



Children's Packaging Survey 2019 - Brand Mascots

Notes:

Data per 100g and per portion was collected using food and drink database, in store from the w/c 11/03/2019. Data correct as of May 2019.

Data sorted from highest to lowest for sugar per 100g

Colour coding according to DH Front of Pack Guidance: Green ≤5/100g, Amber >5 - ≤22.5g/100g, >27g/portion for sugar

Colour coding according to DH Front of Pack Guidance: Green ≤0.3/100g, Amber >0.3 - ≤1.5g/100g, >1.8g/portion for salt

Colour coding according to DH Front of Pack Guidance: Green ≤3.0/100g, Amber >3.0 - ≤17.5g/100g, >17.5g/100g, >21g/portion for total fat

Colour coding according to DH Front of Pack Guidance: Green ≤1.5/100g, Amber >1.5 - ≤5.0g/100g, >6.0g/portion for saturates

Portion size as suggested on pack. Multiple versions of the same product in different pack sizes were excluded

na = Information not available

Company Name	Product Name	Total fat/100g	Total fat/Serve	Saturates/100g	Saturates/Serve	Sugars/100g	Sugars/Serve	Equivalent in tsp	Salt/100g	Salt/Serve
Quick Milk	Quick Milk Magic Sipper Strawberry 10 x 6g	0	0	0	0	93.9	5.4	1	0	0
Quick Milk	Quick Milk Magic Sipper Banana Flavour	0	0	0	0	93.9	5.4	1	0	0
Quick Milk	Quick Milk Magic Sipper Strawberry 5 x 6g	0	0	0	0	93.9	5.4	1	0	0
Tesco	Tesco Dolly Mixtures 84g	2.2	0.5	1.1	0.2	90.7	19	5	0.1	0.01
Morrisons	Morrisons Dolly Mixtures 75g	1.8	0.5	0.9	0.2	86.6	21.7	5	0.05	0
Quick Milk	Quick Milk Magic Sipper Chocolate 10 x 6g	1	0.1	0.6	0.1	84.1	5	1	0.13	0.01
Aldi	Aldi Dominion Dolly Mixtures 75g	1.7	0.5	0.8	0.2	79	20	5	0.02	0.01
Lidl	Lidl Bellarom Goody Cao Milk Shake 500g	2.7	0.3	1.4	0.1	76.9	7.7	2	0.32	0.03
Whitworths	Frootz Raspberry Juicy Fruit Drops 5 x 18g	0.8	0.1	0.7	0.1	75.5	13.6	3	0.2	0
Mondelez International	Maynards Bassetts Jelly Babies 190g	0.1	0.1	0.1	0.1	74	20	5	0.02	0.01
Morrisons	Morrisons Shrimps & Bananas 140g	0.1	0	0.1	0	72.7	18.2	5	0	0
Freedom Confectionery	Mallows Mini Pink & White Vanilla Bites Vegetarian Marshmallows	0.5	0.5	0.1	0.1	72	11	3	0.22	0.03
Freedom Confectionery	Mallows Vanilla Vegetarian Marshmallows	0.5	0.5	0.1	0.1	72	11	3	0.22	0.03
Whitworths	Frootz Strawberry Juicy Fruit Drops 5 x 18g	0.2	0	0.1	0	71.5	12.9	3	0.2	0
Sun-Maid	Sun-Maid Mini-Snacks	0.7	0.1	0	0	71.4	10	3	0.02	0
Lidl	Lidl Sugarland Marshmallows 300g	0.1	0.1	0.1	0.1	71	17.8	4	0.02	0.01
Aldi	Aldi Dominion Strawberry Pencils 75g	1.3	0.3	0.9	0.2	71	17.8	4	0.12	0
Tesco	Tesco Goodness Mini Multipack Seedless Raisins	0.4	0.1	0.1	0.1	69.3	9.7	2	0.2	0.1
Aldi	Aldi Sweet Vine Raisins Mini Snacks 12 x 14g	0.5	0.5	0.1	0.1	69	9.7	2	0.01	0.01
Morrisons	Morrisons Mini Marshmallows 50g	0.1	0	0	0	68.7	17.2	4	0	0
Aldi	Aldi The Foodie Market Berry Bounty 300g	0.9	0.5	0.2	0.1	68	21	5	0.01	0.01
Mars	M&M's Chocolate 238g	19	9.2	12	5.8	68	32	8	0.13	0.06
Aldi	Aldi Dominion Jelly Babies 230g	0.5	0.5	0.2	0.1	68	16	4	0.04	0.01
Whitworths	Whitworths Sunny Raisin 8 x 14g	0.9	0.1	0.2	0.1	66.5	9.3	2	0.1	0.1
Whitworths	Whitworths Sunny Raisin 6 x 42.5g	0.9	0.2	0.2	0.1	66.5	12	3	0.1	0.1
Haribo	Haribo Little Jelly Men from Super Mix	0.5	0.1	0.1	0.1	66	16.5	4	0.03	0.01
E. Wedel	E. Wedel Krowka Milky Fudge	7.7	0.9	5	0.6	65	7.3	2	0.14	0.02
Clearly Scrumptious	Scrummies Blackcurrant Flavoured Dried Cranberries and Raisins	0.8	0.2	0.18	0	64.6	12.9	3	0.02	0
Aldi	Aldi Dominion Fizzy Belts 75g	1.8	0.5	1	0.3	64	16	4	0.03	0
Whitworths	Whitworths Sunny Dunked Chocolate Coated Raisins 5 pack	15.5	3.9	9.3	2.3	63.2	15.8	4	0.1	0.1
Lidl	Alesto Mini Raisin Snack Packs 12x14g	1	0.1	0.1	0.1	63	8.8	2	0.15	0.02
Whitworths	Whitworths Sunny Raisin Coated Chocolate Raisins 5 pack	16.5	3.3	9.9	2	62.1	12.4	3	0.13	0.1
Organix	Organix Goodies Chunky Apple & Date Fruit Bars	0.5	0.5	0.1	0.1	62	10	3	0.03	0.01
Humdinger Foods	The Fruit Factory Strawberry Fruit Hearts 5 x 20g	0.5	0.1	0.1	0.1	61.8	12.4	3	0.22	0.04
Humdinger Foods	The Fruit Factory Strawberry, Apple & Orange Fruit Stars 5 x 20g	0.5	0.1	0.1	0.1	61.8	12.4	3	0.22	0.04
Nestle	Nestle Animal Bar Milk Chocolate 4 x 19g	27.8	5.3	16.1	3.1	61.8	11.7	3	0.15	0
Morrisons	Morrisons Milk Chocolate Buttons	27.7	6.5	16.8	3.9	61.6	14.4	4	0.16	0
Marks & Spencer	Marks & Spencer Veggie Colin the Caterpillar Fizzy Rainbows 150g	0.1	0.1	0.1	0.1	61.4	7.7	2	0.1	0.01
Whitworths	Whitworths Sunny Dunked Yogurt Coated Raisins 5 pack	21	5.3	17.5	4.4	61.2	15.3	4	0.2	0.1
Whitworths	Whitworths Sunny Raisin Coated Yogurt Raisins 5 pack	21	4.2	17.5	3.5	61.2	12.2	3	0.2	0.1
Lidl	Lidl Sugarland Fruity Chews 500g	7.1	1.2	4	0.7	60.2	10.2	3	0.1	0.1
Morrisons	Morrisons Rainbow Buttons	21.2	4.9	16.7	3.9	60.1	14	4	0.2	0
Haribo	MAOAM Bloxx	6.4	1.6	3.2	0.8	60	15	4	0.02	0.01
Tesco	Tesco Milk Chocolate Buttons	29.3	10.3	17.9	6.3	60	21	5	0.2	0.1
Organix	Organix Goodies Chunky Banana & Date Fruit Bars	0.5	0.5	0.1	0.1	59	10	3	0.03	0.1
Marks & Spencer	Marks & Spencer Veggie Connie the cute caterpillar	0.1	0.1	0.1	0.1	58.3	7.6	2	0.05	0.01
Aldi	Aldi Dominion Fizzy Strawberry Lances 75g	2	0.5	1.1	0.3	58	14.5	4	0.04	0
Marks & Spencer	Marks & Spencer Percy piglets	0.2	0.1	0.1	0.1	57.8	1.6	0	0.05	0.01
Tesco	Tesco Ice Cream Cone Sweets	0.1	0.1	0.1	0.1	57.8	14.4	4	0.1	0.1

Company Name	Product Name	Total fat/100g	Total fat/Serve	Saturates/100g	Saturates/Serve	Sugars/100g	Sugars/Serve	Equivalent in tsp	Salt/100g	Salt/Serve
Marks & Spencer	Marks & Spencer Percy's Parents Sweets	0.2	0.1	0.1	0.1	57.7	4.6	1	0.05	0.01
Marks & Spencer	Marks & Spencer Percy Pig and Pals	0.2	0.1	0.1	0.1	57.4	4.6	1	0.03	0.01
Marks & Spencer	Marks & Spencer Percy's Family Mix	0.2	0.1	0.1	0.1	57.4	3.1	1	0.05	0.01
Marks & Spencer	Marks & Spencer Veggie Colin & Connie the Caterpillars	0.2	na	0.1	na	57.3	na	na	0.05	na
Marks & Spencer	Marks & Spencer Phizzy Pig Tails	0.1	0.1	0.1	0.1	57.2	5.1	1	0.05	0.1
Morrisons	Morrisons Fizzy Rainbow Belts	1.9	0.4	1.1	0.2	57.1	12.4	3	0	0
Aldi	Aldi Dominion Fizzy Cola Lances 75g	1.9	0.5	1.1	0.3	57	14.3	4	0.04	0
Marks & Spencer	Marks & Spencer Veggie Colin the Caterpillar Fruit Sours	0.1	0.1	0.1	0.1	56.4	7.4	2	0.1	0.01
Whitworths	Whitworths Sunny Fruit Mix-Ups Strawberries & Sultanas 6 pack	0.4	0.1	0	0	56.4	10.2	3	0.09	0.02
Tesco	Tesco Flying Saucers	1	0.1	0	0	56.2	4.9	1	0.5	0.1
Hannah's Sweets	Hannah's Unicorn Horns	22.4	na	19	na	56.1	na	na	0.28	na
Mondelez International	Cadbury Dairy Milk Freddo 6 x 18g	30.5	5.5	18.5	3.3	56	10	3	0.23	0.04
Mondelez International	Cadbury Dairy Milk Freddo Treasures	30	4.4	18	2.6	56	8.1	2	0.24	0.03
Cadbury	Dairy Milk Freddo Treasures	30	4.4	18	2.6	56	8.1	2	0.24	0.03
Mars	M&M's Crispy	23.2	9.3	15.4	6.2	55.2	22.2	6	0.36	0.14
Haribo	Haribo Supermix 180g	0.5	0.1	0.1	0	55	13.8	3	0.03	0.01
Aldi	Aldi Dairyfine Milk Chocolate Buttons 70g	29	6.8	18	4.1	55	13	3	0.22	0.05
Marks & Spencer	Marks & Spencer Veggie Colin the Caterpillar Fruit Gums 170g	0.2	0.1	0.1	0.1	54.2	7	2	0.1	0.1
Marks & Spencer	Marks & Spencer Percy Pig 170g	0.2	0.1	0.1	0.1	54	4.6	1	0.35	0.03
Marks & Spencer	Marks & Spencer Veggie Colin the Caterpillar Cherry Gums 170g	0.2	0.1	0.1	0.1	53.9	8.4	2	0.1	0.02
Marks & Spencer	Marks & Spencer Veggie Colin the Caterpillar Cola Gums 170g	0.2	0.1	0.1	0.1	53.8	7	2	0.1	0.01
Mars	M&M's Peanut 140g	25.5	11.9	10.3	4.8	53.5	24.9	6	0.09	0.04
Morrisons	Morrisons White Mice	27	6.3	23.1	5.4	53.5	12.5	3	0.3	0.07
Ferrero	Kinder Underwater World Chocolate Mini	35	2.1	22.6	1.4	53.3	3.2	1	0.313	0.019
Haribo	Haribo Fruity Frogs	0.5	0.1	0.1	0	53	13.3	3	0.02	0
Marks & Spencer	Marks & Spencer Congratulations Percy And Penny 170g	0.2	0.1	0.1	0.1	52.8	4	1	0.08	0.01
Marks & Spencer	Marks & Spencer Gelatine Free Veggie Percy 170g	0.3	0.1	0.1	0.1	52.3	4	1	0.33	0.03
Ferrero	Kinder Surprise 3 x 20g	34.2	6.8	22.6	4.5	52.1	10.4	3	0.32	0.07
Marks & Spencer	Marks & Spencer Globetrotting Percy 170g	0.2	0.1	0.1	0.1	52	13	3	0.05	0.01
Marks & Spencer	Marks & Spencer Veggie Colin the Caterpillar Lime, Orange & Blackcurrant Chewy Fruit Gums	0.2	0.1	0.1	0.1	51.9	3.1	1	0.35	0.02
Whitworths	Whitworths Sunny Fruit Mix-Ups 6 pack	0.5	0.1	0	0	51.8	9.3	2	0.1	0.02
Lidl	Lidl Sugarland Sour Fruits 200g	0.1	0.1	0.1	0.1	51.7	9.8	2	0	0
United Biscuits	McVitie's Iced Gems 6 pack	3.1	0.7	1.3	0.3	51.6	11.9	3	0.65	0.15
McVities	McVities Unicorn Gems	3.1	0.7	1.3	0.3	51.6	11.9	3	0.65	0.15
Haribo	Haribo Tangfastics	0.5	0.1	0.1	0	50	12.5	3	0.03	0
Aldi	Aldi Dominion Teeth & Lips	0.5	0.5	0.1	0.1	50	13	3	0.03	0.01
E. Wedel	E. Wedel Czeko Tubka Chocolate Cream	36	9	16	4.1	50	12.5	3	0.21	0.05
Tesco	Tesco Unicorn Fairy Cake Kit	19.6	11.4	11.7	6.8	49.8	28.9	7	0.4	0.2
Aldi	Aldi Dominion Strawberry Laces	2.5	0.6	1.4	0.4	49	12.3	3	0.05	0
Chewits	Chewits Xtreme 6 Extremely Sour Apple Chews	3	1	1.9	0.6	49	17	4	0.2	0.07
Morrisons	Morrisons Giant Squishy Strawberries 140g	2	0.5	0.5	0.1	48.7	12.2	3	0.15	0
Humdinger Foods	The Fruit Factory Strawberry Fruit Strings 5 x 20g	0.2	0.1	0.1	0.1	48.2	9.6	2	0.08	0.02
Lidl	Lidl Sugarland Cola	0.1	0.1	0.1	0.1	48.1	11	3	0.1	0.02
Tesco	Tesco Sour Snakes	0.2	0.1	0.2	0.1	48	12	3	0.1	0.1
Lidl	Lidl Sugarland Juicy's 300g	0.1	0.1	0.1	0.1	47.9	9.6	2	0.1	0.1
Humdinger Foods	The Fruit Factory Fruit Strings Strawberry, Apple & Orange 5 x 20g	0.4	0.1	0.3	0.1	47.2	9.4	2	0.08	0.02
Aldi	Aldi The Foodie Market Tropical Island Mix 300g	21	6.2	15	4.5	47	14	4	0.15	0.04
Haribo	Haribo Starmix 180g	0.5	0.1	0.1	0.1	47	11.8	3	0.03	0.01
Tesco	Tesco Fun to Plait Multicoloured Laces	2.5	0.5	1.3	0.2	47	8.8	2	0.1	0.01
Marks & Spencer	Marks & Spencer Mini Connie the Caterpillar Cakes	22	7.5	13.4	4.6	46.8	15.9	4	0.33	0.13
Mars	M&M's Cake Bars 5 pack	25.6	6.5	12.2	3.1	45.4	11.6	3	0.5	0.1
Ferrero	Kinder Happy Hippo Cocoa Cream 5 Biscuits 103.5g	38.6	8	17.6	3.6	45.1	9.3	2	0.264	0.055
Morrisons	Morrisons Cola Laces	2.4	0.5	1.3	0.8	44.8	9.7	2	0	0
Marks & Spencer	Marks & Spencer Colin the Caterpillar 170g	23	7.8	14.3	4.9	44.7	15.2	4	0.4	0.13
Morrisons	Morrisons Flying Saucers	0.7	0.1	0.2	0	43.3	7.8	2	0.86	0.15
Morrisons	Morrisons Giant Cola Bottles 140g	0.1	0	0	0	42.4	10.6	3	0.24	0.06
Bear	Bear Yo Yos Strawberry Pure Fruit	0	0	0	0	42	4	1	0	0
Bear	Bear Apple Pure Fruit Yoyos Multipack 5 x 20g	0	0	0	0	42	4	1	0	0
Bear	Bear Blackcurrant Pure Fruit Yoyos	0	0	0	0	42	4	1	0	0
Bear	Bear Mango Pure Fruit Yoyos Multipack 5 x 20g	0	0	0	0	42	4	1	0	0
Bear	Bear Raspberry Pure Fruit Yoyos Multipack 5 x 20g	0	0	0	0	42	4	1	0	0

Company Name	Product Name	Total fat/100g	Total fat/Serve	Saturates/100g	Saturates/Serve	Sugars/100g	Sugars/Serve	Equivalent in tsp	Salt/100g	Salt/Serve
Bear	Bear Super Sour Blackcurrant & Apple Yo Yos 5 x 20g	0	0	0	0	42	4	1	0	0
Bear	Bear Super Sour Mango & Apple Yo Yos 5 x 20g	0	0	0	0	42	4	1	0	0
Bear	Bear Super Sour Strawberry & Apple Yo Yos	0	0	0	0	42	4	1	0	0
Tesco	Tesco 6 Unicorn Cupcakes	28	17.7	7.6	4.8	41.5	26.1	7	0.3	0.2
Aldi	Aldi Brooklea Little Snacks Strawberry Flavour 120g	22	6.6	15	4.5	41	12.3	3	0.38	0.11
United Biscuits	McVitie's Penguin Cake Bars	24.8	5.3	12.1	2.6	40.2	8.7	2	0.56	0.12
United Biscuits	McVitie's Penguin Original 8 x 24.6g	27.1	6.8	15.5	3.9	40	10	3	0.23	0.06
Hostess Brands, Inc.	Hostess Twinkies x10	11	4.2	5	1.9	39	15	4	0.44	0.17
Aldi	Aldi The Foodie Market Fabulous Fruit & Nuts 175g	26	7.9	3.6	1.1	39	12	3	0.03	0.01
Premier Foods	Mr Kipling 6 Unicorn Slices	18.4	5.7	5.8	1.8	37.6	11.6	3	0.59	0.18
De Banketgroep B.V	Banketgroep 6 Flamingo Slices	18.5	6.2	2.6	0.9	37.4	12.5	3	0.36	0.12
Kellogg's	Kellogg's Frosties 750g	0.6	0.2	0.1	0.1	37	11	3	0.83	0.25
General Mills	Lucky Charms with Unicorn Marshmallows	3.7	na	0	na	37	na	na	1.59	na
Organix	Organix Goodies Cocoa & Orange Crispy Bars 6 pack	10.7	1.9	1.6	0.3	37	6.7	2	0.03	0
Morrisons	Morrisons Choco Pillows	18.6	5.6	3.6	1.1	36.1	10.8	3	0.5	0.1
United Biscuits	McVitie's Chocgems 5 pack	23	4.4	12.7	2.4	35.1	6.7	2	0.76	0.14
Aldi	Aldi Brooklea Little Snacks Chocolate Flavour 4x30g	29	8.7	19	5.7	35	10.5	3	0.3	0.1
Asda	Asda 9 Unicorn Cupcakes	27	12	7.1	3.1	34	15	4	0.34	0.15
Aldi	Aldi Belmont Biscuits 8 Seal Bars 202.4g	27	6.7	15	3.8	34	8.5	2	0.36	0.09
Bear	Bear Claws Apple, Pear & Pumpkin Fruit & Veg Shapes 5 pack	0	0	0	0	34	6	2	0	0
Bear	Bear Claws Blackcurrant & Beetroot Fruit & Veg Shapes 5 pack	0	0	0	0	34	6	2	0	0
Bear	Bear Claws Mango & Carot 100% Fruit & Veg Shapes 5 x 18g	0	0	0	0	34	6	2	0	0
Bear	Bear Claws Strawberry & Butternut Fruit & Veg Shapes	0	0	0	0	34	6	2	0	0
Premier Foods	Mr Kipling 6 Dragon Slices	17.8	4.9	6.8	1.9	33.5	9.2	2	0.69	0.19
Lidl	Lidl Crownfield 8 Mini Cereal Packs (Golden Puffs - Multipack)	1.5	0.45	0.1	0.03	32.9	9.87	2	0.01	0.003
Morrisons	Morrisons Choco Crackles	2.8	0.8	1.5	0.4	32.1	9.6	2	0.75	0.22
Asda	Asda Choco Snaps 550g	2.8	0.8	1.5	0.4	32	9.6	2	0.75	0.22
Mondelez International	Cadbury Freddo face Cakes	19	5.7	4.6	1.4	32	9.6	2	0.74	0.22
Aldi	Gianni's Unicorn Cones	14	10	11	7.8	30	22	6	0.17	0.13
Mondelez International	Barney Strawberry Sponge Bears	11	3.2	1.5	0.5	30	9.1	2	0.78	0.23
Aldi	Aldi Organic Mamia Raspberry & Apple Soft Oaty Bars	11	2.9	1.2	0.3	30	7.4	2	0.01	0.01
Lidl	Lidl Crownfield 8 Mini Cereal Packs (Choco Pillows - Multipack)	15	4.5	4.5	1.35	29.8	8.94	2	0.55	0.165
Aldi	Aldi Harvest Morn Frosted Flakes	0.9	0.5	0.3	0.1	29	8.6	2	0.53	0.16
Asda	Asda Frosted Flakes 500g	0.9	0.5	0.3	0.1	29	8.6	2	0.53	0.16
The Co-Operative	The Co-operative Frosted Flakes 500g	0.9	0.5	0.3	0.1	29	8.6	2	0.53	0.16
Mondelez International	Barney Milk Sponge Bears with a Hidden Milk Flavoured Centre (5x30g)	15	4.6	2.2	0.7	29	8.8	2	0.83	0.25
Mondelez International	Barney Chocolate Kids Sponge Bear 5 Packs 30g	16	4.7	3	0.9	29	8.7	2	0.58	0.17
Aldi	Aldi Organic Mamia Strawberry & Apple Soft Oaty Bars 6 pack	11	2.9	1.2	0.3	29	7.2	2	0.01	0.01
Kellogg's	Kellogg's Rice Krispies Snack Bar 6 x 20g	11	2.2	8.5	1.7	29	5.8	1	0.55	0.11
Lidl	Lidl Crownfield Choco Rice 500g	2.5	0.8	1.1	0.3	28.9	8.7	2	0.38	0.11
Lidl	Lidl Crownfield 8 Mini Cereal Packs (Nougat Pillows - Multipack)	14.9	4.47	3.5	1.05	28.9	8.67	2	0.39	0.117
Morrisons	Morrisons Frosted Flakes	0.9	0.3	0.3	0.1	28.5	8.6	2	0.53	0.16
Aldi	Aldi Harvest Morn Choco Rice	2.6	0.8	1.4	0.4	28	8.5	2	0.56	0.17
Tesco	Tesco Free From Gluten & Wheat Choco-Nut Pillows 300g	15.6	4.7	4.2	1.3	28	8.4	2	0.5	0.1
Mondelez International	Cadbury Freddo Biscuits	20	2.3	10	1.2	28	3.1	1	0.61	0.07
Nestle	Nestle Nesquik Snack 26g	23	6	10.3	2.7	27.8	7.2	2	0.34	0.09
Unknown	Giddy Bear Sponge Bears with a Creamy Cocoa Filling	17	na	6.7	na	27	na	na	0.25	na
Nature's Path	Nature's Path Organic Gorilla Munch Corn Puffs Cereal 300g	3.3	1	0.7	0.2	27	8	2	0.67	0.2
Nature's Path	Nature's Path Organic Leapin Lemurs Peanut Butter & Chocolate Cereal 248g	5	1.5	0	0	27	8	2	0.97	0.29
Kellogg's	Kellogg's Coco Pops Snack Bar 6 x 20g	13	2.6	9.5	1.9	27	5.4	1	0.38	0.08
Organix	Organix Goodies Apple & Orange Soft Oaty Bars 180g	14.9	4.5	1.7	0.5	26.9	8.1	2	0.03	0.01
Organix	Organix Goodies Mini Oaty Bites Apple & Orange (Multipack)	14.9	1.5	1.7	0.2	26.9	2.7	1	0.03	0
Mondelez International	Cadbury Dairy Milk Buttons 90g	13	11.7	8.3	7.5	26.6	23.9	6	0.25	0.23
Organix	Organix Goodies Carrot Cake Soft Oaty Bars 180g	15.5	4.7	1.8	0.5	26.3	7.9	2	0.08	0.02
Asda	Asda Frosted Wheaties 500g	1.4	0.6	0.3	0.1	26	10	3	0.41	0.16
Aldi	Aldi Harvest Morn 8 Chewy White Choc Chip Cereal Bars 8 x 22g	10	2.3	5	1.1	26	5.6	1	0.44	0.1
Aldi	Aldi Harvest Morn 8 Chewy Milk Chocolate Chip Cereal Bars 8 x 22g	11	2.3	5.2	1.2	26	5.8	1	0.42	0.09
Kellogg's	Kellogg's Frosties Snack Bar 6 x 25g	11	2.8	7.9	2	26	6.5	2	0.55	0.14
Aldi	Aldi Belmont Biscuits Safari Snacks 6 x 22g	22	4.9	11	2.5	26	5.8	1	0.33	0.07
Lidl	Lidl Crownfield 8 Mini Cereal Packs (Tiger Crunch - Multipack)	3.5	1.05	1	0.3	25.9	7.77	2	0.67	0.201
Organix	Organix Goodies Raspberry & Apple Soft Oaty Bars 180g	14.9	4.5	1.8	0.5	25.9	7.8	2	0.03	0.01

Company Name	Product Name	Total fat/100g	Total fat/Serve	Saturates/100g	Saturates/Serve	Sugars/100g	Sugars/Serve	Equivalent in tsp	Salt/100g	Salt/Serve
Organix	Organix Goodies Raspberry & Apple Soft Oaty Bars 6 pack	14.9	4.5	1.8	0.5	25.9	7.8	2	0.03	0.01
Yoplait	Yoplait Wildlife Variety Choobs	14.9	4.5	1.8	0.5	25.9	7.8	2	0.03	0.01
Organix	Organix Goodies Mini Oaty Bites Raspberry & Apple (Multipack)	14.9	1.5	1.8	0.2	25.9	2.6	1	0.03	0
Lidl	Lidl Crownfield Crunchy Bars Honey & Peanut 150g	15.8	4	9.7	2.4	25.8	6.5	2	0.39	0.1
Healthy Kids Ltd	Little Dish Carrot Cake Fruity Bites 6 pack	11	2.7	1.4	0.4	25.8	6.4	2	0.07	0.02
Healthy Kids Ltd	Little Dish Fruity Bites Original 6 pack	11.2	2.8	1.4	0.4	25.4	6.4	2	0.06	0.02
Asda	Asda Choco Squares	17	5	3.8	1.1	25	7.5	2	0.55	0.17
Morrisons	Morrisons Boulders	1.4	0.4	0.4	0.1	25	7.5	2	0.58	0.17
Nestle	Nestle Nesquik	1.7	0.5	0.6	0.2	25	7	2	0.44	0.13
Kellogg's	Kellogg's Coco pops Rocks	7.1	2.1	2.4	0.7	25	7.5	2	0.72	0.22
Lidl	Lidl Crownfield Frosted Flakes 500g	0.3	0.1	0.1	0.1	24.9	7.5	2	0.49	0.15
Premier Foods	Mr Kipling 6 Smashing Strawberry Slices	19.6	4.2	5.5	1.2	24.8	5.3	1	0.56	0.12
Premier Foods	Mr Kipling 6 Rockin' Raspberry Slices	19.5	4.2	5.4	1.2	24.7	5.3	1	0.56	0.12
Asda	Asda Honey Hoops 565g	3.6	1.1	0.5	0.2	24	7.2	2	0.55	0.17
Morrisons	Morrisons Honey Loops	3.6	1.1	0.5	0.2	24	7.2	2	0.55	0.17
Bahlsen	Bahlsen Zoo Imagination	15	na	7	na	24	na	na	0.88	na
Lidl	Lidl Crownfield 8 Mini Cereal Packs (Choco Shells - Multipack)	2.1	0.63	0.9	0.27	23.9	7.17	2	0.37	0.111
Lidl	Lidl Crownfield Choco Hoops 500g	3.6	1.1	1.3	0.4	23.5	7.1	2	0.6	0.18
Premier Foods	Mr Kipling 6 Awesome Apple Slices	18	4.7	5.1	1.3	23.5	7.1	1.775	0.98	0.26
Aldi	Gianni's 8 Milk Lollies Chocolate (part of multipack)	3.4	0.8	2.2	0.5	23	5.2	1	0.25	0.06
Lidl	Gelatelli 12 x Milk Lollies Strawberry (part of multipack)	3.5	0.8	2.4	0.6	22.1	5.1	1	0.1	0.02
Nestle	Nestle Golden Nuggets 565g	1.7	0.5	0.3	0.1	22	6.6	2	0.7	0.2
Monster Brands Ltd	Honey Monster Wheat Puffs	1.8	0.5	0.3	0.1	22	6.6	2	0.01	0.01
Asda	Asda Choco Hoops 500g	4.3	1.3	1.1	0.3	22	6.6	2	0.43	0.13
Morrisons	Morrisons Choco Hoops	4.3	1.3	1.1	0.3	22	6.6	2	0.43	0.13
Aldi	Aldi Harvest Morn Choco Hoops 375g	3.8	1.1	1.1	0.3	22	6.7	2	0.28	0.08
Asda	Asda Free From Frosted Flakes 300g	1	0.5	0.2	0.1	22	6.6	2	0.3	0.09
Aldi	Gianni's 8 Milk Lollies Vanilla (part of multipack)	3.5	0.8	2.3	0.5	22	5.1	1	0.25	0.06
Monster Brands Ltd	Honey Monster Puffs	2.6	0.9	0.6	0.2	22	7.7	2	0.01	0.01
Lidl	Lidl Crownfield Cereal Cookie 500g	2.9	0.9	0.7	0.2	21.9	6.6	2	0.62	0.19
Lidl	Lidl Crownfield Corn Flakes Honey & Peanuts 500g	3.9	1.2	0.6	0.2	21.9	6.6	2	0.46	0.14
Lidl	Gelatelli 12 x Milk Lollies Chocolate (part of multipack)	3.7	0.9	2.5	0.6	21.2	4.9	1	0.1	0.02
Lidl	Gelatelli 12 x Milk Lollies Vanilla (part of multipack)	3.5	0.8	2.4	0.6	21.1	4.9	1	0.1	0.02
Aldi	Aldi Harvest Morn Golden Puffs	2	0.8	0.4	0.1	21	8.4	2	0.11	0.04
Tesco	Tesco Free From Choco Snaps	1.5	0.5	0.5	0.2	21	6.3	2	0.3	0.1
Asda	Asda Free From Gluten Free Choco Snaps 300g	1.5	0.5	0.4	0.1	21	6.3	2	0.3	0.09
Aldi	Gianni's 8 Milk Lollies Strawberry (part of multipack)	3.3	0.7	2.1	0.5	21	4.8	1	0.2	0.05
Organix	Organix Goodies Jammie Monsters Strawberry & Apple 8 pack	14	1.1	4.2	0.3	21	1.7	0	0.33	0.03
Nestle	Nestle Nesquik Choc Pots 360g	7.2	4.3	4.7	2.8	20.4	12.2	3	0.54	0.32
Asda	Asda Choco-Nut Squares 375g	15	4.5	3.6	1.1	20	6	2	0.05	0.02
Asda	Asda 5 Bubblegum Lollies	2.3	1.2	2	1	20	10	3	0.19	0.1
Fayrefield Foods	Food Heaven Little Cherubs Dairy Free Swirl Lollies 4 x 50g	7.3	3.7	6.7	3.4	20	10	3	0.13	0.065
Aldi	Aldi Harvest Morn Multi-Grain Hoops	3.4	1	0.7	0.2	19	5.8	1	0.61	0.18
Asda	Asda Multigrain Hoops 375g	3.5	1.1	0.5	0.2	19	5.7	1	0.55	0.17
Tesco	Tesco Free From Gluten, Wheat & Milk Honey Hoops 300g	1	0.3	0.3	0.1	19	5.7	1	0.3	0.1
Asda	Asda Free From Gluten Free Choco Squares 300g	12	3.6	4	1.2	19	5.7	1	0.3	0.09
Asda	Asda Free From Honey Hoops	1	0.5	0.3	0.1	19	5.7	1	0.3	0.09
Organix	Organix Goodies Mini Gingerbread Men Biscuits 125g	11.5	2.9	3.8	1	18.8	4.7	1	0.38	0.1
Morrisons	Morrisons Magic Balance	0.8	0.3	0.3	0.1	18.7	7.5	2	0.65	0.26
Nestle	Nestle Milkybar Desserts 6 x 60g	8.5	5.1	5.4	3.3	18.3	11	3	0.5	0.3
Lidl	Lidl Oaklands Bananas	0.1	na	0.1	na	18.1	na	na	0.01	na
Aldi	Gianni's Bubblegum Lollies	2	1.2	1.8	1	18	10	3	0.09	0.05
Kellogg's	Kellogg's Coco Pops	1.9	0.6	0.9	0.3	17	5.1	1	0.7	0.21
Organix	Organix Goodies Farm Animal Biscuits 100g	13.6	1.8	4.1	0.5	17	2.2	1	0.39	0.05
Tesco	Tesco Goodness Slurpers Apple & Banana Fruit Smoothie Snacks	0.3	0.3	0.1	0.1	16.1	14.5	4	0.01	0.01
Tesco	Tesco Goodness Slurpers Apple & Strawberry Fruit Smoothie Snacks	0.3	0.3	0.1	0.1	16.1	14.5	4	0.01	0.01
Tesco	Tesco Goodness Slurpers Apple Fruit Smoothie Snacks	0.3	0.3	0.1	0.1	16.1	14.5	4	0.01	0.01
Aldi	Gianni's Rocket Lollies	0.5	0.5	0.1	0.1	16	9.2	2	0.07	0.04
Asda	Asda Assorted Mini Milk Lollies 8 x 35ml Chocolate (part of multipack)	2.8	1	1.7	0.6	16	5.6	1	0.12	0.04
Organix	Organix Goodies Alphabet Biscuits 125g	14.6	3.7	3.8	0.9	16	4	1	0.43	0.11
Aldi	Aldi Mami Junior's Mini Rice Cakes Raspberry 40g	1.7	0.5	0.3	0.1	16	0.7	0	0.13	0.01

Company Name	Product Name	Total fat/100g	Total fat/Serve	Saturates/100g	Saturates/Serve	Sugars/100g	Sugars/Serve	Equivalent in tsp	Salt/100g	Salt/Serve
Aldi	Aldi Organic Mamia Purple Burst	0.5	0.5	0.1	0.1	15	14	4	0.03	0.02
Kellogg's	Kellogg's Rice Krispies Multi-Grain Shapes 350g	3.1	0.9	0.6	0.2	15	4.5	1	0.18	0.05
Asda	Asda Assorted Mini Milk Lollies 8 x 35ml Strawberry (part of multipack)	2.9	1	1.7	0.6	15	5.3	1	0.24	0.08
Asda	Asda Assorted Mini Milk Lollies 8 x 35ml Vanilla (part of multipack)	2.9	1	1.7	0.6	15	5.3	1	0.12	0.04
Strings & Things	Yollies Chocs Away Chocolate Flavour 100g	6.1	1.5	3.6	0.9	15	3.8	1	0.19	0.05
Yoplait	Yoplait Chocolate Caramel Frubes	3	2.2	2	1.5	14.9	11	3	0.14	0.1
Lidl	Lidl Milbona Fruity Duo Fromage Frais Strawberry & Banana 4 x 100g	3	3	2	2	14.6	14.6	4	0.09	0.09
Lidl	Lidl Milbona Squeezy Fromage Frais 4 x Strawberry	3	2.4	2	1.6	14.1	11.3	3	0.1	0.08
Asda	Asda Chosen by You Raspberry Ripple Screwballs 6 x 100ml	3.9	3.9	2.4	2.4	14	14	4	0.06	0.1
The Co-Operative	The Co-operative Malt Crunchies 500g	1.7	0.5	0.4	0.1	14	4.2	1	0.6	0.18
Aldi	Aldi Organic Mamia Junior's Mini Rice Cakes Apple 40g	1.8	0.5	0.5	0.1	14	0.6	0	0.02	0.01
The Jordans & Ryvita Company	Jordans Kids Crispy Oaties with puffed grains & chocolate pieces	13.6	4.1	3.2	1	13.2	4	1	0.03	0.01
Aldi	Aldi The Juice Company Kids Smoothie Orange, Pineapple & Mango 4 x 200ml	0.5	0.5	0.1	0.1	13	27	7	0.01	0.01
The Jordans & Ryvita Company	Jordans Crispy Oaties Apple & Raspberry	10	3	1.3	0.4	13	3.9	1	0.05	0.01
GoGo Squeeze	GoGo Squeeze Fruit Snack Apple 4 pack	0.6	0.5	0.2	0.2	13	11.7	3	0.01	0
GoGo Squeeze	GoGo Squeeze Fruit Snack Apple Mango 4 pack	0.5	0.5	0.2	0.2	13	11.7	3	0.01	0
GoGo Squeeze	GoGo Squeeze Fruit Snack Apple Peach 4 pack	0.5	0.5	0.2	0.2	13	11.7	3	0.01	0
GoGo Squeeze	GoGo Squeeze Fruit Snack Apple Strawberry 4 pack	0.5	0.5	0.2	0.2	13	11.7	3	0.01	0
The Jordans & Ryvita Company	Jordans Grin-ola Banana	10.6	3.2	1.3	0.4	12.8	3.8	1	0.03	0.01
Happy Monkey Ltd	Happy Monkey Smoothies Made For Kids Strawberry & Banana 4 x 180ml	0	0	0	0	12.7	22.9	6	0	0
Nestle	Nestle Munch Bunch Double Up Strawberry & Vanilla Fromage Frais 4 x 85g	2.7	2.3	1.8	1.5	12.5	10.6	3	0.1	0.1
Lidl	Lidl Milbona Squeezy Fromage Frais 4 x Raspberry	3	2.4	2	1.6	12.4	9.9	2	0.13	0.1
Happy Monkey Ltd	Happy Monkey Smoothies Orange & Mango 4 pack	0	0	0	0	12.1	21.8	5	0	0
The Jordans & Ryvita Company	Jordans Kids Crispy Oaties Strawberry	10.5	3.1	1.3	0.4	12.1	3.6	1	0.03	0.01
Strings & Things	Yollies Yogurt Lolly Raspberry Flavour 4 x 25g	5.8	2.9	3.6	1.8	12.1	6.1	2	0.15	0.1
Strings & Things	Yollies Yogurt Lolly Strawberry Flavour 4 x 25g	4.4	1.1	2.8	0.7	12.1	3	1	0.14	0.1
Asda	Asda Garden Gang 6 Amazing Apples	0.1	na	0.01	na	12	na	na	0.01	na
Lidl	Lidl Milbona Fruit Tubes 9 x 40g	1.9	0.8	1.3	0.5	12	4.8	1	0.08	0.03
Bear	Bear Multigrain Alpha Bites	2.9	0.9	0.5	0.2	12	4	1	0	0
Bear	Bear Cocoa Alpha Bites	2.4	0.7	0.8	0.2	12	4	1	0	0
Lidl	Lidl Oaklands Sweet Potato Piggies	0.3	0.2	0.1	0.1	11.6	9.3	2	0.04	0.03
Lidl	Lidl Oaklands Apples	0.5	0.4	0.1	0.1	11.6	9.3	2	0.01	0.01
Tesco	Tesco Goodness Slurpers Tropical Fruit Smoothie Snacks	0.1	0.1	0.1	0.1	11.5	10.4	3	0.01	0.01
Maspex	Kubus Apple Banana Carrot Strawberry Mousse 100g	0.3	0.3	0.05	0.1	11.5	11.5	3	0.01	0
Yoplait	Yoplait Petits Filous Frubes Pouches 6 x 70g	3	2.1	2	1.4	11.3	7.9	2	0.12	0.08
HiPP UK	HiPP Organic Apple, Pear & Banana	0.2	0.2	0	0	11.3	11.3	3	0.05	0.05
Danone	Danone Actimel Kids Raspberry x3, Strawberry x3	1.3	1.3	0.9	0.9	11.2	11.2	3	0.1	0.11
Asda	Asda Malted Wheaties 750g	1.8	0.7	0.3	0.1	11	4.4	1	0.43	0.17
Morrisons	Morrisons Mighty Malties	1.8	0.7	0.3	0.1	11	4.4	1	0.43	0.17
Aldi	Aldi Organic Mamia Red Burst	0.5	0.5	0.1	0.1	11	10	3	0.01	0.01
Aldi	Aldi Organic Mamia Apple & Pear Pots	0.5	0.5	0.2	0.2	11	11	3	0.01	0.01
Aldi	Aldi Brooklea Tube It Flavoured Yogurt	3	2.4	2	1.6	11	8.9	2	0.1	0.08
GoGo Squeeze	GoGo Squeeze Yogurtz Blueberry	4.1	3.5	2.5	2.2	11	9	2	0.18	0.15
GoGo Squeeze	GoGo Squeeze Yogurtz Strawberry	4.1	3.5	2.5	2.2	11	9	2	0.18	0.15
Yoplait	Yoplait Freeze'Em Frubes Strawberry, Red Berry and Peach	2.7	2	1.8	1.3	10.9	8.1	2	0.15	0.11
Yoplait	Yoplait Frubes Banana & Strawberry	2.7	2	1.8	1.3	10.9	8.1	2	0.15	0.11
Yoplait	Yoplait Frubes Strawberry Flavour	2.7	2	1.8	1.3	10.9	8.1	2	0.15	0.11
Tesco	Tesco Organic Fun-Sized Apples	2.7	2	1.8	1.3	10.9	8.1	2	0.15	0.11
Yoplait	Yoplait Wildlife Choobs Strawberry Flavour	2.7	2	1.8	1.3	10.9	8.1	2	0.15	0.11
Lidl	Lidl Oaklands Pears	0.1	0.1	0.1	0.1	10.9	8.7	2	0.01	0.01
HiPP UK	HiPP Organic 100% Fruit Apple, Strawberry & Banana 4+ Months 100g	0.1	na	0	na	10.9	na	na	0.05	na
HiPP UK	HiPP Organic Apple, Mango & Banana Breakfast	0.2	0.2	0	0	10.8	10.8	3	0.05	0.05
Yoplait	Yoplait Petits Filous Frubes Strawberry Flavour Drinking Yogurt 4 x 180g	0.8	1.4	0.5	1	10.5	19	5	0.12	0.22
Lidl	Lidl Naturis 4 Yummy Orange, Peach & Passionfruit Smoothie 4 x 200ml	0.5	1	0.1	0.2	10.3	20.6	5	0.03	0.06
Lidl	Lidl Naturis Yummy Orange, Pineapple & Mango Smoothie 4 x 200ml	0.5	1	0.1	0.2	10.2	20.4	5	0.03	0.06
Nestle	Nesquik Hot Chocolate	2	3.9	1.2	2.4	10.1	20.2	5	0.14	0.27
Yoplait	Yoplait Wildlife Fromage Frais 18 x 45g	2.4	2.2	1.6	1.4	10	9	2	0.13	0.12
Lidl	Lidl Milbona Fruity Fromage Frais Strawberry, Apricot and Raspberry	2.1	1.1	1.4	0.7	10	5	1	0.1	0.1
Nestle	Nestle NESQUIK Chocolate Flavour 500g	2	4	1.2	2.4	9.9	19.8	5	0.14	0.28
Nestle	Nestle NESQUIK Strawberry Flavour 500g	1.8	3.5	1.1	2.2	9.9	19.9	5	0.11	0.23
Yoplait	Yoplait Petits Filous Big Pots Raspberry & Strawberry 4 x 85g	2.4	2	1.6	1.4	9.9	8.4	2	0.12	0.1

Company Name	Product Name	Total fat/100g	Total fat/Serve	Saturates/100g	Saturates/Serve	Sugars/100g	Sugars/Serve	Equivalent in tsp	Salt/100g	Salt/Serve
Aldi	Aldi Brooklea Little Delights 300g	2.4	2.4	1.6	1.6	9.9	9.9	2	0.09	0.09
Nestle	Nestle Munch Bunch Organic Strawberry Yogurt	3.8	2.7	2.5	1.8	9.8	6.9	2	0.1	0.1
Lidl	Lidl Oaklands Easy Peelers	0.2	0.2	0.1	0.1	9.6	7.7	2	0.01	0.01
HIPP UK	Hipp Organic Apple, Blueberry & Banana Muesli with yogurt	0.3	0.3	0	0	9.1	9.1	2	0.05	0.05
Aldi	Aldi The Juice Company Kids Smoothie Strawberries, Blackberries & Raspberries 4 x 200ml	0.5	0.5	0.1	0.1	8.9	18	5	0.01	0.02
Lidl	Lidl Crownfield Rice Snaps 500g	1	0.3	0.2	0.1	8.9	2.7	0.675	0.88	0.26
Morrisons	Morrisons Rice Crackles	1.2	0.4	0.4	0.1	8.8	2.7	1	0.73	0.22
Aldi	Aldi Organic Mamia Apple, Apricot & Stawberry Fruit Pots	0.9	0.9	0.7	0.7	8.8	8.8	2	0.03	0.03
Aldi	Aldi Harvest Morn Crisp Rice	1.2	0.5	0.4	0.1	8.8	2.7	1	0.74	0.22
Asda	Asda Rice Snaps	1.2	0.5	0.4	0.1	8.8	2.7	1	0.73	0.22
HIPP UK	Hipp Organic Fruity Porridge	0.6	0.6	0.1	0.1	8.6	8.6	2	0.05	0.05
Kellogg's	Kellogg's Rice Krispies 340g	1.2	0.4	0.4	0.1	7.9	2.4	0.6	1	0.3
Cheetos	Cheetos Big Bag! Cheese 90g	23	6.9	2.1	0.6	7.5	2.3	0.575	3.2	0.96
Refresco	Mr. Freeze Freezepops 20 x 45ml	0.1	na	0.1	na	7	na	na	0.03	na
Refresco	Mr. Freeze Jubbly Ice Lollies Strawberry 8 x 62ml	0.1	0.1	0.1	0.1	6.5	4	1	0.02	0.01
Little Freddie	Little Freddie Carrot, Pumpkin Wheatgerm & Quinoa Puffs	13.5	0.1	1.1	0.1	6.5	0.5	0	0.1	0
The Co-Operative	The Co-operative Strawberry Milk	1.5	2.8	1	1.9	6.4	12	3	0.11	0.22
Aldi	Aldi Emporium Kids 8 Cheese Slices 200g	19	4.7	13	3.1	6.2	1.5	0.375	1.6	0.39
Organix	Organix Goodies Saucy Tomato Noughts & Crosses 60g	15	2.3	2.1	0.3	6.1	0.9	0	0.02	0
The Coconut Collaborative	Little Coco Nutters Mango & Passionfruit yogurt	7	na	6.5	na	6	na	na	0.04	na
Ella's Kitchen	Ella's Kitchen Big Kids Strawberry + Banana Muffins	9.1	2.3	1.7	0.4	5.8	1.5	0	0.37	0.09
Little Freddie	Little Freddie Cheddar Cheese, Chickpea & Quinoa Smiles	15.9	1.7	2.2	0.2	5.8	0.6	0	0.4	0
Mondelez International	Dairylea Cheese Spread 180g	7.3	1.8	4.9	1.2	5.7	1.4	0.35	1.55	0.39
Organix	Organix Goodies Banana Puffcorn 4 pack	1.5	0.5	0.4	0.1	5.6	0.6	0	0.03	0.01
Organix	Organix Goodies Apple & Cinnamon Puffcorn	1.5	0.5	0.4	0.1	5.4	0.5	0	0.0125	0.0125
The Coconut Collaborative	Little Coco Nutters Strawberry & Banana Yogurt	7	na	6.5	na	5.3	na	na	0.03	na
Lidl	Lidl Lupilu Organic Apple & Blackcurrant Spring Water Drink	0.2	0.3	0.1	0.2	5.2	7.8	2	0.01	0.02
Little Freddie	Little Freddie Tomato, Paprika, Chickpea & Quinoa Smiles	13.5	1.5	1.2	0.1	5.2	0.6	0	0.1	0
Aldi	Aldi Organic Mamia Apple & Blackcurrant Spring Water Drink 500ml	0.5	na	0.1	na	5.1	na	na	0.01	na
Lidl	Lidl Valley Spire Cheese Triangles 400g	21	3.5	13	2.2	5	0.8	0.2	1.8	0.3
Premier Foods	Homepride Kids Pasta Sauce Classic Bolognese	0.5	0.5	0.1	0.1	5	4.3	1	0.05	0.04
Premier Foods	Homepride Kids Cooking Sauce Chinese Sweet & Sour	0.5	0.5	0.1	0.1	5	4.3		0.03	0.03
Weetabix	Weetabix on the go Kids Strawberry 4 pack	2	3.6	1.2	2.2	4.9	8.8	2	0.08	0.14
Weetabix	Weetabix on the go Kids Banana	1.8	3.2	1.1	2	4.9	8.8	2	0.05	0.09
Weetabix	Weetabix on the go Kids Chocolate 4 pack	1.8	3.2	1.1	2	4.9	8.8	2	0.05	0.09
The Good Little Company	The Good Little Company 12 Pork & Apple Little Sausages	13	7.3	4.7	2.7	4.8	2.7	0.675	1.36	0.78
Premier Foods	Homepride Kids Pasta Sauce Tomato & Mediterranean Vegetables	0.5	0.5	0.1	0.1	4.8	4.1	1	0.05	0.04
Aldi	Aldi Emporium Kids Dip-It Cheese Dip with Crackers 3 x 45g	15	6.8	6.5	2.9	4.7	2.1	0.525	1.3	0.56
Healthy Kids Ltd	Little Dish Classic Tomato Pasta Sauce	2.3	1.8	0.4	0.3	4.7	3.8	1	0.01	0
Little Freddie	Little Freddie Pineapple, Raspberry Wheatgerm & Quinoa Puffs	12.6	0.1	1.1	0.1	4.7	0.5	0	0.1	0.1
Aldi	Aldi Emporium Kids Cheese Spread Mild and Creamy	21	6.3	15	4.5	4.4	1.3	0.325	1	0.3
Heinz	Heinz By Nature Sweet & Sour Chicken	1.5	3.5	0.3	0.7	4	9.2	2	0.1	0.23
Bernard Matthews	Bernard Matthews Dinosaur 10 Turkey Slices 100g	4.7	0.9	1.3	0.3	4	0.8	0.2	1.1	0.23
Premier Foods	Homepride Kids Pasta Sauce Cheesy Tomato	2.7	2.3	1.4	1.2	3.9	3.3	1	0.1	0.09
Aldi	Aldi Organic Mamia Tomato Wheels	11	2.2	1.7	0.3	3.9	0.8	0	0.03	0.01
Annabel Karmel	Annabel Karmel Annabel's Favourites Chicken Tikka Masala	3.8	7.6	1.8	3.6	3.8	7.6	2	0.26	0.52
Ella's Kitchen	Ella's Kitchen Big Kids Meaty Meatballs with veggies + Tomato Sauce	2.1	0.5	0.8	0.2	3.8	1	0	0.21	0.05
Organix	Organix Goodies Cheesy Pea Snaps	14	2.1	1.9	0.3	3.8	0.6	0	0.11	0.02
Aldi	Aldi Mamia Spaghetti with Tomato & Mozzarella Sauce	2	4.5	1.3	3	3.5	8.1	2	0.26	0.6
Lidl	Lidl Lupilu Organic Pasta, Tomato & Courgette	0.8	1.6	0.3	0.6	3.5	7	2	0.1	0.2
Aldi	Aldi Emporium Kids Dip-IT Cheese Dip with Breadsticks 3 x 50g	12	6	8.2	4.1	3.5	1.8	0.45	1.3	0.66
Aldi	Aldi Organic Mamia Carrot Snacks	11	2.3	1.5	0.3	3.5	0.7	0	0.08	0.02
Heinz	Heinz By Nature Sweet Potato & Lean Beef Hotpot	1.4	3.2	0.7	1.6	3.4	7.8	2	0.1	0.23
Lidl	Lidl Lupilu Organic Carrot Sticks	15.3	2.3	1.6	0.2	3.4	0.5	0	0.2	0.03
Ella's Kitchen	Ella's Kitchen Big Kids Bolognese Bakes with pasta & Basil	3.2	0.8	1.1	0.2	3.3	0.8	0	0.2	0.05
Organix	Organix Goodies Cheese & Onion Lentil Hoops 4 pack	14	2.1	1.8	0.3	3.3	0.5	0	0.09	0.01
Ella's Kitchen	Ella's Kitchen Big Kids Pea-sy mac 'n cheesy with squash	6.2	1.6	3.3	0.8	3.2	0.8	0	0.27	0.07
Osem UK	Osem Bamba Peanut Snack 25g	34	8.5	6.6	1.7	3.2	0.8	0.2	1	0.3
Baxters	Fray Bentos Meatballs in Bolognese Sauce 380g	5.7	10.8	1.8	3.4	3.1	5.9	1.475	1.3	2.4
Aldi	Aldi Organic Mamia Spaghetti Bolognese	1.4	3.1	0.5	1.2	3.1	7.1	2	0.15	0.34
Healthy Kids Ltd	Little Dish Chicken and Veg Pie 200g	3.5	6.9	1.6	3.1	3.1	6.2	2	0.11	0.21

Company Name	Product Name	Total fat/100g	Total fat/Serve	Saturates/100g	Saturates/Serve	Sugars/100g	Sugars/Serve	Equivalent in tsp	Salt/100g	Salt/Serve
Ella's Kitchen	Ella's Kitchen Big Kids Cowboy bean burgers with cheese	9.7	2.4	2.4	0.6	3.1	0.8	0	0.44	0.12
Ella's Kitchen	Ella's Kitchen Big Kids Sweet Potato Falafels	1.1	0.5	0.2	0.1	3.1	0.8	0	0.05	0.01
PepsiCo	Monster Munch Mega Pickled Onion Flavour Baked Corn Snack 6 Pack	25	5.5	2.1	0.5	3	0.7	0.175	1.55	0.34
PepsiCo	Walkers Mega Monster Munch Roast Beef 40g	25	10	2.2	0.9	3	1.2	0.3	1.73	0.69
PepsiCo	Walkers Mega Monster Munch Roast Pickled Onion 40g	25	10	2.1	0.8	3	1.2	0.3	1.55	0.62
PepsiCo	Walkers Mega Monster Munch Flamin Hot	25	5.5	2.1	0.5	3	0.7	0.175	1.7	0.37
The Kids Food Company	Kiddylicious Sour Cream & Chive Lentil Straws	22.3	3.3	1.7	0.3	3	0.5	0.125	1.35	0.2
Annabel Karmel	Annabel Karmel Annabel's Favourites Chicken, Tomato & Mascarpone Pasta	3	6	0.8	1.6	2.8	5.6	1	0.27	0.54
Healthy Kids Ltd	Little Dish Classic Fish Pie 200g	4	8	1.6	3.2	2.8	5.5	1	0.23	0.45
Lidl	Lidl Lupilu Organic Beef Casserole with Vegetables	1.4	1.8	0.7	0.9	2.8	3.6	1	0.05	0.07
Baxters	Fray Bentos Meatballs in Tomato Sauce 380g	5.7	10.8	1.8	3.4	2.7	5.1	1.275	1.3	2.4
Lidl	Lidl Dip 'n munch Cheese dip with breadsticks	12	6	8.1	4.1	2.7	1.4	0.35	1.2	0.6
Asda	Asda Kids Pasta with Beef Bolognese 250g	2.7	6.8	0.8	2	2.6	6.5	2	0.3	0.75
Annabel Karmel	Annabel Karmel Annabel's Favourites Tasty Beef Cottage Pie	3	6	1.5	3	2.6	5.2	1	0.3	0.6
Annabel Karmel	Annabel Karmel Annabel's Favourites Hidden Veggie Bolognese	2.6	5.2	1	2	2.6	5.2	1	0.26	0.52
Peperami Snacks	Peperami Firestick Bunch of 5s	44	9.9	18	4.1	2.6	0.6	0.15	4	0.9
Lidl	Lidl Lupilu organic Pasta Bolognese	1.1	2.2	0.4	0.8	2.5	5	1	0.13	0.26
Ella's Kitchen	Ella's Kitchen Big Kids Upside down cottage pies with peas + carrots	2.2	0.6	0.5	0.1	2.5	0.6	0	0.45	0.11
Healthy Kids Ltd	Little Dish Pasta Bolognese 200g	2	4	0.7	1.4	2.5	5	1	0.03	0.07
Heinz	Heinz By Nature Cottage Pie	2.9	6.7	0.7	1.6	2.4	5.5	1	0.2	0.46
Heinz	Heinz By Nature Spaghetti Bolognese	1.8	4.1	0.6	1.4	2.4	5.5	1	0.05	0.12
Healthy Kids Ltd	Little Dish Cottage Pie with Six Veg 200g	3.6	7.2	1.3	2.6	2.4	4.8	1	0.05	0.1
Peperami Snacks	Peperami Hot Bunch of 5s	44	9.9	18	4.1	2.4	0.5	0.125	4	0.9
Asda	Asda Chosen by Kids Beef Lasagne 250g	5.4	13.5	2.9	7.3	2.3	5.8	1	0.4	0.9
Ella's Kitchen	Ella's Kitchen Nicely Spiced Lentil Bites	2	0.5	0.5	0.1	2.3	0.5	0	0.07	0.02
Lidl	Lidl Valley Spire Cheese Dip With Crackers 135g	15.9	7.2	5.6	2.5	2.3	1	0.25	1.2	0.54
Bernard Matthews	Bernard Matthews 10 Unicorns	14.9	5.7	2.2	0.8	2.2	0.8	0	0.62	0.24
Ella's Kitchen	Ella's Kitchen Big Kids Veggie Frittatas	5.1	1.3	2.1	0.5	2.2	0.6	0	0.25	0.06
Tilda	Tilda Gluten Free Kid Mild Curry Rice	5.1	6.4	2.6	3.3	2.2	2.8	1	0.28	0.35
Tilda	Tilda Gluten Free Kids Vegetable & Wholegrain Rice	3.1	3.9	0.4	0.5	2	2.5	1	0.23	0.29
Peperami Snacks	Peperami Original Bunch of 5s	44	9.9	18	4.1	2	0.5	0.125	3.9	0.88
Kiddyum Ltd	Kiddyum Cheesy Peasy Pasta	1.4	2.7	0.9	1.8	1.9	3.9	1	0.18	0.36
KP Snacks	Pom-bear Potato Snacks Cheese & Onion 6 pack	28	4.2	2.6	0.4	1.9	0.5	0.125	1.7	0.26
Tilda	Tilda Gluten Free Kids Vegetable Paella	1.7	2.1	0.3	0.4	1.8	2.3	1	0.25	0.31
Peperami Snacks	Peperami Original 10 High In Protein Minis	31	3.1	13	1.3	1.8	0.5	0.125	4.1	0.41
KP Snacks	Pom-Bear Salt & Vinegar Potato Snacks	27	4.1	2.6	0.4	1.8	0.5	0.125	1.8	0.27
The Kids Food Company	Kiddylicious Cheesy Straws	29.3	3.5	2.7	0.3	1.8	0.2	0.05	0.9	0.1
Healthy Kids Ltd	Little Dish Macaroni Cheese for Toddlers	3.3	6.6	1.5	2.9	1.7	3.4	1	0.16	0.32
Lidl	Lidl Lupilu Organic Vegetable & Chicken Risotto	1.2	2.4	0.4	0.8	1.7	3.4	1	0.08	0.16
Tilda	Tilda Gluten Free Kids Cheese & Tomato Rice	4.1	5.1	1.8	2.3	1.7	2.1	1	0.29	0.36
Tilda	Tilda Gluten Free Kids Sunshine Vegetable Rice	2.3	2.9	0.3	0.4	1.7	2.1	1	0.27	0.34
Peperami Snacks	Peperami Tex-Mex Snack Pack	44	2.2	18	0.8	1.7	0.5	0.125	4.3	0.22
Ella's Kitchen	Ella's Kitchen Big Kids Cheese & Courgettes Muffins	12	3	3.8	1	1.6	0.5	0	0.52	0.13
Peperami Snacks	Peperami Tex-Mex Bunch of 5s	44	9.9	18	4.1	1.6	0.4	0.1	3.9	0.9
Kiddyum Ltd	Kiddyum Macaroni Bolognese	1.9	3.9	0.9	1.8	1.5	3.1	1	0.1	0.19
Kiddyum Ltd	Kiddyum Chicken Curry	2.8	5.6	0.9	1.7	1.5	3.1	1	0.09	0.18
Asda	Asda Chosen by Kids Pasta & Meatballs	1.3	3.3	0.5	1.3	1.4	3.5	1	0.3	0.75
Kiddyum Ltd	Kiddyum Cottage Pie	1.8	3.6	0.9	1.9	1.4	2.8	1	0.06	0.12
Annabel Karmel	Annabel Karmel Annabel's Favourites Mummy's Fish Pie	2.6	5.2	1.3	2.6	1.3	2.6	1	0.2	0.4
Ella's Kitchen	Ella's Kitchen Big Kids Starry Chicken Nuggets with veggies	7.1	1.8	0.8	0.2	1.3	0.5	0	0.2	0.05
Aldi	Aldi Snackrite Teddy Faces 6 x 19g	27	5.1	2.1	0.4	1.3	0.5	0.125	2	0.38
Tesco	Tesco Goodness Macaroni Cheese	3	6.5	1.5	3.2	1.2	2.6	1	0.4	0.86
KP Snacks	Pom-Bear Potato Snacks Original 6 x15g	28	4.2	2.7	0.4	1.2	0.5	0.125	1.7	0.26
Lidl	Lidl Naturis Blackcurrant Juice Drinks	0	0	0	0	1.1	2.2	1	0	0
Lidl	Lidl Naturis Orange Juice Drinks 2000ml	0	0	0	0	1.1	2.2	1	0	0
Healthy Kids Ltd	Little Dish Mild Chicken Korma 200g	2.2	4.4	0.8	1.6	1.1	2.2	1	0.03	0.06
Lidl	Lidl Lindhouse Fruit Blast Juice Drink Apple (6 x 250ml)	0.5	0.5	0.1	0.1	1	2.5	1	0.05	0.13
Morrisons	Morrisons Super Smooth Porridge	8.7	3.5	1.2	0.5	1	0.4	0	0	0
Strings & Things	Cheestrings Cheddar 12 Pack 240g	22.5	4.5	14	2.8	1	0.2	0.05	1.8	0.36
Strings & Things	Cheestrings Twisted 8 Pack 160g	22.5	4.5	14	2.8	1	0.2	0.05	1.9	0.38
Askeys	Askeys 21 Cones	2.6	0.1	0.4	0.1	1	0.5	0	0.45	0.03

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