

# Free From Survey

## 2. Best and Worst products

All data obtained from product packaging/retailers own websites

Correct as of 17/09/2009



### Worst Products

Free From Product	Salt/100g	Standard Product	Salt/100g
Sainsbury's Free From Jaffa Cake	0.67	Sainsbury's Jaffa Cake	0.1
Sainsbury's Free From Custard Creams	1.5	Sainsbury's Custard Creams	0.43
ASDA Free From Double Chocolate Muffins	1	ASDA Double Chocolate Muffins	0.3
Tesco Free From Chocolate Chip Cookies	1.3	Tesco Chocolate Chip Cookies	0.5
Morrisons Free From Chocolate Chip Cookies	1.5	Morrisons Chocolate Chip Cookies	0.5
Sainsbury's Free From Garlic and Coriander Naan	1.75	Sainsbury's Garlic and Coriander Naan	0.6
Tesco Free From Victoria Sponge	1.4	Tesco Victoria Sponge	0.6
Sainsbury's Free From Chocolate Sponge Pudding	0.83	Sainsbury's Chocolate Sponge Pudding	0.35
Sainsbury's Free From Real Fruit Jam Tarts	0.55	Sainsbury's Real Fruit Jam Tarts	0.23
Tesco Free From Garlic and Coriander Naan	2.0	Tesco Garlic and Coriander Naan	1.0

### Best Products

Free From Product	Salt/100g	Standard Product	Salt/100g
Sainsbury's Free From Shortcake	0.25	Sainsbury's Shortcake	0.83
ASDA Free From Chocolate and Walnut Brownie	0.2	ASDA Mini Chocolate Brownie Bites	0.5
ASDA Free From Almond Slice	0.2	ASDA Almond Slice	0.4
ASDA Free From Chocolate Flavour Biscuit	0.5	ASDA Chocolate Digestive	0.9
Morrisons Free From Baguette	1	Morrisons Baguette	1.5
Sainsbury's Free From Part-baked Baguette	0.75	Sainsbury's Ready to Bake Baguette	1.10
ASDA Free From White Roll	0.9	ASDA Large White Bap	1.3
Waitrose Free From Chocolate Chip Cookies	0.7	Waitrose Chocolate Chunk Cookie	0.88
Morrison's Free From English Muffins	0.9	Morrisons Muffins	1.0
Tesco/Morrisons Free From White Bread	0.8	Tesco/Morrisons White Bread	1