




**AVERAGE SUGAR CONTENT OF BONNIE OAT BISCUITS  
COMPARED WITH 60 SIMILAR EVERYDAY BISCUITS  
AVAILABLE FOR PURCHASE IN NEW ZEALAND**

<b>BRAND</b>	<b>BISCUIT</b>	<b>SUGARS PER 100g</b>
Arnotts	Gingernuts	39.1
	Bran Biscuits	21.7
	Malt-O-Milk	27.5
	Nice Biscuits	28.7
	Shreaded Wheatmeal	16.5
	Farmbake Chocolate Chip Cookies	36.7
	Farmbake Chocolate Chip Fudge	37
	Farmbake Crunchy Oat & Fruit	36.4
	Farmbake Peanut Brownies	27.9
	Farmbake Triple Choc Cookies	36.8
	Premier Chocolate Chip Cookies	37.6
Belvita	Chocolate Breakfast Biscuits	27.6
	Honey and Nut Breakfast Biscuits	26.8
	Milk and Honey Breakfast Biscuits	19.7
Cookie Time	Chocolate Chunk Cookies	37.2
	Choc Fix Cookies	40.9
	Gluten Free Cookies – Chocolate Chunk	31.3
Ernest Adams	Gluten Free Cookies – Choc Chip	36.8
	Regular Choc Chip Cookies	26.1
	Apricot Chocolate Chip Cookies	36.9
	Triple Chocolate Cookies	35.3
Griffins	Chocolate Chippies	43.4
	Gingernuts	41.1
	Fruitli Golden Fruit	45.2
	Fruitli Fingers	49.1
	Fruit Digestives	16.8
	Wheat Digestives	24
	Krispies	31.2
	Shrewsbury's	33.6
	Superwines	24
I Love Baking	Munchy Choc Chip Cookies	27.2
	Ginga Ninja Cookies	24.8
	Rainbow Chocolate Magic Cookies	32.9



Kea Cookies	Choc Chip Cookies	27
	Hokey Pokey Cookies	24
	Gingernut Cookies	27
	Peanut Brownie Cookies	19
Leda	Golden Crunch Cookies	24.8
	Arrowroot Biscuits	27.9
Little Bird Organics	Good Cookie – Double Chocolate Chip	20.5
	Good Cookie – Hazelnut Chocolate Chip	18.9
McVities	Chocolate Digestives	29.3
	Chocolate Hob Nobs	33
Molly Whoppy	Chocca Chip (Shortbread)	19.4
	Choccy Coconut Ruff Cookies	24.1
	Milk Choccy Chunk	29.5
	Chewy Ginger Delight	34.1
Nairn's	Stem Ginger Oat Biscuits	17.2
	Dark Chocolate Oat Biscuits	19
	Fruit & Spice Oat Biscuits	19.3
Pure Delish	Spicy Ginger Bites	48.4
	Haffagani Bites	22.4
	Primal Bites	26.8
	Primal Chocolate Biscuits	31.7
Woolworths	Free From Gluten Biscuits Gingernuts	32
	Free From Gluten Chocolate Chip Biscuits	30.6
Zesti	Oat & Raisin Organic Cookies	38
	Ginger Organic Cookies	35
	Chocolate Organic Cookies	40
	<b>Ave. sugars p/100g (Total)</b>	<b>29.6</b>
	Dark Chocolate & Hazelnut Oat Biscuits	14.8
	Dutch Spiced Oat Biscuits	13.2
	Peanut Brownie Oat Biscuits	14.3
	<b>Ave. sugars p/100g (Bonnie)</b>	<b>14.1</b>

**52.4%**

less sugar than the average sweet biscuit!