



Data table sorted highest sugars per 100g by category
 Product information was collected in store during January 2019
 NP; Not Provided on pack

Product Name	Sugars Per 100 (g)
Syrups	
Morrisons 100% Pure Canadian Maple Syrup 189ml	87.6
Clarks Pure Canadian Maple Syrup Amber Grade 180ml	85.7
Aldi Specially Selected Canadian Maple Syrup	85
Monin Vanilla Syrup 25cl	83.7
Morrisons Golden Syrup 750g	81
Lyle's Golden Syrup 454g	80.5
Lyle's Golden Syrup 907g	80.5
Asda Golden Syrup	80
Sainsbury's Golden Syrup	79.9
Tesco Golden Syrup	79.9
Lyles Golden Syrup Maple Flavour 340g	77.5
Lyle's Golden Syrup Pancake Edition 340g	77.5
Lyle's Golden Syrup Pancake Edition 600g	77.5
Lyle's Squeezy Syrup Golden Syrup 325g	77.5
Buckwud Syrup Shack Maple Flavoured Syrup 240g	77.1
Monin Caramel Syrup for Speciality Coffee 25cl	76.4
Aqua Riva Organic Agave Syrup	75
Aqua Riva Organic Agave Syrup	75
Silver Spoon Golden Syrup 680g	75
Silver Spoon Agave Syrup Maple flavour	72.5
Silver Spoon Agave Syrup Vanilla Flavour	72.5
Tate + Lyle Organic Agave Nectar 310g	69
Vedrenne Hazelnut	67
The Groovy Food Company Agave Nectar 250ml	66.1
The Groovy Food Company Premium Agave Nectar Light and Mild 250ml	66.1
Silver Spoon Organic Agave Syrup Plain 250ml	66
Sweet Freedom Fruit Syrup 350g	66
Asda Extra Special 100% Canadian Maple Syrup	65
Beloved Dattelicious Date Nectar	65
Vedrenne Caramel	65
Buckwud 100% Pure Canadian Maple Syrup 250g	64.6
Clarks Date Syrup	64.1
Clarks Pure Canadian Maple Syrup	64
Clarks Pure Canadian Maple Syrup Medium Grade 180ml	64
Lyle's Black Treacle 454g	64
Marks & Spencer Pure Canadian Maple Syrup	63.7
Tesco Pure Canadian Maple Syrup	63.7
Asda Canadian Maple Syrup	63
Vedrenne Gingerbread	62
Tesco Finest Pure No1 Light Maple Syrup 330g	61.5
Waitrose Canadian Maple Syrup No 1 Medium 330g	61.5
Waitrose Canadian Maple Syrup No.2 Amber 330g	61.5
Waitrose Organic Canadian Maple Syrup No.1 Medium	61.5
Clarks Original Maple Syrup	53
Clarks Original Maple Syrup 500ml	53
Clarks Carob Fruit Syrup	47.3
Sugar	
Billington's Fairtrade Golden Granulated	100
La Perruche rough cut cubes brown 500g	100
Billington's Golden Caster Natural Unrefined Cane Sugar 1000g	100
Billington's Golden Granulated	100
Billington's Golden Granulated Natural Unrefined Cane Sugar 1kg	100
Billington's Organic Golden Granulated Natural Unrefined Cane Sugar 500g	100
Sainsbury's SO Organic Fairtrade Golden Granulated Unrefined Cane Sugar 500g	100
Sainsbury's White Caster Sugar	100
Sainsbury's White Granulated Sugar	100
Sainsbury's White Granulated Sugar	100
Silver Spoon Demerara Sugar with Stevia	100
Whitworths Jam Sugar 1Kg	100
Tate & Lyle Sugars Fairtrade Caster Sugar 1kg	99.95
Tate + Lyle Fairtrade Caster Sugar 500g	99.95
Tate Lyle Cane Sugar Granulated	99.95
Silver Spoon Fruit Sugar 250g	99.9
Tate & Lyle Sugars Fruit Sugar 250g	99.9
Whitworths Preserving Sugar 1kg	99.9
Whitworths White Sugar Cubes 500g	99.9
Waitrose Golden Caster Sugar 1kg	99.8
Sainsbury's Fairtrade Golden Caster Unrefined Cane Sugar 1kg	99.7
Sainsbury's Fairtrade Golden Granulated Unrefined Cane Sugar 1kg	99.7
Tate & Lyle Sugars Cane Sugar Fairtrade Golden Caster 1kg	99.7
Tesco Golden Caster Unrefined Cane Sugar	99.7
Tesco Golden Granulated Sugar	99.7
Waitrose Golden Granulated Sugar 1kg	99.7
Whitworths Fondant Icing Sugar 500g	99.7
Tate & Lyle Sugars Amber Sugar Crystals 500g	99.5
Waitrose Demerara Sugar 500g	99.5
Sainsbury's fairtrade Demerara Cane Sugar	99.4
Tesco Demerara 500g	99.4
Sainsbury's Icing Sugar	99.2
Sainsbury's Icing sugar	99.2
Billington's Demerara Cubes Natural Unrefined Cane Sugar 500g	99
Billington's Demerara Natural Unrefined Cane Sugar 1kg	99
Billington's Demerara Natural Unrefined Cane Sugar 500g	99
Billington's Fairtrade Demerara Natural Unrefined Cane Sugar 500g	99

Product Name	Sugars Per 100 (g)
Billington's Golden Icing Natural Unrefined Cane Sugar 500g	99
Billington's Light Brown Soft Cane Sugar 500g	99
Billington's Light Brown Soft Natural Unrefined Cane Sugar 1kg	99
Co-operative Demerara Sugar	99
Lidl Belbake Demerara Sugar	99
Silver Spoon Half Spoon Granulated Sugar 1kg	98.9
Tate & Lyle Sugars Fairtrade Unrefined Demerara 1kg	98.5
Waitrose Light Brown Muscovado Sugar 500g	98.1
Billington's Light Muscovado Natural Unrefined Cane Sugar 500g	98
Billington's Dark Brown Soft Cane Sugar 500g	97
Co-operative Light Brown Soft Sugar	97
Sainsbury's Fairtrade Light Brown Soft Unrefined Cane Sugar 500g	97
Sainsbury's Fairtrade Light Soft Brown Sugar	97
Tate & Lyle Sugars Fairtrade Icing Sugar 500g	97
Whitworths Royal Icing Sugar 500g	96.1
Lidl Belbake Light Brown Soft Sugar	96
Tate & Lyle Light Muscovado Sugar	96
The Groovy Food Company Organic Coconut Sugar	95.8
Tate & Lyle Sugars Fairtrade Light Brown Soft Sugar 1kg	95.5
Waitrose Dark Brown Muscovado Sugar 500g	95.3
Waitrose Palm Sugar	95.1
Billington's Dark Muscovado Natural Unrefined Cane Sugar 500g	95
Lidl Belbake Dark Brown Soft Sugar	95
The Co-operative Fairtrade Dark Brown Soft Sugar 500g	95
Sainsbury's Fairtrade Dark Brown Soft Unrefined Cane Sugar 500g	94.5
Tate & Lyle Sugars Fairtrade Dark Brown Soft Sugar 1kg	94.5
Tesco Dark Brown Soft Unrefined Cane Sugar	94.5
Billington's Molasses Natural Unrefined Cane Sugar 500g	94
Silver Spoon Caster Sugar with Stevia	93.5
Tate & Lyle Dark Muscovado	92.7
Tesco Dark Brown Muscovado	92.7
Silver Spoon Granulated Sweetener	5.7
Whole Earth Sweet Mini Cubes with Stevia	0
Honey	
English Health Honey Littleover Apiary	NP
Pure English Set Honey Littleover Apiary	NP
Pure Organic Acacia Honey from Littleover Apiary	NP
Pure Organic Wildflower Honey from Littleover Apiary	NP
Lidl Maribel Blossom Honey Clear 250g	NP
Asda Extra Special Manuka Honey	86
Lidl Deluxe Manuka Honey 250g	85.9
Marks & Spencer Manuka Honey 10+ 340g	85.9
Rowse Authentic New Zealand Manuka Honey	85.9
Rowse Authentic New Zealand Manuka Honey NPA Rating 5	85.9
Rowse Manuka Honey 15+ NPA	85.9
Rowse Supa Honey Honey + Manuka + Vitamin C 250g	85.9
Asda Acacia Honey 340g	82
Asda Chosen by You Pure Clear Honey 454g	82
Asda Extra Special English Set Honey 340g	82
Asda Mexican Orange Blossom Honey 340g	82
Asda Pure Clear Honey 908g	82
Asda Pure Honey	82
Asda Runny Honey 340g	82
Asda Set Pure Honey 454g	82
Asda Smart Price Clear Honey 425g	82
Aldi Everyday Essentials Clear Honey	81
Aldi Honey Set	81
Co-operative Irresistible Single Origin Acacia Honey	81
Grandessa Squeezy Clear Honey 340g	81
Lidl Highgate Fayre Clear Honey 454g	81
Lidl Highgate Fayre Squeezy Clear Honey 340g	81
Tesco Clear Honey	81
Tesco Everyday Value Clear Honey 340g	81
Tesco Finest Acacia Honey	81
Tesco Finest Eucalyptus Honey	81
Tesco Finest Orange Blossom Honey 340g	81
Tesco Organic Set Honey 340g	81
Tesco Organic Squeezy Clear Honey 340g	81
Tesco Set Honey 454g	81
Tesco Squeezy Clear Honey 340g	81
The Co-operative Set Honey 454g	81
Marks & Spencer Acacia Honey 340g	80.8
Marks & Spencer Pure Honey 340g	80.8
Marks & Spencer Wildflower Honey 340g	80.8
Rowse Acacia Honey 250g	80.8
Rowse Fragrant & Citrusy Lime Blossom Honey	80.8
Rowse Greek Honey 250g	80.8
Rowse Honey 680g	80.8
Rowse Honey with a Hint of Cinnamon 250g	80.8
Rowse Light & Mild Honey 340g	80.8
Rowse New Zealand Clover honey 250g	80.8
Rowse Orange Blossom Honey 250g	80.8
Rowse Organic Honey 340g	80.8
Rowse Organic Pure Honey 340g	80.8
Rowse Wildflower Honey 340g	80.8
Sainsbury's Basics Clear Honey 340g	80.8
Sainsbury's Clear Honey 340g	80.8
Sainsbury's Set Honey 340g	80.8
Sainsbury's SO Organic Clear Honey 340g	80.8
Sainsbury's SO Organic Runny Honey 340g	80.8

Product Name	Sugars Per 100 (g)
Sainsbury's SO Organic Set Honey 340g	80.8
Sainsbury's Taste the Difference Acacia Honey	80.8
Sainsbury's Taste the Difference Acacia Honey 340g	80.8
Sainsbury's Taste the Difference English Set Honey 340g	80.8
Sainsbury's Taste the Difference Mexican Orange Blossom Honey 340g	80.8
Sainsbury's Taste the Difference Spanish Forest Clear Honey 340g	80.8
The Natural Wonder of Rowse Honey 340g	80.8
The Natural Wonder of Rowse Honey 340g	80.8
The Natural Wonder of Rowse Honey 340g	80.8
Sarah's Zesty Honey With Ginger 250g	80.1
Rowse Australian Honey 250g	80
Rowse Wonder Bees Honey	80
Marks & Spencer Limited Edition English Spring Honey 340g	79
Marks & Spencer Limited Edition Scottish Heather Honey 340g	79
Whole Earth Honey & Stevia	79
Wilkin & Sons Ltd Tiptree Manuka Active 10+ Honey 340g	79
Asda Runny Honey with Lemon 340g	78
Steens Manuka Honey 5+ UMF 340g	78
Steens Raw Manuka Honey 10+ UMF 340g	78
Boyne Valley Squeezy Pure Natural Honey 340g	77.1
Essential Waitrose Pure Clear Honey 454g	76.4
Essential Waitrose Pure Set Honey 454g	76.4
Essential Waitrose Squeezy Honey 454g	76.4
Morrisons Acacia Honey 340g	76.4
Morrisons Organic Clear Squeezy Honey 340g	76.4
Morrisons Pure Clear Honey 227g	76.4
Morrisons Pure Clear Honey 454g	76.4
Morrisons Pure Honey	76.4
Morrisons Pure Set Honey 454g	76.4
Morrisons Savers Clear Honey 340g	76.4
Morrisons The Best English Set Honey 340g	76.4
Waitrose Acacia Honey 340g	76.4
Waitrose Australian Blossom Honey 340g	76.4
Waitrose Duchy Organic Pure Clear Honey	76.4
Waitrose English Honey 340g	76.4
Waitrose Orange Blossom Honey 340g	76.4
Waitrose Scottish Heather Honey 340g	76.4
Lidl Highgate Fayre Set Honey 454g	76
Wilkin & Sons Ltd Tiptree Acacia Honey 340g	76
Wilkin & Sons Ltd Tiptree Orange Blossom Honey 340g	76
Sarah's Fruity Acacia Honey with Mixed Berries 220g	72.4
Hilltop Honey	70
Hilltop Honey Blossom Honey	70
Hilltop Honey Organic Acacia Honey 370g	70
Hilltop Honey Organic Honeydew Honey 370g	70
Hilltop Honey Organic Multiflower Honey 370g	70
Hilltop Honey Raw Orange Blossom Honey 227g	70
Hilltop Honey Spanish Lavender Honey	70
Hilltop Honey Uruguayan Eucalyptus Honey 227g	70
The Co-operative Irresistable English Soft Set Honey 340g	70
Odysea Pine & Fir Tree Honey 250g	56.1