



Biscuit Survey 2013 - All Data

Data table sorted by highest salt per portion

Sodium and sugar Per 100g information was collected from supermarket websites where possible, or from product packaging (The Co-operative and Morrison's) between April and May 2013.

See CASH website for further information www.actiononsalt.org.uk

Salt calculated from sodium where necessary

Colour coded according to Traffic Light Labels: Salt = Green <0.30/100g, Amber 0.30-1.50g, Red >1.50g /100g Sugar = Green <5.0g/100g, Amber 5.0-12.5g/100g, Red >12.5g/100g

* Based on 2011 NDNS data, 4-6 year olds (including non-consumers) eat 19.4g biscuits a day

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Asda	Fun size mini milk chocolate digestives	pack of 6	Per 25g bag	28.6	1.60	0.40	Yes
Sainsbury's	Giant white chocolate and raspberry cookies	300	Per biscuit (~60g)	33.3	0.65	0.39	Yes
Sainsbury's	Muesli breakfast biscuit	225	Per 2 biscuits (37.5g)	29.3	0.96	0.36	Yes
Sainsbury's	Giant extremely chocolatey cookies	300	Per biscuit (~60g)	36.0	0.57	0.35	Yes
Sainsbury's	Giant oat and raisin cookies	300	Per biscuit (~60g)	31.0	0.55	0.33	Yes
Asda Free From	Custard creams	125	Per 2 biscuits	34.2	1.00	0.30	Yes
Asda Extra Special	All butter Belgian white chocolate cookies	200	Per cookie	34.6	1.00	0.30	Yes
McVitie's	Mini Gingerbread Men	25	Per pack (25g)	30.4	1.00	0.30	Yes
Kellogg's	All-bran biscuits, original	40	Per portion (40g)	22.0	0.65	0.30	Yes
Belvita	Strawberry and yogurt crunch	253	Per 2 biscuit (50.6g)	25.5	0.59	0.30	Yes
Sainsbury's Taste The Difference	Ginger and oatflake cookies	200	Per biscuit	31.7	1.02	0.26	Yes
Lyon's	Fig rolls	200	Per serving (~37g)	37.9	0.70	0.26	Yes
Kellogg's	Nutri-grain biscuits, cereal and milk	44	Per portion (44g)	14.0	0.58	0.26	Yes
Cadbury's	Milk chocolate digestives	300	Per biscuit	28.1	1.44	0.24	No
Kellogg's	Nutri-grain biscuits, oats and honey	44	Per 4 biscuits (44g)	16.0	0.55	0.24	Yes
Thornton's	Toffee and milk chocolate cookies	175	Per cookie	32.0	1.05	0.23	Yes
Sainsbury's Taste The Difference	Belgian White chocolate chunk cookies	200	Per biscuit	34.3	0.93	0.23	No
Maryland	Big and chunky white chocolate chunk brownie cookies	200	Per cookie	30.0	0.93	0.23	Yes
Britannia Good Day	Pistachio and almond cookies	90	Per biscuit	21.0	0.80	0.23	No
Bahlsen	Deloba	100	Per biscuit	30.0	0.68	0.23	No
Thornton's	Triple chocolate chunk cookies	175	Per cookie	41.1	1.00	0.22	No
Fox's	Mini moos malted milk	150	Per 25g bag	19.5	0.89	0.22	No
Maryland	big and chunky milk and dark chocolate cookies	200	Per cookie	30.0	0.88	0.22	No
Sainsbury's Taste The Difference	Demerera shortbread rounds	200	Per biscuit	21.8	0.95	0.21	No
Sainsbury's Taste The Difference	Quadruple chocolate cookies	200	Per biscuit	38.1	0.85	0.21	No
Kellogg's	Nutri-grain biscuits, fruit and fibre	44	Per 4 biscuits (44g)	18.0	0.48	0.21	only calories
McVities	Light digestive	400	Per biscuit	20.1	1.30	0.20	Yes
Tesco	Milk chocolate digestives	300	Per biscuit (17.3g)	29.8	1.25	0.20	Yes
Tesco finest	Stem ginger cookies	200	Per cookie (16.7g)	32.7	1.10	0.20	Yes
Morrison's Savers	Digestive biscuits	400	Per biscuit	19.4	1.10	0.20	Yes
Morrison's Savers	Milk chocolate digestives	300	Per biscuit	31.4	1.10	0.20	No
The Co-operative	Wholemeal digestive biscuits	400	Per biscuit (14g)	20.5	1.10	0.20	No
Oreo	Double stuff cookies	185	Per biscuit (14.2g)	45.0	1.03	0.20	No
Asda Chosen By You	Digestive biscuits	500	Per biscuit	18.8	1.00	0.20	Yes
Asda Extra Special	Belgian almond thins	100	Per serving	38.2	1.00	0.20	No
McVities	Milk chocolate digestives	400	Per biscuit	29.2	1.00	0.20	No
McVities	Double chocolate digestives	300	Per biscuit	30.9	1.00	0.20	No
McVities	Light milk chocolate digestive	300	Per biscuit	30.2	1.00	0.20	No
Tesco everyday value	Digestive biscuits	400	Per biscuit (15.5g)	18.8	1.00	0.20	No
Tesco	Reduced fat digestive biscuits	400	Per biscuit (15g)	21.0	1.00	0.20	No
Tesco	Chocolate chip digestives	400	Per biscuit (16g)	24.2	1.00	0.20	No

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
The Co-operative	Milk chocolate digestives	300	Per biscuit (17g)	28.2	1.00	0.20	No
The Co-operative	Plain chocolate digestive biscuits	300	Per biscuit (17g)	26.6	1.00	0.20	No
Asda	Plain chocolate digestives	300	Per biscuit	26.7	0.90	0.20	No
Asda	Milk chocolate digestives	300	Per biscuit	28.3	0.90	0.20	No
Asda Extra Special	All butter stem ginger cookies	200	Per cookie	33.9	0.90	0.20	No
Tesco finest	Fruit and oat cookies	200	Per biscuit (25g)	31.8	0.90	0.20	No
Tesco finest	Dark chocolate ginger cookies	200	Per biscuit (25g)	39.9	0.90	0.20	No
Asda Extra Special	All butter Belgian chocolate thins	100	Per 1/5 pack (25g)	47.3	0.80	0.20	No
Asda Extra Special	All butter quadruple chocolate cookies	200	Per cookie	35.1	0.80	0.20	No
McVities	Hobnob dark chocolate	300	Per biscuit	31.0	0.80	0.20	No
McVities	Hobnobs milk chocolate	300	Per biscuit	32.6	0.80	0.20	No
McVitie's	Boaster's chocolate chunk	165	Per biscuit	33.1	0.80	0.20	No
McVitie's	Boaster's chocolate and hazelnut	165	Per biscuit	28.0	0.80	0.20	Yes
Morrison's Savers	Milk chocolate digestive bars	pack of 20	Per biscuit	33.0	0.80	0.20	Yes
McVities	Mini cookies	25	Per pack (25g)	32.0	0.80	0.20	Yes
Asda Chosen By You	Mini chocolate chip cookies	pack of 6	Per 25g bag	31.1	0.70	0.20	Yes
Border Gourmet Goodness	Strawberry and cream shortbread	175	Per biscuit	21.3	0.70	0.20	Yes
Border Gourmet Goodness	Tropical fruit crumbles	175	Per biscuit	12.6	0.70	0.20	Yes
Border Gourmet Goodness	Raspberry, white chocolate and pistachio crumbles	175	Per biscuit	26.0	0.70	0.20	Yes
Border Gourmet Goodness	Yogurt, cranberry and pumpkin seed crumbles	175	Per biscuit	16.4	0.70	0.20	Yes
Border Gourmet Goodness	Red berry rascals	175	Per biscuit	18.8	0.70	0.20	Yes
Borders	Biscuits dark chocolate and ginger	175	Per biscuit	42.5	0.70	0.20	Yes
Dean's	All butter petticoat tails	125	Per biscuit (25g)	18.0	0.70	0.20	Yes
Asda Extra Special	All butter double Belgian chocolate cookies	200	Per cookie	32.9	0.70	0.20	Yes
Asda Extra Special	All butter fruity flapjack cookies	200	Per cookie	31.0	0.70	0.20	Yes
Tesco	British biscuit cherry bakewell	180	Per biscuit	20.8	0.70	0.20	Yes
Tesco finest	Quadruple chocolate cookie	200	Per biscuit (25g)	34.1	0.70	0.20	Yes
Morrison's	Crunchy ginger oaties	200	Per cookie	33.4	0.70	0.20	Yes
The Co-operative	Truly Irresistible stem ginger cookies	200	Per cookie (25g)	37.9	0.70	0.20	Yes
Asda Extra Special	All butter Belgian chocolate and hazelnut cookies	200	Per cookie	32.6	0.60	0.20	Yes
Asda Extra Special	All butter Belgian chocolate cookies	200	Per cookie	31.0	0.60	0.20	Yes
Morrison's	Mini choc chip cookies	125	Per 4 cookies	35.0	0.60	0.20	Yes
Morrison's	Crumbly white chocolate and blueberry cookies	200	Per cookie	32.1	0.60	0.20	Yes
Kellogg's	All-bran biscuits, chocolate chip	40	Per portion (40g)	23.0	0.50	0.20	Yes
Morrison's	Fruit raspberry shortcake	195	Per slice	26.2	0.50	0.20	Yes
Weetabix	Breakfast biscuit apple and cinnamon	250	Per 4 biscuits (50g)	15.6	0.43	0.20	No
Weetabix	Breakfast biscuit fruit and fibre	250	Per 4 biscuits (50g)	19.3	0.43	0.20	Yes
Weetabix	Breakfast biscuit milk and cereal	250	Per 4 biscuits (50g)	14.5	0.43	0.20	Yes
Sainsbury's	Milk chocolate digestives	400	Per biscuit	29.7	1.09	0.19	No
Bahlsen	Chocolate Leibniz Orange	125	Per 2 biscuits	40.0	0.65	0.18	No
Bahlsen	Orange chocolate Leibniz biscuit	125	Per 2 biscuits	51.0	0.65	0.18	No
Bahlsen	Choco Leibniz biscuits milk chocolate	125	Per 2 biscuits (28g)	40.0	0.60	0.18	No
Kent & Fraser	Chocolate chip crunchy cookies	125	Per cookie (11.4g)	35.6	1.50	0.17	No
Kent & Fraser	Vanilla butter crunch	125	Per cookie (11.4g)	33.7	1.50	0.17	Yes
Sainsbury's	Plain chocolate digestive biscuits	400	Per biscuit	28.0	0.99	0.17	Yes
Sainsbury's Taste The Difference	Strawberry jammy squares	210	Per slice	20.4	0.48	0.17	Yes
Maryland	Snap jacks honeycomb	180	Per biscuit (15.5g)	28.9	1.09	0.17	Yes
Maryland	Snap jacks orange snaps	180	Per biscuit (15.5g)	29.0	1.09	0.17	Yes
Belvita	Biscuit crunchy oats	300	Per biscuit (12.5g)	20.0	1.25	0.16	Yes
Sainsbury's	Sweetmeal Digestive biscuits	500	Per biscuit	18.8	1.02	0.16	Yes

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Sainsbury's	30% less fat plain chocolate digestives	400	Per biscuit	28.6	0.93	0.16	No
Sainsbury's	Highland all butter shortbread fingers	200	Per biscuit	18.7	0.78	0.16	Yes
Sainsbury's	Extremely chocolate shortbread squares	175	Per biscuit	30.2	0.63	0.16	Yes
Belvita	Honey yogurt biscuits	250	Per biscuit (25.3g)	26.0	0.62	0.16	Yes
Doves Farm Organic	Digestive biscuits	400	Per biscuit (12.6g)	24.3	1.25	0.16	No
Waitrose Essential	Milk chocolate digestives	400	Per biscuit	28.3	0.93	0.16	No
Waitrose Essential	Plain chocolate digestive biscuits	400	Per biscuit	28.3	0.93	0.16	No
Sainsbury's	Oaty rounds	300	Per biscuit	25.8	1.02	0.15	No
Fox's	Chocolate fudge crunch creams	168	Per biscuit	40.1	0.97	0.15	No
Sainsbury's Basics	Shortbread fingers	160	Per biscuit	12.8	0.93	0.15	No
Waitrose	Milk chocolate chip and hazelnut cookies	150	Per biscuit	37.0	0.73	0.15	No
Belvita	Plain yogurt crunch	253	Per biscuit (25.3g)	28.0	0.59	0.15	No
Bahlsen	Hit chocolate crème sandwich biscuit	250	Per 2 biscuits (28g)	28.0	0.55	0.15	No
Bahlsen	Dark Choco Leibniz	125	Per 2 biscuits (28g)	37.0	0.54	0.15	No
Abbaye	Le trouvillais pommes	150	4 biscuits (37.5g)	32.0	0.38	0.15	No
Sainsbury's Basics	Digestive biscuits	400	Per biscuit	21.6	1.15	0.14	Yes
Sainsbury's	Chocolate chip digestive	500	Per biscuit	25.3	1.05	0.14	Yes
Sainsbury's Taste The Difference	All butter sultana cookies	200	Per biscuit	34.1	0.88	0.14	Yes
Cadbury's	Animal shaped mini chocolate biscuits pouch	125	Per serving (24g)	25.6	0.59	0.14	Yes
Fox's	Chunky half coated chocolate cookies	175	Per biscuit	45.1	0.54	0.14	Yes
Waitrose	Chocolate chip and orange cookies	150	Per biscuit	38.3	0.63	0.14	Yes
Sainsbury's Basics	Milk chocolate digestives	300	Per biscuit	28.2	0.93	0.13	Yes
Fox's	Ginger crunch cream	168	Per biscuit	40.3	0.85	0.13	Yes
Fox's	Half coated chocolate crinkle crunch	200	Per biscuit	40.9	0.80	0.13	Yes
Fox's	Rocky chockas original biscuit	113	Per biscuit	42.8	0.70	0.13	Yes
Fox's	Milk chocolate chunk cookie	175	Per biscuit	36.2	0.57	0.13	Yes
Fox's	Caramel chocolate chunkie cookies	200	Per biscuit	35.2	0.40	0.13	Yes
Duchy From Waitrose	Organic lemon shortbread	150	Per biscuit	23.5	0.98	0.13	Yes
Waitrose Essential	Chocolate chip digestive biscuits	500	Per biscuit	24.3	0.88	0.13	Yes
Jules DestrooPer	Butter crisps	100	Per 1/4 packet (25g)	42.0	0.50	0.13	Yes
Waitrose	Chocolate and salted caramel shortbread	pack of 4	Per biscuit	31.1	0.23	0.13	Yes
Fox's	Crinkles butter biscuits	200	Per biscuit	32.9	1.07	0.12	Yes
Hovis	Digestive biscuits	250	Per biscuit (12g)	18.4	1.00	0.12	Yes
Trufree	Custard creams	125	Per biscuit	34.2	1.00	0.12	Yes
Belvita	Breakfast biscuits milk and cereal	300	Per biscuit (12.5g)	19.0	0.97	0.12	Yes
Fox's	Rocky sharing biscuits	125	Per 2 biscuits	41.7	0.78	0.12	Yes
Sainsbury's So Organic	Highland shortbread fingers	160	Per biscuit	15.0	0.75	0.12	Yes
Fox's	Rocky chockas honeycomb	105	Per biscuit	41.0	0.74	0.12	Yes
Fox's	Whipped cream sinful strawberry	200	Per biscuit	26.9	0.60	0.12	Yes
Burtons	Wagon wheels Caramel	220	Per bar (38g)	38.1	0.31	0.11	Yes
Waitrose	Milk chocolate chip cookies	150	Per biscuit	35.7	0.53	0.11	Yes
Sainsbury's Basics	Ginger snaps	300	Per biscuit	28.3	1.03	0.11	only calories
Belvita	Honey and nut biscuits	300	Per biscuit (12.5g)	25.0	0.90	0.11	Yes
Sainsbury's	Highland all butter shortbread petticoat tails	150	Per biscuit	16.1	0.88	0.11	No
Fox's	Amber original	170	Per biscuit	43.0	0.82	0.11	No
Fox's	Amber praline biscuits	170	Per biscuit	42.8	0.79	0.11	No
Thornton's	Ginger and dark chocolate cookies	175	Per cookie	28.7	0.50	0.11	No
Burtons	Wagon wheels Jammie	220	Per biscuit	48.2	0.29	0.11	only calories
Tesco Light choices	Cranberry crispy slices	218	Per biscuit (14.5g)	33.5	0.70	0.11	Yes
Tesco Light choices	Raisin crispy slices	218	Per biscuit (14.5g)	33.5	0.70	0.11	Yes

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Crawford	Thin Arrowroot biscuits	200	Per biscuit	19.8	1.30	0.10	Yes
Crawford	Marie biscuits	200	Per biscuit	20.2	1.30	0.10	Yes
Oreo	Cookies	154	Per Oreo (11g)	41.0	1.20	0.10	Yes
Nairn's	Gluten free biscuit breaks oat and fruit	160	Per biscuit	22.4	1.10	0.10	Yes
The Co-operative	Ginger nut biscuits	400	Per biscuit (10g)	33.5	1.10	0.10	No
The Co-operative	Rich tea biscuits	300	Per biscuit (10g)	17.0	1.10	0.10	No
Asda	Rich tea biscuits	300	Per biscuit	20.9	1.00	0.10	No
Asda Chosen By You	Fruit shortcake	250	Per biscuit	25.7	1.00	0.10	No
Waitrose Essential	Ginger nut biscuits	300	Per biscuit	33.5	1.00	0.10	No
Asda Smart Price	Rich tea biscuits	300	Per biscuit	20.5	1.00	0.10	Yes
Fox's	Crinkles ginger	200	Per biscuit	39.3	1.00	0.10	Yes
McVities	Breakfast oat biscuits, red berries	300	Per biscuit	23.6	1.00	0.10	Yes
McVities	Fruit shortcake	200	Per biscuit	25.2	1.00	0.10	Yes
McVities	Ginger nuts	250	Per biscuit	31.0	1.00	0.10	Yes
McVities	Hobnobs vanilla cream	200	Per biscuit	30.6	1.00	0.10	Yes
McVitie's	Breakfast oat biscuits, apple sultana and cinnamon	300	Per biscuit	25.1	1.00	0.10	Yes
Morrison's	Ginger crumble cookies	150	Per biscuit	33.4	1.00	0.10	No
Weetabix	Red Berries	300	Per biscuit	23.6	1.00	0.10	Yes
McVitie's	Breakfast oat biscuits, oat and honey 6x4	300	Per biscuit (12.6g)	23.3	1.00	0.10	Yes
Morrison's Nu Me	Breakfast biscuits fruit and fibre	250	Per biscuits	19.5	1.00	0.10	No
Sainsbury's	Ginger snaps	400	Per biscuit	33.5	0.99	0.10	No
Oreo	Chocolate crème cookies	154	Per biscuit (11g)	37.0	0.90	0.10	only calories
Duchy From Waitrose	Organic highland shortbread	150	Per biscuit	24.8	0.85	0.10	No
Asda Smart Price	Digestive biscuits	400	Per biscuit	16.0	0.80	0.10	Yes
Asda Smart Price	Milk chocolate digestives	300	Per biscuit	26.5	0.80	0.10	Yes
Duchy From Waitrose	Organic butter shortbread fingers	160	Per biscuit	20.4	0.80	0.10	No
McVities	Light rich tea	300	Per biscuit	20.0	0.80	0.10	No
McVities	Dark chocolate caramels	300	Per biscuit	30.6	0.80	0.10	No
McVities	Chocolate digestive caramel	300	Per biscuit	31.4	0.80	0.10	No
McVities	Hobnob choc chip cookies	150	Per biscuit	30.4	0.80	0.10	No
McVities	Hobnobs	300	Per biscuit	25.9	0.80	0.10	No
McVities	Hobnobs Nobbly oaty choc chip cookies	150	Per biscuit	30.4	0.80	0.10	No
McVities	Milk chocolate biscuits, mini pirate crew	155	Per biscuit	34.7	0.80	0.10	No
McVities	Mini jungle friends, milk chocolate biscuits	155	Per biscuit	34.7	0.80	0.10	No
McVities	Rich tea biscuits	300	Per biscuit	20.1	0.80	0.10	No
Morrison's	Dark chocolate digestives	400	Per biscuit	29.3	0.80	0.10	No
Morrison's	Milk chocolate digestives	400	Per biscuit	37.1	0.80	0.10	No
Morrison's Savers	Ginger biscuits	300	Per biscuit	32.0	0.80	0.10	No
Belvita	Biscuits cranberry	300	Per biscuit (12.5g)	19.3	0.80	0.10	No
Tesco	Oaties	300	Per biscuit (14.5g)	25.8	0.80	0.10	No
Tesco everyday value	Milk chocolate digestives	300	Per biscuit (16.9g)	27.4	0.80	0.10	No
Jacob's	Lemon puff	200	Per biscuit	19.7	0.75	0.10	No
Waitrose Essential	Digestive biscuits	500	Per biscuit	22.0	0.75	0.10	No
McVities	Dark chocolate digestives	400	Per biscuit	27.4	0.75	0.10	No
Trufree	Bourbon biscuits	125	Per biscuit	33.3	0.70	0.10	No
Asda Chosen By You	Ginger nuts	300	Per biscuit	35.5	0.70	0.10	No
Asda Free From	All butter Sicilian lemon shortbread	200	Per biscuit	31.0	0.70	0.10	Yes
Asda Smart Price	Nice biscuits	200	Per biscuit	23.2	0.70	0.10	Yes
Asda Chosen By You	Nice biscuits	400	Per biscuit (8g)	22.0	0.70	0.10	Yes
Asda	Chocolate chip cookies	250	Per cookie	30.6	0.70	0.10	Yes

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Asda Free From	All butter oat and honey cookies	150	Per cookie	27.7	0.70	0.10	Yes
Asda Free From	Chocolate chip cookies	150	Per cookie	27.7	0.70	0.10	Yes
Tesco finest	Belgian chocolate chunk shortbread	150	each biscuit	25.8	0.70	0.10	Yes
Morrison's	Milk chocolate continentals	125	Per biscuit	41.4	0.70	0.10	Yes
Morrison's	Oat nubbies milk chocolate	300	Per biscuit	34.2	0.70	0.10	Yes
Morrison's Nu Me	Cereal and milk breakfast biscuits	250	Per biscuit	15.7	0.70	0.10	Yes
Sainsbury's	Malted milk biscuits	200	Per biscuit	17.2	0.70	0.10	Yes
The Co-operative	Milk chocolate malted milk biscuits	250	Per biscuit (11g)	29.6	0.70	0.10	Yes
Tesco	Thick all butter shortbread fingers	250	Per biscuit (17.9g)	14.9	0.70	0.10	Yes
Tesco	Milk chocolate oaties	300	Per biscuit (19g)	33.3	0.70	0.10	Yes
Tesco finest	Shortbread fingers	165	Per biscuit (20.6g)	13.7	0.70	0.10	Yes
Morrison's	Zesty lemon shortbread	160	Per round	17.8	0.70	0.10	Yes
Morrison's	Smothered forest fruits on the go	218	Per slice	36.0	0.70	0.10	Yes
Morrison's	Smothered strawberry on the go	218	Per slice	36.3	0.70	0.10	Yes
Asda Extra Special	Artisan bakery stem ginger chocolate biscuits	150	Per biscuit	27.1	0.60	0.10	Yes
Asda Extra Special	All butter shortbread fingers	200	Per biscuit	18.9	0.60	0.10	Yes
Asda Extra Special	All butter shortbread rounds	160	Per biscuit	18.9	0.60	0.10	Yes
Asda Smart Price	Chocolate chip cookies	200	Per biscuit	29.0	0.60	0.10	Yes
Weight watchers	Ginger and lemon cookies	114	Per 2 cookies (19g)	27.7	0.60	0.10	Yes
Fox's	Crinkles coconut	200	Per biscuit	33.5	0.60	0.10	Yes
Fox's	Chocolatey shortcake rings	130	Per biscuit	47.7	0.60	0.10	Yes
Fox's	Munch chocolate	172	Per biscuit	35.9	0.60	0.10	Yes
Tesco	British biscuit rhubarb	180	Per biscuit	33.5	0.60	0.10	Yes
The Co-operative	Choc chip cookies	200	Per biscuit (11g)	33.0	0.60	0.10	Yes
The Co-operative	Milk chocolate rich tea biscuits	250	Per biscuit (13g)	31.3	0.60	0.10	Yes
The Co-operative	All butter shortbread fingers	200	Per biscuit (20g)	14.9	0.60	0.10	Yes
Morrison's	Belgian chocolate chunk cookies	200	Per cookie	36.5	0.60	0.10	Yes
Morrison's	Belgian chocolate shortbread rounds	175	Per round	25.4	0.60	0.10	Yes
Doves Farm	Gluten free stem ginger cookies	150	Per cookie (17g)	30.2	0.58	0.10	Yes
Doves Farm	Organic gluten free lemon zest cookies	150	Per cookie (17g)	34.5	0.58	0.10	Yes
Asda Free From	Milk chocolate digestives	200	Per 1/15 pack (13g)	24.3	0.50	0.10	only calories
Asda Free From	Digestive biscuits	170	Per 1/16 pack (10.5g)	17.7	0.50	0.10	Yes
Asda Chosen By You	Smilies	200	Per 2 biscuits	37.4	0.50	0.10	Yes
Asda Chosen By You	Jam and creams	175	Per biscuit	37.4	0.50	0.10	Yes
Asda Free From	Stem ginger cookies	150	Per cookie	41.4	0.50	0.10	Yes
Mrs Crumbles	Peanut cookies	180	Per cookie	26.6	0.50	0.10	No
Asda Chosen By You	Shortbread fingers	210	Per finger	10.4	0.50	0.10	only calories
Nairn's	Fruit and spice oat biscuits	200	Per serving	15.7	0.50	0.10	Yes
Asda Smart Price	Custard creams	400	Per biscuit	27.9	0.50	0.10	Yes
Fox's	Dark chocolate chunkie cookies	200	Per biscuit	36.6	0.50	0.10	Yes
Fox's	Extremely chocolate chunkie cookies	175	Per biscuit	40.2	0.50	0.10	Yes
Fox's	Nice creams	175	Per biscuit	27.1	0.50	0.10	only calories
Jacob's	Fig rolls	200	Per biscuit	32.4	0.50	0.10	Yes
Toffee dodgers	Toffee Dodgers	140	Per biscuit	34.4	0.50	0.10	Yes
The Co-operative	Stem ginger shortbread	175	Per biscuit (14g)	28.3	0.50	0.10	Yes
Weight watchers	Chocolate biscuits	90	Per biscuit (18g)	29.8	0.50	0.10	Yes
The Co-operative	Chocolate chip shortbread	175	Per biscuit (19g)	22.5	0.50	0.10	Yes
Weight watchers	Apple blueberry raspberry biscuits	135	Per biscuit (22.5g)	45.4	0.50	0.10	No
Tesco	Finest quadruple nut cookies	200	Per cookie (25g)	19.9	0.50	0.10	No
The Co-operative	Truly Irresistible half coated Brazil nut cookies	200	Per cookie (25g)	32.2	0.50	0.10	No

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Sainsbury's Taste The Difference	Belgian chocolate chunk shortbread	175	Per biscuit	27.4	0.48	0.10	No
Asda Extra Special	Artisan bakery soft baked apple cookies	250	Per 2 cookies	40.4	0.40	0.10	No
Asda Extra Special	Artisan bakery soft baked strawberry cookies	250	Per 2 cookies	34.3	0.40	0.10	No
Asda Extra Special	Artisan bakery soft baked lemon cookies	250	Per 2 cookies	37.6	0.40	0.10	No
Asda	Custard creams	400	Per biscuit	29.8	0.40	0.10	No
Asda Free From	Jammy wheels	200	Per biscuit	33.9	0.40	0.10	No
Asda Chosen By You	Peanut cookies	200	Per cookie	25.0	0.40	0.10	No
Morrison's	Milk chocolate eskimo biscuits	pack of 8	Per biscuit	39.3	0.40	0.10	No
Sainsbury's	Chocolate and pecan squares	175	Per biscuit	26.0	0.40	0.10	No
The Co-operative	Fig rolls	200	Per biscuit (19g)	44.1	0.40	0.10	No
The Co-operative	Free From chocolate sandwich cream biscuits	190	Per biscuit (21g)	31.0	0.40	0.10	No
Bahlsen	First class milk chocolate biscuits	125	Per 3 biscuits	37.0	0.33	0.10	No
Choccie dodgers	Choccie dodgers	140	Per biscuit	29.0	0.32	0.10	No
Waitrose Essential	All butter biscuits	200	Per biscuit	17.0	0.99	0.09	No
Fox's	Creation milk chocolate shortcake ring	130	Per biscuit	46.7	0.45	0.09	No
Burtons	Wagon wheels Original	220	Per biscuit	37.1	0.26	0.09	No
Waitrose Essential	Rich highland shortie biscuits	300	Per biscuit	22.7	0.88	0.09	only calories
Waitrose Essential	Malted milk biscuits	200	Per biscuit	19.1	0.96	0.09	Yes
Sainsbury's So Organic	Digestive biscuits	250	Per biscuit (12.4g)	20.3	0.70	0.09	Yes
Sainsbury's	Ginger nut biscuits, so organic	200	Per biscuit (12.6g)	27.4	0.65	0.08	Yes
Sainsbury's	Free from digestive biscuits	175	Per biscuit (15g)	18.8	0.55	0.08	Yes
Waitrose Essential	Rich tea biscuits	200	Per biscuit	20.9	1.03	0.08	Yes
Fox's	Chocolate Viennese melts	120	Per biscuit	31.9	0.65	0.08	Yes
Disney	Mickey choc chip cookies	200	Per biscuit (12.5g)	29.3	0.65	0.08	Yes
Waitrose Essential	Jam sandwich creams	150	Per biscuit	31.1	0.53	0.08	Yes
Fox's	Golden crunch creams	168	Per biscuit	39.3	0.52	0.08	Yes
Fox's	Jam ring creams	150	Per biscuit	30.2	0.48	0.08	Yes
Cadbury's	Crunchie biscuits	130	Per biscuit (16.8g)	50.3	0.47	0.08	Yes
Fox's	Fruit and nut chunkie	175	Per biscuit	32.6	0.30	0.08	Yes
Waitrose Essential	Fruit shortcake biscuits	200	Per biscuit	26.0	0.97	0.08	Yes
Waitrose Essential	Reduced fat rich tea biscuits	400	Per biscuit	19.0	0.80	0.08	only calories
Waitrose Essential	Malted milk chocolate biscuits	250	Per biscuit	29.6	0.70	0.08	Yes
Barkat	Ginger cookies	150	Per cookie	10.9	0.70	0.08	No
Trufree	Digestive biscuits	150	Per biscuit	20.8	1.00	0.08	Yes
Sainsbury's	Free from rich tea biscuits	150	Per biscuit (9.9g)	30.1	0.80	0.08	No
Sainsbury's	Shortcake	200	Per biscuit	18.7	0.77	0.08	Yes
Duchy From Waitrose	Chocolate and vanilla shortbread	150	Per biscuit	26.9	0.65	0.08	Yes
Weight watchers	Milk chocolate digestives	132	Per biscuit (11g)	29.0	0.60	0.08	Yes
Lyon's	Viscount mint rounds	98	Per biscuit	38.0	0.50	0.08	Yes
Sunstart	Free from plain chocolate flavoured wrapped golden crunch	150	Per biscuit (16.6g)	25.0	0.50	0.08	No
Sunstart	Supreme golden crunch	150	Per biscuit (16.6g)	25.0	0.50	0.08	Yes
Waitrose	Seriously gingery dark chocolate and ginger biscuits	125	Per biscuit	34.9	0.48	0.08	No
Corsini Biscotti	Tuscany long biscotti with almond and chocolate	180	Per biscuit	36.3	0.23	0.08	No
Waitrose Essential	Coconut ring biscuits	300	Per biscuit	26.1	0.83	0.07	No
Cadbury's	Milk chocolate rich tea	300	Per biscuit	30.4	0.58	0.07	No
Fox's	Rich tea finger cream biscuits	175	Per biscuit	30.7	0.55	0.07	No
Belvita	Fruit and fibre breakfast biscuits	300	Per biscuit (12.5g)	25.0	0.52	0.07	No
Cadbury's	Dairy milk biscuit	100	Per biscuit	32.4	0.48	0.07	No
Fox's	Melts raspberry and cream	120	Per biscuit	34.7	0.46	0.07	Yes
Cadbury's	Bournville biscuits	130	Per biscuit (16.5g)	37.3	0.45	0.07	Yes

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Cadbury's	Caramel biscuits	130	Per biscuit (16.4g)	40.3	0.40	0.07	Yes
Fox's	Velvety caramel and honeycomb cream	130	Per biscuit	45.2	0.37	0.07	Yes
Fox's	Party iced mini chocolate rings x6	25	Per 25g bag	43.0	0.27	0.07	Yes
Sainsbury's	Milk chocolate rich tea biscuits	300	Per biscuit (12.4g)	31.6	0.55	0.07	Yes
Waitrose Love Life	Shortcake biscuits	200	Per biscuit	8.5	0.30	0.07	Yes
Waitrose Essential	Custard creams	200	Per biscuit	29.8	0.50	0.06	Yes
Hellema	Peanut cookies	175	Per cookie (14.5)	25.0	0.43	0.06	Yes
Maryland	Chocolate chip cookies	200	Per biscuit	36.6	0.61	0.06	Yes
Fox's	Chocolatey caramel shortcake biscuits	110	Per biscuit	45.7	0.46	0.06	Yes
Cadbury's	Turkish biscuits	130	Per biscuit (16.2g)	48.6	0.39	0.06	Yes
Fox's	Velvety fudge cream and chocolate	130	Per biscuit	44.8	0.34	0.06	Yes
Waitrose	Continental milk chocolate butter biscuits	125	Per biscuit	39.0	0.38	0.05	Yes
Sainsbury's	Morning coffee biscuits	250	Per biscuit	19.1	0.94	0.05	Yes
Asda Chosen By You	Rich tea fingers	250	Per biscuit	20.7	0.80	0.05	Yes
Trufree	Rich tea biscuits	125	Per biscuit	9.5	0.75	0.05	Yes
Fox's	Munch golden syrup	172	Per biscuit	32.4	0.68	0.05	No
Weight watchers	Double chocolate chip cookies	95	Per bag (19g)	23.1	0.50	0.05	Yes
Fox's	Chocolatey vanilla shortcake	125	Per biscuit	45.1	0.40	0.05	No
Asda Smart Price	Bourbon creams	200	Per biscuit	33.5	0.30	0.05	No
Burtons	Wagon wheels Wheelies	182	Per biscuit	39.9	0.26	0.05	Yes
Choccie dodgers mini snack packs	Choccie dodgers mini snack packs	20	Per biscuit	28.1	0.23	0.05	No
Belvita	Forest fruit breakfast biscuits	300	Per biscuit (12.5g)	23.0	0.37	0.05	No
Waitrose Essential	Rich tea finger biscuits	250	Per biscuit	20.7	1.03	0.05	Yes
Belvita	Muesli biscuits	300	Per biscuit (12.5g)	24.0	0.34	0.04	Yes
Fox's	Munch chocolate chip biscuits	172	Per biscuit	35.9	0.61	0.04	Yes
Fox's	Party ring biscuits	125	Per biscuit	39.4	0.58	0.04	Yes
Nairn's	Dark chocolate chip oat biscuit	200	Per biscuit	21.7	0.40	0.04	Yes
Nairn's	Wheat free, ginger biscuits	200	Per biscuit	19.2	0.40	0.04	No
Waitrose	Continental dark chocolate butter biscuits	125	Per biscuit	37.0	0.25	0.04	No
Lotus	Caramelised biscuits	250	Per biscuit (7.5g)	38.1	0.37	0.03	No
Waitrose Essential	Garibaldi biscuits	200	Per biscuit	37.8	0.30	0.03	Yes
Sainsbury's Taste The Difference	Almond thins	100	Per biscuit	38.2	0.98	0.03	No
Waitrose Essential	Nice biscuits	250	Per biscuit	25.3	0.30	0.03	Yes
Asda	Garibaldi	200	Per biscuit	37.8	0.25	0.03	Yes
Waitrose Essential	Bourbon creams	400	Per biscuit	30.7	0.25	0.03	No
Asda Smart Price	Jaffa cakes	135	Per biscuit	53.0	0.20	0.03	No
Bahlsen	First class dark chocolate wafers	125	Per 3 biscuits	37.0	0.10	0.03	No
Doria	Amaretti	250	Per 6 biscuits (33g)	73.7	0.10	0.03	No
Tesco	Nice biscuits	200	Per biscuit (8.24g)	22.0	0.60	0.02	Yes
Waitrose Love Life	Gluten free oat and raisin cookies	150	Per cookie	26.6	0.08	0.01	Yes
McVities	Café Noir	200	Per biscuit	62.4	0.50	<0.1	Yes
Sainsbury's	Rich tea biscuits	200	Per biscuit	20.9	1.03	trace	No
Sainsbury's Basics	Rich tea biscuits	300	Per biscuit	20.4	1.02	trace	No
Sainsbury's	All butter biscuit with fruit	200	Per biscuit	25.9	1.00	trace	No
Tesco everyday value	Ginger nut biscuits	300	Per biscuit	28.3	1.00	trace	only calories
Tesco	Ginger nuts	200	Per biscuit (10.2g)	33.5	1.00	trace	No
Tesco	Rich tea finger biscuits	250	Per biscuit (5g)	20.7	1.00	trace	Yes
Sainsbury's	Rich tea fingers	250	Per biscuit	20.7	0.97	trace	Yes
Tesco	Malted milk biscuits	200	Per biscuit (8.9g)	19.1	0.90	trace	No

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Sainsbury's	Shorties biscuits, rich highland	400	Per biscuit	22.8	0.88	trace	No
Sainsbury's	Eric Party butter biscuit	125	Per biscuit	24.5	0.86	trace	No
Sainsbury's	Ginger crinkle crunch biscuits	200	Per biscuit	29.8	0.86	trace	Yes
Sainsbury's	Coconut rings	300	Per biscuit	26.1	0.83	trace	Yes
Morrison's	Stem ginger crinkle biscuits	200	Per biscuit	30.2	0.80	trace	No
Tesco	Rich shorties biscuits	300	Per biscuit (11.9g)	23.6	0.80	trace	Yes
Tesco	Reduced fat rich tea biscuits	300	Per biscuit (9.5g)	19.6	0.80	trace	Yes
Tesco	Fruit shortcake	250	Per biscuit (9g)	25.7	0.80	trace	No
Sainsbury's	35% reduced fat ginger snaps	200	Per biscuit	35.1	0.77	trace	No
Doves Farm Organic	Digestives fruity oat	200	Per biscuit	23.1	0.75	trace	Yes
Jacob's	Happy faces	150	Per biscuit	31.3	0.75	trace	Yes
Cadbury	Oat and chocolate chip cookies	300	Per biscuit	32.4	0.75	trace	Yes
Morrison's Savers	Rich tea biscuits	400	Per biscuit	17.3	0.70	trace	Yes
Sainsbury's	Milk chocolate malted milk biscuits	250	Per biscuit	29.6	0.70	trace	Yes
Tesco	Chocolate coated malted milk	250	Per biscuit (11g)	29.6	0.70	trace	Yes
Sainsbury's Basics	Cookies	250	Per biscuit	29.3	0.68	trace	No
Maryland	Chocolate chip and hazelnut biscuits	230	Per biscuit	32.7	0.64	trace	No
Sainsbury's Taste The Difference	Lemon shortbread thins	160	Per biscuit	20.2	0.63	trace	Yes
Morrison's	Dark chocolate continentals	125	Per biscuit	38.8	0.60	trace	No
Morrison's	Double choc chip cookies	230	Per biscuit	31.0	0.60	trace	Yes
Morrison's	Milk chocolate malted milk biscuits	250	Per biscuit	29.0	0.60	trace	No
Tesco	Shortcake biscuits	200	Per biscuit (11g)	17.9	0.60	trace	Yes
Tesco	Buttery Viennese finger	150	Per biscuit (15.2g)	31.2	0.60	trace	Yes
Tesco everyday value	Rich tea biscuits	300	Per biscuit (9.5g)	18.6	0.60	trace	Yes
Morrison's Savers	Chocolate chip cookies	250	Per cookie	27.5	0.60	trace	Yes
Morrison's	Forrest fruits on the go	218	Per slice	28.9	0.60	trace	No
Maryland	Gooseys	160	Per biscuit	39.1	0.59	trace	No
Sainsbury's Basics	Shortcake	400	Per biscuit	17.8	0.58	trace	Yes
Sainsbury's	Coconut cookies	200	Per biscuit	23.6	0.57	trace	Yes
Sainsbury's Taste The Difference	Butterscotch shortbread thins	160	Per biscuit	17.5	0.55	trace	Yes
Sainsbury's	Jam sandwich creams	150	Per biscuit	31.1	0.53	trace	Yes
Sainsbury's Taste The Difference	Raspberry shortbread thins	160	Per biscuit	19.3	0.53	trace	No
Asda Chosen By You	Shortcake biscuits	400	Per biscuit	17.5	0.50	trace	No
Bolands	Fig rolls	200	Per biscuit	44.9	0.50	trace	No
Morrison's	Choc chip cookies	230	Per biscuit	30.2	0.50	trace	No
Morrison's	Milk chocolate rich tea	250	Per biscuit	30.7	0.50	trace	No
Morrison's Savers	Custard creams	400	Per biscuit	25.2	0.50	trace	No
Sainsbury's	Custard creams	200	Per biscuit	28.5	0.50	trace	No
Sainsbury's	Fig rolls	200	Per biscuit	43.9	0.50	trace	No
Tesco	Chocolate chip cookies	250	Per biscuit (10.8g)	30.1	0.50	trace	No
Tesco	Custard cream biscuits	400	Per biscuit (12.6g)	28.5	0.50	trace	No
Tesco everyday value	Shortbread fingers	125	Per biscuit (12.6g)	19.2	0.50	trace	No
Tesco everyday value	Custard creams	400	Per biscuit (12.6g)	28.5	0.50	trace	No
Tesco	Milk chocolate mint cream biscuits	pack of 14	Per biscuit (14g)	39.5	0.50	trace	No
Tesco	Jam sandwich creams	150	Per biscuit (15.5g)	29.1	0.50	trace	Yes
Tesco	Jammy rings	150	Per biscuit (18.8g)	30.6	0.50	trace	Yes
Tesco	Scottish all butter chocolate chip shortbread	160	Per biscuit (20g)	18.6	0.50	trace	Yes
Sainsbury's	Chocolate chip cookies	400	Per biscuit	31.3	0.46	trace	Yes
Sainsbury's	Mini milk chocolate butter biscuit	110	Per biscuit	35.4	0.46	trace	Yes

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Sainsbury's Basics	Custard creams	400	Per biscuit	28.3	0.45	trace	Yes
Asda Chosen By You	Chocolate melting moments	125	Per biscuit	15.8	0.40	trace	Yes
Duchy From Waitrose	Organic dark chocolate orange biscuits	100	Per biscuit	37.5	0.40	trace	Yes
Duchy From Waitrose	Organic ginger and chocolate biscuits	100	Per biscuit	39.7	0.40	trace	Yes
Tesco	Milk chocolate coated biscuits	125	Per 2 biscuits (28g)	39.0	0.40	trace	Yes
Jammie Dodgers	Jammie Dodgers	150	Per biscuit	36.2	0.40	trace	Yes
Morrison's	Raspberry riot	145	Per biscuit	46.0	0.40	trace	Yes
Sainsbury's	Free from chocolate chip cookies	150	Per biscuit	37.4	0.40	trace	Yes
The Co-operative	Custard creams	300	Per biscuit (12g)	26.5	0.40	trace	Yes
Tesco	Velvety caramel chocolate shortcake	150	Per biscuit (15.7g)	46.5	0.40	trace	Yes
Tesco	Honeycomb creams	125	Per biscuit (16.5g)	46.1	0.40	trace	Yes
Maryland	Double chocolate cookies	125	Per biscuit	32.3	0.39	trace	Yes
McVities	Jaffa cakes	141	Per biscuit	53.0	0.30	trace	Yes
Morrison's	Hazelnut choc chip cookies	230	Per biscuit	30.0	0.30	trace	Yes
Morrison's	Ultimate chocolate	175	Per biscuit	47.5	0.30	trace	Yes
Morrison's Savers	Bourbon creams	400	Per biscuit	28.9	0.30	trace	Yes
Sainsbury's	Garibaldi biscuits	200	Per biscuit	37.9	0.30	trace	Yes
Sainsbury's	Nice biscuits	250	Per biscuit	25.0	0.30	trace	Yes
Tesco	Garibaldi biscuits	200	Per biscuit (10.2g)	35.8	0.30	trace	Yes
Tesco	Bourbon creams	200	Per biscuit (14g)	30.3	0.30	trace	Yes
Tesco everyday value	Bourbon creams	400	Per biscuit (14g)	29.6	0.30	trace	Yes
The Co-operative	Bourbon creams	200	Per biscuit (14g)	30.7	0.30	trace	Yes
Tesco	Marbled swirl	125	Per biscuit (16.1g)	42.4	0.30	trace	No
Tesco	Fig rolls	200	Per biscuit (18.5g)	38.9	0.30	trace	Yes
Tesco	Chunky chocolate shortcakes	175	Per biscuit (22.6g)	49.1	0.30	trace	No
Tesco	Chocolatey fruit and nut cookies	200	Per cookie (25g)	31.9	0.30	trace	No
Tesco	Chunky chocolate cookies	200	Per cookie (25g)	34.0	0.30	trace	Yes
Sainsbury's Basics	Bourbon creams	400	Per biscuit	30.0	0.26	trace	Yes
Sainsbury's	Bourbon creams	400	Per biscuit	30.7	0.25	trace	Yes
Sainsbury's	Jaffa cakes	pack of 36	Per biscuit	52.2	0.25	trace	Yes
Sainsbury's free from	Shortcake	125	Per biscuit	12.8	0.25	trace	No
Arden & Amici	Almond cantuccini	180	Per biscuit	23.2	0.23	trace	Yes
Arden & Amici	Almond and chocolate chip biscotti	180	Per biscuit	25.1	0.23	trace	Yes
The Co-operative	Jaffa cakes	pack of 12	Per biscuit (11g)	55.5	0.20	trace	Yes
Sainsbury's Taste The Difference	Soft amaretti	180	Per biscuit	48.1	0.15	trace	Yes
Arden & Amici	Soft amaretti	150	Per biscuit	43.7	0.10	trace	Yes
Asda Extra Special	Belgian chocolate petits fours	125	Per petits four	52.3	0.10	trace	Yes
Sainsbury's Basics	Jaffa cakes	x24	Per biscuit	51.0	0.10	trace	Yes
Kent & Fraser	Chocolate butter crunch	125	Not provided	28.7	1.25	Not provided	No
Kent & Fraser	Spicy ginger crunchy cookies	125	Not provided	35.6	1.25	Not provided	No
Asda Chosen By You	Great British biscuits stem ginger	150	Not provided	30.3	1.10	Not provided	No
Crosta & Mollica	Light crunchy butter biscuits with cocoa	85	Not provided	19.4	1.08	Not provided	No
Asda	Malted milk	400	Not provided	16.6	1.00	Not provided	No
Lazy Day	Ginger snaps	100	Not provided	37.0	1.00	Not provided	No
Lazy Day	Chocolate gingers	125	Not provided	37.0	1.00	Not provided	Yes
Asda Chosen By You	Milk chocolate oatie crumbles	300	Not provided	33.3	0.90	Not provided	Yes
Asda Chosen By You	Great British biscuits fruit shrewsbury	150	Not provided	32.2	0.90	Not provided	Yes
Maryland	Big and chunky hazelnut crunch	200	Not provided	28.5	0.90	Not provided	Yes
Waitrose	Butter shortbread fingers	400	Not provided	15.8	0.88	Not provided	Yes

Brand Name	Product Name	Pack size (g)	Suggested portion size	Sugar/100g	Salt/100g	Salt/portion	Front of pack nutrition labelling?
Fudge's	Lemon zest biscuits	150	Not provided	31.8	0.80	Not provided	Yes
Maryland	Big and chunky chocolate and flap jack biscuit	200	Not provided	31.2	0.80	Not provided	No
Eskal	Gluten free vanilla tea biscuits	200	Not provided	21.7	0.76	Not provided	Yes
Kent & Fraser	Vanilla and walnut shortbread	125	Not provided	16.8	0.75	Not provided	Yes
Paterson's	Shortbread fingers	150	Not provided	17.9	0.75	Not provided	Yes
Fudge's	Dipped lemon zest biscuits	130	Not provided	31.8	0.70	Not provided	Yes
National Trust	Oat crumbles	150	Not provided	20.0	0.68	Not provided	Yes
Asda Chosen By You	Indulgent treats vanilla Viennese creams	150	Not provided	32.8	0.60	Not provided	No
Fudge's	Dipped ginger biscuits	130	Not provided	32.6	0.60	Not provided	No
Fudge's	Roasted almond biscuit	150	Not provided	26.9	0.60	Not provided	No
National Trust	Golden honey oaties	150	Not provided	25.8	0.60	Not provided	Yes
Asda Chosen By You	Great British biscuits orange marmalade	150	Not provided	23.4	0.60	Not provided	Yes
Maryland	Snap jacks red berry shorties	200	Not provided	17.1	0.58	Not provided	No
Maryland	Snap jacks vanilla shorties	200	Not provided	17.0	0.58	Not provided	Yes
National Trust	Clotted cream rounds	150	Not provided	18.0	0.56	Not provided	Yes
Byron Bay	Gluten free triple chocolate chunk cookies	125	Not provided	28.7	0.55	Not provided	No
Byron Bay	Gluten free white chocolate chunk and macadamia cookies	125	Not provided	25.4	0.55	Not provided	Yes
National Trust	Lancashire lemon curd	150	Not provided	21.0	0.55	Not provided	No
BN	Chocolate biscuits	295	Not provided	36.3	0.53	Not provided	No
National Trust	Stem ginger and orange marmalade	150	Not provided	25.5	0.52	Not provided	No
Daylesford	Organic Scottish mini shortbread hearts	125	Not provided	19.5	0.50	Not provided	No
Daylesford Organic	Petticoat tails shortbread biscuits	100	Not provided	19.5	0.50	Not provided	No
Daylesford Organic	Chocolate dipped ginger biscuits	150	Not provided	37.3	0.50	Not provided	No
Daylesford Organic	Mini sweet oatie biscuits	125	Not provided	21.1	0.50	Not provided	No
Daylesford Organic	White chocolate dipped lemon biscuits	150	Not provided	18.6	0.50	Not provided	No
Kent & Fraser	Lemon butter shortbread	125	Not provided	18.2	0.50	Not provided	No
Lazy Day	Foods Millionaire's Shortbread	150	Not provided	38.0	0.50	Not provided	No
Asda Chosen By You	Great British biscuits cherry bakewell	150	Not provided	27.3	0.50	Not provided	Yes
Shirley	Coconut biscuit	100	Not provided	23.3	0.50	Not provided	Yes
Maryland	Double chocolate chip cookies	175	Not provided	34.0	0.49	Not provided	Yes
Asda	Chocolate honeycomb crunch biscuits	125	Not provided	47.7	0.40	Not provided	Yes
Asda	Chocolate cocoa creams	500	Not provided	33.0	0.40	Not provided	Yes
Asda	Chocolate honeycomb crunch biscuits	125	Not provided	47.7	0.40	Not provided	yes
Asda Chosen By You	Indulgent treats chocolate vanilla sundaes	125	Not provided	41.6	0.40	Not provided	Yes
Asda Chosen By You	White chocolate cream sundaes	145	Not provided	45.9	0.40	Not provided	Yes
Asda Chosen By You	Chocolate caramel shortcakes	150	Not provided	42.6	0.40	Not provided	Yes
Fudge's	Dipped cranberry biscuits	130	Not provided	36.2	0.40	Not provided	Yes
Asda	Fig rolls	200	Not provided	35.0	0.30	Not provided	Yes
Asda Chosen By You	Chocolate shortcake swirls	125	Not provided	41.6	0.30	Not provided	Yes
Fudge's	Dark Belgian chocolate Florentines	140	Not provided	47.5	0.30	Not provided	Yes