Morrisons Super Smooth Porridge	40	7.9	3.2	0	0	1	0.4
Sainsbury's Puffed Wheat	30	9.2	2.8	0.01	0.01	0.6	0.5