



Confectionery sharing bags - All Data

Data table sorted highest sugar per pack

Product information was collected in store during Dec 2017 and Jan 2018

Pack weight varied between 68-198g

*4g of sugar equals 1 teaspoon of sugar

Product Name	Energy per pack (kcal)	Sugars per 100g	Sugars per pack (g)	Sugar per pack (tsp)*
Brookside Dark Chocolate Pomegranate Flavor 198g	913	58.4	115.6	29
Brookside Dark Chocolate Acai & Blueberry Flavors 198g	921	57.5	113.9	28
Marks & Spencer Gigantic Milk Chocolate Buttons 170g	927	54	91.8	23
Lidl Mister Choc White Chocolate Giant Buttons 140g	776	64.7	90.6	23
M&M's Chocolate 133g	638	67.7	90.0	23
Lidl Mister Choc Milk Chocolate Giant Buttons 140g	722	61.9	86.7	22
Buttermilk Honeycomb Crumbly Fudge Caramel Sea Salt 120g	529	71.8	86.2	22
Asda Giant White Chocolate Buttons 140g	781	60	84.0	21
Morrisons Giant Milk Chocolate Buttons 135g	713	61.6	83.2	21
GNAW Caramel Chocolate Buttons 150g	837	53.7	80.6	20
Galaxy Minstrels 118g	588	67.9	80.1	20
Nestle Smarties 125g	578	63.4	79.3	20
Asda Giant Pinwheel Buttons 130g	701	56	78.4	20
Reese's pieces peanut butter 150g	735	52.2	78.3	20
M & M's Crispy 141g	697	55.2	77.8	19
GNAW Milk Chocolate Buttons 150g	836	51.8	77.7	19
Asda Giant Milk Chocolate Buttons 140g	732	55	77.0	19
Cadbury Fudge Minis 120g	546	64	76.8	19
Terry's Chocolate Orange Minis Toffee Crunch 125g	650	60	75.0	19
Peanut M&Ms 140g	717	53.5	74.9	19
DairyFine Dome Milk 126g	606	59	74.3	19
Nestle Rolo 126g	605	59	74.3	19
DairyFine Orange Miniatures Milk 125g	660	59	73.8	18
Mars Bites 119g	533	61.7	73.4	18
Terry's Chocolate Orange Minis 125g	650	58.5	73.1	18
Marks & Spencer Milk Chocolate Cookie Dough Bites 140g	685	52.1	72.9	18
GNAW Mixed Chocolate Buttons	828	48.6	72.9	18
AERO Peppermint Bubbles 113g	602	62.3	70.4	18
Marks & Spencer Milk Chocolate Mini Whips 120g	606	58.6	70.3	18
Nestle Caramac Giant Buttons 110g	594	63.5	69.9	17
Aldi DairyFine Giant White Buttons 120g	653	58	69.6	17
Quality Street Matchmakers Minis Cool Mint 108g	535	63.9	69.0	17
Asda Caramel Bites 130g	590	53	68.9	17
DairyFine Dome Peanut 126g	680	53	66.8	17
Cadbury Dairy Milk Giant Buttons 119g	637	56	66.6	17
Cadbury Dairy Milk mixed Buttons	601	59	66.1	17
Marks & Spencer Milk Chocolate Chewy Caramel Biscuit Bites 120g	622	55	66.0	17
Dairyfine Bubbly Bite Size 110g	568	60	66.0	17
Galaxy Counters 112g	591	58.3	65.3	16
Nestle Yorkie Buttons 120g	652	54.2	65.0	16
AERO Chocolate Bubbles 113g	593	57.5	65.0	16
Reese's Peanut Butter Cups Minis 120g	650	53.7	64.4	16
Revels 101g	487	63.3	63.9	16
Buttermilk Honeycomb Caramel Sea Salt Honeycomb Dipped in Dark Chocolate 100g	396	63.9	63.9	16
Nestle Munchies 113g	548	56.3	63.6	16
Mars Snickers Bites 119g	578	53.4	63.5	16
Cadbury Twirl Bites 109g	576	58	63.2	16
DairyFine Giant Milk Buttons 120g	631	52	62.4	16
Cadbury Dairy Milk Caramel Nibbles 120g	596	52	62.4	16
Cadbury Dinky Deckers 120g	545	52	62.4	16
Mighty Fine Milk Chocolate Honeycomb Dips 90g	384	68.6	61.7	15
Mighty Fine Salted Caramel Honeycomb Dips 90g	384	68.6	61.7	15
Mars Twix Bites 123g	608	49.9	61.4	15
Cadbury Crunchie Rocks 110g	526	55	60.5	15
Lily O'Brien's Creamy Caramels with Sea Salt	630	50	60.0	15
Nestle Toffee Crisp Bitesize 120g	617	49.4	59.3	15
Nestle Pick&Mix 107g	538	55	58.9	15
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Mallow & Marsh Vanilla Marshmallows Coated in Milk Chocolate 100g	408	58.5	58.5	15
Marks & Spencer Chocolate Covered Peanut Better & Caramel Chunkies 130g	731	44.8	58.2	15
Cadbury Bitsa Wispa 110g	605	52.5	57.8	14
Asda Coconut Bites 130g	649	44	57.2	14
Nestle Milkybar Giant Buttons 108g	586	52.6	56.8	14
Cadbury Boost Bites 108g	558	52	56.2	14
M&M's Chocolate treat bag 82g	394	67.7	55.5	14
Montezuma's Creamy White Chocolate Giant Buttons 100g	570	55	55.0	14
Marks & Spencer Milk Chocolate Covered Pretzels & Popping Candy Popcorn 120g	594	45	54.0	14
Cadbury Curlywurlly squirlies 110g	497	49	53.9	13
Milky Way Magic Stars 91g	559	53.6	53.6	13
Nestle Kit Kat Bites 104g	543	51.4	53.5	13
Mighty Fine Dark Chocolate Honeycomb Dips 90g	387	59.3	53.4	13
Marks & Spencer Belgian Chocolate Coated Marzipan Balls 95g	466	53.5	50.8	13
Nestle Kit Kat Bites White Chocolate 104g	561	48.7	50.6	13
Maryland Cookie Bites Choc Chip & Caramel 120g	616	42.1	50.5	13
Maryland Cookie Bites Choc Chip 120g	614	42.1	50.5	13
McVitie's Hobnobs Nibbles Milk Chocolate 120g	610	41.1	49.3	12
Milky Way Magic Stars 91g	509	53.6	48.8	12
Mallow & Marsh Raspberry Marshmallows Coated in 70% Dark Chocolate 100g	404	48.3	48.3	12
Maltesers 93g	468	51.7	48.1	12
Montezuma's Smooth Milk Chocolate Giant Buttons 100g	583	48	48.0	12
Marks & Spencer Milk Chocolate Fruit & Mint Clusters 120g	660	39.9	47.9	12
McVitie's Digestives Nibbles Caramel 120g	625	39.9	47.9	12
Nestle KitKat Bites Peanut Butter 104g	546	44.5	46.3	12
Cadbury Dairy Milk Freddo faces	529	46.0	46.0	12
McVitie's Digestives Nibbles Milk Chocolate 120g	620	37.8	45.4	11
McVitie's Digestives Nibbles Nibble Orange Chocolate 120g	620	37.8	45.4	11
Peanut M&Ms 82g	420	53.5	43.9	11



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McVitie's Digestives Nibbles Nibble Dark Chocolate 120g	602	35.8	43.0	11
M & M's Crispy treat bag 77g	380	55.2	42.5	11
McVitie's Digestives Nibbles Nibble white Chocolate 120g	640	35.4	42.5	11
Montezuma's 58% Cocoa Dark Chocolate Giant Buttons 100g	547	42	42.0	11
Cadbury Picnic Bites 110g	563	38	41.8	10
Maltesers Treat bag 68g	342	51.7	35.2	9
Chocologic Giant Milk Chocolate Buttons 75g	363	20.9	15.7	4
Chocologic Giant Dark Chocolate Buttons 75g	324	3.2	2.4	1