



Popcorn Survey 2015 - Sugars Data

Notes:

Data per 100g and per portion collected using CASH food and drink database, online and in store week commencing 13th April-15th June. See CASH website for further information.

Data table sorted by highest sugars per suggestion portion size (g)

Salt calculated from sodium where necessary

Colour coding according to DH FoP Guidance: Green ≤5.0/100g, Amber 5.0-22.5g, red >22.5g /100g, >27g/portion

Where values were only given per portion, and portion size was known, per 100g information was calculated

Brand	Product Name	Category	Sub Category	Suggested Portion Size	Sugars / 100g	Sugars/ portion (g)
Cineworld	Toffee Popcorn	Cinema	Sweet	200	61	121
Empire Cinemas	Toffee Popcorn	Cinema	Sweet	185	55.2	102.1
Thomas Tucker	Coconut Toffee Popcorn	Cinema	Sweet	100	59.1	59.1
Thomas Tucker	Fruits of the Forrest Popcorn	Cinema	Sweet	100	56.3	56.3
Cineworld	Large Sweet Popcorn	Cinema	Sweet	279	14.3	39.9
Empire Cinemas	Large Sweet Popcorn	Cinema	Sweet	216	18.4	39.7
My Vue	Large Sweet Popcorn	Cinema	Sweet	198	18.4	36.4
Odeon	Sweet Popcorn Large	Cinema	Sweet	np	np	35.9
Morrisons	Toffee Popcorn	Ready to Eat	Sweet	50	64.9	32.5
Asda	Chosen by You Toffee Popcorn	Ready to Eat	Sweet	50	58	29
Empire Cinemas	Regular Sweet Popcorn	Cinema	Sweet	155	18.4	28.5
Odeon	Sweet Popcorn Medium	Cinema	Sweet	np	np	28.3
My Vue	Regular Sweet Popcorn	Cinema	Sweet	148	18.4	27.2
Morrisons	Chocolate Coated Toffee Popcorn	Ready to Eat	Sweet	35	60.6	21.2
Cineworld	Regular Sweet Popcorn	Cinema	Sweet	146	14.3	20.9
Heston From Waitrose	Salted Caramel Popcorn	Ready to Eat	Mixed	35	58.4	20.4
Aldi	Toffee Popcorn	Ready to Eat	Sweet	40	46	19
Butterkist	Toffee Popcorn Snack Packs	Ready to Eat	Sweet	30	55.6	16.7
Odeon	Sweet Popcorn Small	Cinema	Sweet	np	np	16.4
Marks & Spencer	Guilt Free Snacking Double Chocolate Popcorn	Ready to Eat	Sweet	27	58.8	15.9
Marks & Spencer	Guilt Free Snacking Strawberry & White Choc Popcorn	Ready to Eat	Sweet	27	58.8	15.9
Lidl Snaktastic	Toffee Popcorn	Ready to Eat	Sweet	25	60	15
Cadbury	Popcorn	Ready to Eat	Sweet	25	59	15
Butterkist	Toffee Popcorn	Ready to Eat	Sweet	25	55.6	13.9
Marks & Spencer	Guilt Free Snacking Chocolate & Pecan Popcorn	Ready to Eat	Sweet	27	51.4	13.9
Thorntons	Toffee & White Chocolate Popcorn	Ready to Eat	Sweet	25	54.9	13.7
Thorntons	Toffee & Milk Chocolate Popcorn	Ready to Eat	Sweet	25	54.5	13.6
Thorntons	Toffee Covered Popcorn	Ready to Eat	Sweet	26	51	13.3
Tesco	Popcorn Toffee	Ready to Eat	Sweet	25	51	12.8
Butterkist	Sweet Popcorn	Ready to Eat	Sweet	25	51	12.75
Empire Cinemas	Small Sweet Popcorn	Cinema	Sweet	63	18.4	11.6
Butterkist	Salted Caramel Popcorn	Ready to Eat	Mixed	25	46.1	11.53
My Vue	Kids Sweet Popcorn	Cinema	Sweet	60	18.4	11
Popcorn Kitchen	Sweet & Salt	Ready to Eat	Mixed	30	33	9.9
Popcorn Kitchen	Sweet Chilli	Ready to Eat	Savoury	30	32	9.6
Odeon	Sweet Popcorn Kids Mix	Cinema	Sweet	np	np	9.4
Cineworld	Small Sweet Popcorn	Cinema	Sweet	66	14.3	9.4
Popcorn Kitchen	Simply Sweet	Ready to Eat	Sweet	30	31	9.2
Joe & Seph's	Caramel with a Hint of Sea Salt	Ready to Eat	Mixed	22.5	40.3	9.0
Asda	Chosen by You Sweet Popcorn	Ready to Eat	Sweet	27.5	32.8	9
Lord Poppington's	Sweet and Salty Popcorn	Ready to Eat	Mixed	30	28	9
Joe & Seph's	Caramel & Belgian Chocolate Popcorn	Ready to Eat	Sweet	22.5	39.7	8.9
PROPERCORN	Sweet & Salty	Ready to Eat	Mixed	30	28.1	8.4
Joe & Seph's	Toffee Apple & Cinnamon Popcorn	Ready to Eat	Sweet	20	40.5	8.1
Walkers	Sensations Sweet Cinnamon & Salt Flavour Popcorn	Ready to Eat	Mixed	30	27	8.1
Portlebay Popcorn	Wasabi & Sweet Ginger	Ready to Eat	Savoury	25	32.3	8.1
Sainsbury's	Sweet & Salty Popcorn	Ready to Eat	Mixed	25	31.7	7.9
Joe & Seph's	Maple Syrup & Pecan Popcorn	Ready to Eat	Sweet	20	39.7	7.8
Joe & Seph's	Strawberries & Cream Popcorn	Ready to Eat	Sweet	20	39.5	7.8
Portlebay Popcorn	Crispy Bacon & Maple Syrup	Ready to Eat	Savoury	25	31.4	7.8
Portlebay Popcorn	Lemon Sherbet	Ready to Eat	Sweet	25	30.7	7.7
Joe & Seph's	Caramel, Honey & Hazelnuts	Ready to Eat	Sweet	20	37.8	7.6
Lidl Snaktastic	Sweet Popcorn	Ready to Eat	Sweet	25	30	7.5
Portlebay Popcorn	Chilli & Lime	Ready to Eat	Savoury	25	28.5	7.1
Lidl McEnnedy	Microwave Popcorn Sweet	Microwave	Sweet	30	23.8	7.1
Portlebay Popcorn	Kracklecorn	Ready to Eat	Savoury	25	28.1	7.0
Portlebay Popcorn	Cinnamon Swirl	Ready to Eat	Sweet	25	28.2	7.0

Brand	Product Name	Category	Sub Category	Suggested Portion Size	Sugars / 100g	Sugars/ portion (g)
Portlebay Popcorn	Sweet & Salty	Ready to Eat	Mixed	25	28.1	7.0
Walkers	Sensations Thai Sweet Chilli Flavour Popcorn	Ready to Eat	Savoury	30	23	6.9
Morrisons	Sweet Popcorn	Ready to Eat	Sweet	28	23.9	6.7
Metcalfe's	Skinny Popcorn Sweet Cinnamon Spice Flavour Popcorn	Ready to Eat	Sweet	25	26.2	6.6
Portlebay Popcorn	Very Berry	Ready to Eat	Sweet	25	26	6.5
Portlebay Popcorn	Orchard Wood Smoked Cheddar	Ready to Eat	Savoury	25	25.7	6.4
Butterkist	Sweet & Salted Popcorn	Ready to Eat	Mixed	20	31.9	6.4
Joe & Seph's	Caramel & Crunchy Peanut Butter Popcorn	Ready to Eat	Sweet	20	31.5	6.3
Butterkist	Sweet Cinema Style Popcorn	Ready to Eat	Sweet	20	31.3	6.3
Asda	Chosen by You Sweet & Salty Popcorn	Ready to Eat	Mixed	25	25	6.3
Asda	Good & Counted Sweet Variety Popcorn	Ready to Eat	Sweet	15	40.4	6.1
Waitrose	Good To Go Sweet & Salty Popcorn	Ready to Eat	Mixed	25	24.4	6.1
Metcalfe's	Honey Bee Flavoured Popcorn	Ready to Eat	Sweet	25	24.2	6.1
Waitrose	Good To Go Wasabi & Ginger Popcorn	Ready to Eat	Savoury	25	24	6
Walkers	Mixups Popcorn Mix Sweet & Spicy	Ready to Eat	Mixed	30	20.1	6
Thomas Tucker	Chilli & Lemon Popcorn	Cinema	Savoury	30	19.9	5.97
Pret a Manger	Sweet & Salt Popcorn	Ready to Eat	Mixed	30	19.7	5.9
Thomas Tucker	Sweet & Salt Popcorn	Cinema	Mixed	30	19.6	5.9
Golden Popcorn	Salty & Sweet	Ready to Eat	Mixed	20	28.83	5.77
Cineworld	Munchbox Portion (Sweet)	Cinema	Sweet	38	1.20	5.4
Lidl Snaktastic	Sweet & Salted Popcorn	Ready to Eat	Mixed	25	21	5.3
Walkers	Mixups Popcorn Mix Sweet & Salty	Ready to Eat	Mixed	30	17.4	5.2
Tyrrells	Poshcorn Lemon Cupcake Popcorn	Ready to Eat	Sweet	22	22.8	5
Tyrrells	Poshcorn Coconut & Caramel Popcorn	Ready to Eat	Sweet	22	22.7	5
Metcalfe's	Skinny Topcorn Sweet 'n Salt Flavour Popcorn	Ready to Eat	Mixed	25	19.6	4.9
Tesco	Popcorn Sweet	Ready to Eat	Sweet	27	16.8	4.6
The Co-Operative	Loved By Us Spiced Ginger Flavour Popcorn	Ready to Eat	Sweet	20	21	4.2