



Breakfast Biscuits Survey 2016

Data table sorted by highest sugars (g) per serving.

Comparisons are based on the nutritional value per serving.

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) /serving	Sugars / serving (tsp)
Lidl Sondey Envitas Breakfast Biscuits Chocolate & Hazelnut Flavour	15.0	4
Lidl Sondey Envitas Breakfast Biscuit Chocolate	14.5	4
BelVita Breakfast Yogurt Crunch Creamy Live Yogurt Cocoa Biscuits	14.0	4
BelVita Breakfast Cocoa with Choc Chip	14.0	4
BelVita Breakfast Yogurt Crunch Honey & Live Yogurt	13.6	3
BelVita Breakfast Honey & Nuts with Choc Chips	13.6	3
BelVita Breakfast Duo Crunch Strawberry & Live Yogurt	13.0	3
Aldi Harvest Morn Breakfast Biscuits Strawberry & Yogurt	13.0	3
BelVita Breakfast Tops Choco-Hazelnuts	12.9	3
McVitie's Breakfast Fruit & Oat Bakes Porridge Oats & Blueberries	12.6	3
BelVita Breakfast Crunchy Apricot	11.7	3
BelVita Breakfast Tops Strawberry	11.4	3
BelVita Breakfast Crunchy Choc Chips	11.4	3
Sainsbury's Milk & Cereal Breakfast Biscuits	11.2	3
BelVita Breakfast Fruit & Fibre	11.2	3
BelVita Breakfast Soft Bakes Choc Chips	11.0	3
Lidl Sondey Envitas Breakfast Biscuit Classic	11.0	3
BelVita Breakfast Soft Bakes Red Berries	11.0	3
BelVita Breakfast Golden Oats	10.8	3
Sainsbury's Mixed Berries Breakfast Biscuits 300g	10.6	3
Sainsbury's Muesli Breakfast Biscuits	10.3	3
BelVita Breakfast Milk & Cereals 300g	10.0	3
Lidl Sondey Envitas Breakfast Biscuit Milk	10.0	3
BelVita Breakfast Crunchy Hazelnuts	9.6	2
Kellogg's Nutri-Grain Crunchy Breakfast Granola Biscuits Choc & Nut Filling	9.6	2
McVitie's Breakfast Oaty Breaks Porridge Oats Raisin and Cinnamon	9.6	2
Sainsbury's Coconut & Yogurt Filled Breakfast Biscuits 186g	9.6	2
Sainsbury's Cocoa Filled Breakfast Biscuits	9.4	2
Tesco Milk & Cereal Breakfast biscuits	9.3	2
BelVita Breakfast Soft Bakes Golden Grain	8.8	2
Asda Chosen by You Milk & Oat Breakfast Biscuits	8.4	2
McVitie's Breakfast Oaty Breaks Porridge Oats & Golden Syrup	8.0	2
Kellogg's Nutri-Grain Breakfast Granola Crunch Biscuits Choc Chip	8.0	2
Kellogg's Nutri-Grain Breakfast Granola Crunch Biscuits Honey Oat	7.6	2
Aldi Harvest Morn Breakfast Biscuits Milk and Cereal	4.6	1