



snack & cereal bars sugar content comparison

BRAND	PRODUCT	SUGAR CONTENT (g) PER 100g
Nature's Store	Dark Chocolate & Raspberry Popcorn Bar	16.2 -45%
Nature's Store	Salted Caramel Popcorn Bar	25.7 -13.4%

Nak'd	Blueberry Muffin Bar	52
Nak'd	Lemon Drizzle Bar	50.6
Nak'd	Apple Danish Bar	49.6
Nak'd	Berry Bliss Bar	48.2
Nak'd	Cocoa Coconut Bar	47.8
Nak'd	Apricot Crunch Bar	47.8
Nak'd	Berry Delight Bar	47.4
Nak'd	Caffe Mocha Bar	47
Nak'd	Cocoa Twist Bar	46.2
Nak'd	Bakewell Tart Bar	45.6
Trek	Banana Blast Wholefood Energy Bar	45.3
Nak'd	Cocoa Delight Bar	45.3
Trek	Berry Burst Wholefood Energy Bar	44.6
Nak'd	Carrot Cake Bar	44.5
Nak'd	Strawberry Crunch Bar	43.4
Nak'd	Banana Crunch Bar	43
GEO	Cocoa & Beetroot Fruit, Oat & Nut Wholefood Bar	43
Get Buzzing	Date & Seed Bars	42
Nak'd	Cocoa Crunch Bar	41.5
Trek	Cocoa Chaos Wholefood Energy Bar	41.4
Get Fruity	Scrumptious Strawberry Fruity Oat Snack Bar	41
Goodness Knows (Mars)	Apple, Peanut & Almond with Dark Chocolate	40

Get Buzzing	Mixed Berry Bars	39.8
Nak'd	Cashew Cookie Bar	39.2
Nak'd	Cocoa Orange Bar	38.9
Nak'd	Peanut Delight Bar	38.8
Trek	Peanut Power Wholefood Energy Bar	38.4
Fruitus	Mixed Berry & Oat Bar	37.1
Goodness Knows (Mars)	Cranberry & Almond with Dark Chocolate	37
Get Fruity	Radiant Raspberry Fruity Oat Snack Bar	37
Get Fruity	Marvelous Mango Fruity Oat Snack Bar	37
Thanks For Frank's	Salted Caramel Hand-Baked Granola Bar	36.3
Goodness Knows (Mars)	Blueberry & Almond with Dark Chocolate	36.3
Jordans	Frusli Apple & Cinnamon Chewy Cereal Bars	36.1
Alpen	Fruit And Nut With Chocolate Bar	36
Eat Natural	Cashew & Blueberry with Yoghurt Coating	35.8
Thanks For Frank's	The Original hand-Baked Granola Bar	35.7
Eat Natural	Dark Chocolate with Cranberries & Macadamia's	35.4
Eat Natural	Darker Chocolate with Almonds & Apricots	35.1
GEO	Apple & Kale Fruit, Oat & Nut Wholefood Bar	35.1
Wholebake	Dark Chocolate & Ginger Flapjack	35
Alpen	Strawberry & Yogurt Bar	35
Get Fruity	Moist Mixed Berry Fruity Oat Snack Bar	35
GEO	Carrot & Ginger Fruit, Oat & Nut Wholefood Bar	34.8
Jordans	Frusli Cranberries & Apple Chewy Cereal Bars	34.7
Thanks For Frank's	Belgian Choc Hand-Baked Granola Bar	34.7
Nak'd	Pecan Pie Bar	34.4
GEO	Mixed Berries Chewy Cereal Bar	34.3
Eat Natural	Peanut & Popcorn with Dark Chocolate Chunks	34.1
Get Fruity	Tangy Pineapple, Coconut & Lime Fruity Oat Snack Bar	34
Jordans	Frusli Juicy Red Berries Chewy Cereal Bars	33.8
Jordans	Frusli Juicy Blueberries Chewy Cereal Bars	33.1
Nak'd	Ginger Bread Bar	33
Kellogg's Nutri-Grain	Strawberry Fruity Bars	33
Kellogg's Nutri-Grain	Blueberry Fruity Bars	33
Eat Natural	Apple, Ginger & Dark Chocolate	32.5
Thanks For Frank's	Flame Raisin & Hazelnut Hand-Baked Granola Bar	32.2
Jordans	Frusli Raisin & Hazelnuts Chewy Cereal Bars	32.1
Get Buzzing	Banana Bars	31.8
Wholebake	Apricot & Almond Flapjack	31.7
Eat Natural	Almond & Apricot with Yogurt Coating	31.2
Eat Natural	Yoghurt Coated Almond & Apricot	31.2
Kellogg's Special K	Peach & Apricot Cereal Bars	31
Benecol	Blueberry & Cranberry Bar	31
Benecol	Raisin & Hazelnut Bar	31
Get Fruity	Apricot, Orange & Ginger Fruity Oat Snack Bar	31
GEO	Chocolate Chewy Cereal Bar	30.9
GEO	Wild Apricot Chewy Cereal Bar	30.6
Eat Natural	Milk Chocolate with Peanuts & Cranberries	30.5
Nature Valley	Crunchy - Oats & Berries	30.2
Eat Natural	Light & Lovely with Red Apple & Chia Seeds	30.1
Thanks For Frank's	Cashew, Raspberry & Chocolate Hand-Baked Granola Bar	30.1
Eat Natural	Almond & Sultana with Peanuts & Apricots	30
Eat Natural	Fruits & Fibre with Coconut, Apricots, Oats & Spelt Flakes	29.4

Beloved	Pumpkin & Sunflower Seed Date Cereal Bars	29
Nature's Path	Gluten Free Dark Choc Chip Granola Bars	29
Get Buzzing	Mint Chocolate High Protein Oat bar	29
Nom	Banana Oat Bar	28.8
Stoats	Fig & Date Bar	28.6
9 bar	Classic Carob, Apricot & Hemp Seed Bar	28.5
Wholebake	Summer Berry Flapjack	28.5
Nature Valley	Crunchy oats & Dark Chocolate	28.5
Nature Valley	Peanut Butter & Dark Chocolate	28.5
Nature Valley	Crunchy - Oats & Dark Chocolate	28.5
Nature Valley	Crunchy - Oats & Honey	28.3
9 bar	Breakfast Peanut & Raisin Bar	28.3
Kellogg's Special K	Juicy Red Berry Cereal Bars	28
Nature Valley	Crunchy - Maple brown sugar	28
Trek	Cocoa Oat Protein Flapjack	27.9
Nature Valley	Crunchy - Ginger Nut	27.6
Wholebake	Cranberry Flapjack	27.6
Trek	Cocoa Coconut Protein Flapjack	27.2
Wholebake	Cashew & Coconut Flapjack	27.2
9 bar	Double Cocoa & Raspberry Bar	27.1
Stoats	Apricot & Sultana Bar	27
Benecol	Apricot, Almond & Pumpkin Seed Bar	27
Fruitus	Apricot & Oat Bar	26.9
9 bar	Double Cocoa & Cashew Bar	26.9
9 bar	Double Cocoa & Coconut Bar	26.9
Nom	Original Oat Bar	26.8
Wholebake	Apple & Raspberry Flapjack	26.7
Nom	Cacao & Raspberry Oat Bar	26.7
Nature Valley	Crunchy - Oats & Hazelnuts	26.6
Trek	Oat Raisin Protein Flapjack	26.6
Nature Valley	Crunchy - Peanut Butter	26.2
Nature Valley	Crunchy - Roasted Almond	26.1
Stoats	Original Scottish Porridge Oat Bars	26.1
Stoats	Apple & Cinnamon Bar	26
Deliciously Ella	Apple, Raisin & Cinnamon	26
Nom	Protein Oat Bar	26
Stoats	Cherry & Dark Chocolate Bar	25.2
9 bar	Breakfast Berry & Almond Seed bar	25.2
Kellogg's	Nuts & More Dark Chocolate & Almonds Cereal Bar	25
Trek	Banana Bread Protein Flapjack	24.8
Trek	Morning Berry Protein Flapjack	24.7
Eat Natural	Fruits & Fibre with Cranberries, Peanuts, Oats & Spelt Flakes	24.7
Trek	Original Oat Protein Flapjack	24.4
Kellogg's Special K	Chocolate & Raspberry Cereal Bars	24
Kellogg's Special K	Milk Chocolate Delight Cereal Bars	24
Nature Valley	Crunchy - Coconut	23.8
Alpen Light	Summer Fruits Bar	23
Stoats	Blueberry & Honey Bar	22.4
Stoats	Raspberry & Honey Bars	22.4
Eat Natural	Fruits & Fibre with Plums, Peanuts, Oats & Spelt Flakes	22.4
Stoats	White Chocolate & Hazelnut Bars	22.4
Deliciously Ella	Cacao & Almond Oat Bar	22.4

Deliciously Ella	Apricot & Coconut Oat bar	22.4
Eat Natural	Chocolate Chunks, Peanuts & Seeds	22.3
The Food Doctor	Fig & Mango Goodness Bar	22
The Food Doctor	Apple & Walnut Goodness Bar	22
The Food Doctor	Beetroot & Walnut Goodness Bar	22
9 bar	Classic Carob, Raspberry & Chia Seed Bar	21.9
Stoats	Orange & Dark Chocolate Porridge Oat Bars	21.7
9 bar	Classic Carob Original, Carob & Hemp Seed Bar	21.1
Kellogg's Special K	Belgian Milk Chocolate Cereal Bars	21
Kellogg's Special K	Dark Chocolate Delight Cereal Bars	21
Alpen Light	Chocolate & Fudge Bar	21
Alpen Light	Double Chocolate Bar	21
The Food Doctor	Apricot & Almond Goodness Bar	20.8
Get Buzzing	Wowbutter Bars	20.2
Quaker Oats	Oat So Simple Fruit Muesli Morning Bar	20.2
Kellogg's Special K	Cocoa & Cashew Protein Bars	20
Naturya	Organic Cacao Superbar	20
9 bar	Classic Pumpkin & Sunflower Seed Bar	19.7
Kellogg's Special K	Blackcurrant & Pumpkin Seeds Protein Bars	19
Alpen Light	Jaffa Cake Bar	19
Naturya	Organic Berry Superbar	19
Eat Natural	Protein Packed with Peanuts & Chocolate	18.8
The Food Doctor	Sweet Potato & Pecan Goodness Bar	18.7
Eat Natural	Coffee & Chocolate with Peanuts & Almonds	17.9
Quaker Oats	Oat So Simple Golden Syrup Morning Bar	17.4
Get Buzzing	Chocolate Coconut High Protein Flapjacks	17
The Food Doctor	Kale & Cashew Goodness Bar	16.2
Nature Valley	Protein - Peanut & Chocolate	15.5
Alpen Light	Cherry Bakewell Bar	15
Quaker Oats	Oat So Simple Raspberry & Pomegranate Morning Bar	15
9 bar	Classic Peanut & Pumpkin Seed Bar	15
Get Buzzing	Vanilla & Seed High Protein Flapjacks	14
The Food Doctor	Sweet Potato & Pecan Goodness Bar	18.7
Alpen Light	Cherry Bakewell Bar	18
Eat Natural	Coffee & Chocolate with Peanuts & Almonds	17.9
Get Buzzing	Chocolate Coconut High Protein Flapjacks	17.1
The Food Doctor	Kale & Cashew Goodness Bar	16.2
Nature Valley	Protein - Peanut & Chocolate	15.5
Jordans	Luxury Absolute Nut Bar	15.4
Quaker Oats	Oat So Simple Golden Syrup Morning Bar	15.4
Quaker Oats	Oat So Simple Raspberry & Pomegranate Morning Bar	15
9 bar	Classic Peanut & Pumpkin Seed Bar	14.9
Get Buzzing	Vanilla & Seed High Protein Flapjacks	14