



Children's Fruit Snacks Survey 2015

Data table sorted by highest sugars (g) per 100g

Product information was collected online, instore or direct from manufacturers

Colour coding based on new front of pack colour-coded nutrition labelling criteria

Sugars - Red >22.5g/100g, Amber >5.1≤22.5g/100g, Green ≤5g/100g

*serving size as stated on product packaging

Brand	Product Name & Pack Size	Sugars (g) per 100g	Sugars (g) per serving	Teaspoons of sugar per serving*
The Fruit Factory	The Fruit Factory Sports Mix-Ups 5x18g	81.0	14.6	3.6
Tesco	Tesco Yogurt Coated Strawberry Fruit Bites 25g	70.1	17.5	4.4
Fruit Bowl	Fruit Bowl Fruit Flakes Raspberry Rush 25g	69.0	17.3	4.3
Whitworths	Whitworths Sunny Raisin Coated Custard Raisins 25g	68.8	17.2	4.3
Organix Goodies	Organix Goodies Organic Fruit Gummies Strawberry & Apple 12g	67.2	8.1	2.0
Fruit Bowl	Fruit Bowl Yogurt Raisins 30g	66.0	20.0	5.0
Fruit Bowl	Fruit Bowl Yogurt Raisins 5x22g	66.0	15.0	3.8
The Fruit Factory	The Fruit Factory Fruit Gummies 5x16g	65.8	10.5	2.6
Humdinger	Humdinger The Fruit Factory Yogurt Coated Rainbow Raisins 5x25g	65.7	16.4	4.1
ASDA	ASDA Chosen by you Yogurt Flavoured Coated Strawberry Fruity Bits 5x25g	64.6	16.2	4.0
Aldi	Aldi Sweet Vine Yogurt Coated Blackcurrant Flakes 5x25g	64.0	16.0	4.0
ASDA	ASDA Chosen by Kids Strawberry Squidgy Fruit Monsters 5x21g	63.9	13.4	3.4
ASDA	Asda Chosen by Kids Strawberry & Apple Flavoured Peelable Fruit Bars 5x21g	63.9	13.4	3.4
ASDA	ASDA Chosen by Kids Raspberry & Blueberry Squidgy Fruit Monsters 5x21g	63.9	13.4	3.4
Whitworths	Whitworths Sunny Raisin Coated Yogurt Raisins 25g	63.4	15.9	4.0
Fruit Bowl	Fruit Bowl Strawberry Rockets Frollipops 5x15g	63.0	9.0	2.3
Fruit Bowl	Fruit Bowl Apple Snakes Frollipops 5x15g	63.0	9.0	2.3
Organix Goodies	Organix Goodies Blackcurrant & Apple Stars 12g	62.8	7.5	1.9
Frootz	Frootz Apple 100% Fruit Drops 18g	62.7	11.3	2.8
Frootz	Frootz Orange 100% Fruit Drops 18g	62.6	11.3	2.8
Frootz	Frootz Raspberry 100% Fruit Drops 18g	62.5	11.3	2.8
Sainsbury's	Sainsbury's Raisins with a Yogurt Coating 5x25g	62.4	15.6	3.9
Aldi	Aldi Sweet Vine Yogurt Coated Strawberry Flakes 5x25g	62.0	16.0	4.0
Fruit Bowl	Fruit Bowl Strawberry Flakes With Yogurt Coating 25g	62.0	15.5	3.9
Fruit Bowl	Fruit Bowl Blackcurrant Flakes With Yogurt Coating 5x25g	62.0	15.5	3.9
Florida's Natural	Florida's Natural Fruiteez Chewy Fruity Pieces 6x17g	61.5	10.5	2.6
Frootz	Frootz Blackcurrent 100% Fruit Drops 18g	60.8	11.0	2.8
ASDA	Asda Chosen By You Yogurt Coated Raisins 5x25g	60.8	15.2	3.8
Kiddylicious	Kiddylicious Apple Wriggles 12g	60.6	7.3	1.8
Waitrose	Waitrose Woodland Friends Coated Chocolate Raisins 36g	60.3	10.9	2.7
Annies	Annies 6 Pack Strawberry & Apple 6x15g	60.1	9.0	2.3
The Fruit Factory	The Fruit Factory Yoghurt Coated Fruit Blitz 5x20g	60.0	12.0	3.0
Humdinger	The Simpsons Fruit Ropes 5x20g	59.6	11.9	3.0
Fruit Heroes	Fruit Heroes Banana 5x20g	59.0	12.0	3.0
Frootz	Frootz Strawberry 100% Fruit Drops 18g	58.7	10.6	2.7
Organix Goodies	Organix Goodies Organic Fruit Bars Date & Banana 5x15g	58.5	8.8	2.2
The Fruit Factory	The Fruit Factory Strawberry & Yoghurt Fruit Bars 5x20g	58.1	11.6	2.9
Fruit Bowl	Fruit Bowl Fruit Peelers Blackcurrant 3x20g	58.0	12.0	3.0
Fruit Bowl	Fruit Bowl Fruit Flakes Strawberry 8x20g	58.0	11.6	2.9
Fruit Bowl	Fruit Bowl Fruit Peelers Raspberry 3x20g	58.0	11.6	2.9
Fruit Bowl	Fruit Bowl Fruit Flakes Blackcurrant 5x16g	58.0	9.0	2.3
Fruit Bowl	Fruit Bowl Apple Fruity Fingers 3x20g	58.0	9.0	2.3
Fruit Bowl	Fruit Bowl Banana Fruity Fingers 15g	58.0	9.0	2.3
Fruit Bowl	Fruit Bowl Tomato Fruity Fingers 15g	58.0	9.0	2.3
Sainsbury's	Sainsbury's Dried Apricot Pieces with a Yogurt Coating 5x25g	57.8	14.5	3.6
Annies	Annies 6 Pack Apricot & Apple Bar 6x15g	57.6	8.6	2.2
Organix Goodies	Organix Goodies Organic Raspberry & Apple Moos 12g	57.1	6.9	1.7
Fruit Heroes	Fruit Heroes Blackcurrant 5x20g	57.0	11.0	2.8
Organix Goodies	Organix Goodies Organic Fruit Bars Date & Apple 5x15g	57.0	8.6	2.1
Whitworths	Sunny Raisin Coated Chocolate Raisins 25g	56.4	14.1	3.5
Fruit Heroes	Fruit Heroes Apple And Raspberry 5x20g	56.0	11.2	2.8
Yul	Yul Fruit Chews Strawberry 4x24g	55.3	13.3	3.3
Yul	Yul Fruit Strawberry Mini Chews 5x18g	55.3	10.0	2.5
Fruit Heroes	Fruit Heroes Strawberry Bars 5x20g	55.0	11.0	2.8
Yul	Yul Fruit Chews Mango 4x24g	54.9	13.2	3.3
Yul	Yul Fruit Mango Stars 5x18g	54.9	9.9	2.5
Yul	Yul Lightly Coated Yogurt Strawberry Bites 5x18g	54.9	9.9	2.5
Kiddylicious	Kiddylicious Strawberry Wriggles 12g	54.8	6.6	1.7
Yul	Yul Fruit Chews Blueberry 4x24g	54.3	13.0	3.3
Yul	Yul Lightly Coated Yogurt Mango Bites 5x18g	54.2	9.8	2.5
Whitworths	Sunny Raisin Caramel Coated Raisin Snack 25g	54.1	13.5	3.4
Fruit Bowl	Fruit Bowl Sours 4 Fruits 5x20g	50.0	10.0	2.5
Fruit Bowl	Fruit Bowl Sea Fruit Shapes 5x18g	50.0	9.0	2.3
Fruit Bowl	Fruit Bowl Jungle Fruit Shapes 5x18g	50.0	9.0	2.3
Bear	Bear Safari Paws Orange & Strawberry 20g	49.0	9.8	2.5
Bear	Bear Blackcurrant Pure Fruit Yoyos 20g	49.0	4.9	1.2
Bear	Bear Dino Paws Strawberry & Apple 20g	49.0	9.8	2.5
Bear	Bear Arctic Paws Raspberry & Blueberry 20g	49.0	9.8	2.5
Bear	Bear Strawberry Pure Fruit Yoyos 5x20g	49.0	4.9	1.2
Bear	Bear Raspberry Pure Fruit Yoyos 20g	49.0	4.9	1.2
Marks & Spencer	Marks & Spencer Taste Buds 10 Fruit Sticks 10x13g	48.9	6.4	1.6
Kiddylicious	Kiddylicious Tropical wriggles 12g	48.4	5.8	1.5
The Fruit Factory	The Fruit Factory Strawberry Fruit Strings 5x20g	48.2	9.6	2.4
Bear	Bear Jungle Paws Apple & Blackcurrant 20g	48.0	9.6	2.4
Bear	Bear Apple Pure Fruit Yoyos 5x20g	48.0	4.8	1.2
Bear	Bear Mango Pure Fruit Yoyos 20g	48.0	4.8	1.2
Bear	Bear Pineapple Pure Fruit Yoyos 20g	48.0	4.8	1.2
Betty Crocker	Betty Crocker Fruit By The Foot Strawberry Flavour 6x21g	47.6	10.0	2.5
The Fruit Factory	The Fruit Factory Strawberry, Apple & Orange Fruit Stars 5x20g	47.2	9.4	2.4
The Fruit Factory	The Fruit Factory Strawberry, Apple & Orange Fruit Strings 3 Flavours 5x20g	47.2	9.4	2.4
Fruit Bowl	Fruit Bowl School Bars 5 Blackcurrant Bars 5x20g	45.0	9.0	2.3
Fruit Bowl	Fruit Bowl School Bars Strawberry 20g	45.0	8.0	2.0
Fruit Bowl	Fruit Bowl School Bars 5 Apple Bars 5x20g	45.0	9.0	2.3
Fruit Bowl	Fruit Bowl School Bars 5 Raspberry Bars 5x20g	45.0	9.0	2.3
Aldi	Aldi The Foodie Market Amazing Apple, Carrot & Seeds Fruit & Seed Bars 5x30g	42.0	13.0	3.3
Aldi	Aldi Sweet Vine Strawberry Fruit Bars 5x20g	41.0	8.2	2.1

Brand	Product Name & Pack Size	Sugars (g) per 100g	Sugars (g) per serving	Teaspoons of sugar per serving*
Aldi	Aldi The Foodie Market Yummy Strawberry & Banana Fruit Bars 5x30g	39.0	12.0	3.0
Humdinger	Sunsweet HumZingers 100% Fruit Sticks 10 Orchard Fruits 10x13g	39.0	5.1	1.3
Humzingers	Sunsweet HumZingers 100% Fruit Sticks 10 Summer Fruits 10x15g	37.5	4.9	1.2
Kellogg's	Kellogg's Strawberry Winders 6x17g	37.0	6.3	1.6
Kellogg's	Kellogg's Fruit Winders Doubles Strawberry & Blackcurrant 6x17g	37.0	6.3	1.6
Betty Crocker	Betty Crocker Fruit Roll-Ups Variety Pack 10x14g	35.7	5.0	1.3
Aldi	Aldi The Foodie Market Glorious Cranberry & Cherry Fruit Bars 5x30g	35.0	11.0	2.8
The Fruit Factory	The Fruit Factory Strawberry Fruit Wheels 5x15g	18.0	2.7	0.7