



## Spreads Survey - All Data

Data table sorted highest sugar per 100g by category

Product information was collected in store during February 2017

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

Sugars - Red >27g/portion or >22.5g/100g, Amber >5.0≤22.5/100g, Green ≤5.0g/100g

\*Serving size varied between 15-30g on pack, so it was standardised to 20g

\*\* 4g of sugar equals 1 teaspoon of sugar

Product Name	Sugars (g) per 100g	Sugars (g) per 20g*	Sugar (tsp) per 20g**
<b>Apricot</b>			
Wilkin & Sons Ltd Tiptree Apricot Conserve 340g	66.0	13.2	3
Hartley's Smooth Apricot Jam 340g	61.6	12.3	3
Bonne Maman Apricot Conserve 370g	59.0	11.8	3
Sainsbury's Taste the Difference Apricot Conserve 340g	56.0	11.2	3
Marks & Spencer Apricot Conserve 340g	56.0	11.2	3
Tesco Finest Apricot Conserve 340g	53.9	10.8	3
Morrisons The Best Apricot Conserve 340g	53.9	10.8	3
Asda Apricot Jam 454g	53.0	10.6	3
Aldi Specially Selected Apricot Conserve 340g	53.0	10.6	3
Hartley's Best Apricot Jam 340g	52.8	10.6	3
St. Dalfour Thick Apricot High Fruit Content Spread 284g	52.0	10.4	3
Lidl Maribel Apricot Conserve 450g	51.0	10.2	3
Tesco Apricot Jam 454g	49.6	9.9	2
Morrisons Apricot Jam 454g	49.3	9.9	2
Sainsbury's Apricot Jam 454g	49.3	9.9	2
Waitrose Golden Apricot Extra Fruity Preserve 340g	48.7	9.7	2
Aldi Grandessa Apricot Jam 454g	45.0	9.0	2
The Co-operative Apricot Jam 454g	45.0	9.0	2
Hartley's Less Sugar More Fruit Apricot Jam 320g	38.6	7.7	2
Sainsbury's Reduced Sugar Apricot Jam 415g	34.0	6.8	2
Stute No Sugar Added Apricot Extra Jam 430g	3.8	0.8	0
Tesco No Added Sugar Apricot Jam 340g	3.2	0.6	0
<b>Chocolate</b>			
Tesco Original Chocolate Spread 400g	59.0	11.8	3
Tesco Duo Chocolate Spread 400g	59.0	11.8	3
Tesco White Chocolate Spread 400g	57.0	11.4	3
Tesco Caramel & Chocolate Spread 400g	57.0	11.4	3
Asda Hazelnut Chocolate Spread 400g	57.0	11.4	3
Asda Duo Chocolate Flavour Spread 400g	57.0	11.4	3
Cadbury Crunchie Chocolate Spread 400g	57.0	11.4	3
Lidl Mister Choc Duo Chocolate Spread 400g	56.9	11.4	3
Nutella Ferrero Hazelnut Spread with Cocoa 750g	56.8	11.4	3
Nutella Ferrero Hazelnut Spread with Cocoa 400g	56.8	11.4	3
The Co-operative Loved By Us Chocolate Spread 400g	56.4	11.3	3
Cadbury Caramel Spread 400g	56.0	11.2	3
Tesco Everyday Value Chocolate Spread 400g	55.0	11.0	3
Morrisons The Best Sea Salt & Caramel Chocolate Spread 200g	55.0	11.0	3
Maltesers Teasers Chocolate Spread 200g	54.4	10.9	3
Sainsbury's Chocolate Spread 400g	54.3	10.9	3
Asda Chosen by You Milk Chocolate Spread 400g	54.0	10.8	3
Aldi Nutoka Hazelnut Chocolate Spread 400g	54.0	10.8	3
Tesco Hazelnut Chocolate Spread 400g	53.0	10.6	3
Cadbury Milk Chocolate Spread 400g	53.0	10.6	3
Asda Salted Caramel Chocolate Spread 400g	53.0	10.6	3
Sainsbury's Hazelnut Chocolate Spread 400g	52.5	10.5	3
Twix Spread with Crunchy Biscuit Pieces 200g	52.4	10.5	3
Morrisons Savers Hazelnut Chocolate Spread 400g	52.3	10.5	3
Asda Smart Price Chocolate Hazelnut Spread 400g	51.9	10.4	3
Reese's Spreads Peanut Butter Chocolate 368g	51.2	10.2	3
Asda White Chocolate Flavour Spread 400g	51.0	10.2	3
Lidl Chocolate Hazelnut Spread 400g	51.0	10.2	3
Asda Dark Chocolate and Mint Spread 400g	50.0	10.0	3
Morrisons Milk Chocolate Flavour Spread 400g	49.9	10.0	2
Morrisons The Best Crunchy Hazelnut Chocolate Spread 200g	48.7	9.7	2
Essential Waitrose Hazelnut Chocolate Spread 400g	48.2	9.6	2
Macabella Velvet Cocoa & Macadamia Nut Smooth Spread 375g	48.0	9.6	2
Morrisons Hazelnut Chocolate Spread 400g	47.1	9.4	2
Macabella Crunch Cocoa & Macadamia Nut Crunchy Spread 375g	44.0	8.8	2
Waitrose 1 Dark Chocolate Spread 325g	42.0	8.4	2
Morrisons The Best 30% Dark Chocolate Spread 200g	28.9	5.8	1
Jim Jams Hazelnut Chocolate Spread 350g	8.7	1.7	0
<b>Blackcurrant</b>			
Waitrose Duchy Organic Blackcurrant Preserve 340g	66.2	13.2	3
Wilkin & Sons Ltd Tiptree Black Currant Conserve 340g	66.0	13.2	3
Hartley's Smooth Blackcurrant Jam 340g	59.5	11.9	3
Aldi Specially Selected Scandinavian Blackcurrant Conserve 340g	57.0	11.4	3
Asda Extra Special Blackcurrant Conserve 340g	57.0	11.4	3
Bonne Maman Blackcurrant Conserve 370g	57.0	11.4	3
Marks & Spencer Blackcurrant Conserve 340g	56.8	11.4	3
Sainsbury's Taste the Difference Blackcurrant Conserve 340g	55.3	11.1	3
Tesco Finest Blackcurrant Conserve 340g	53.5	10.7	3
Morrisons The Best Blackcurrant Conserve 340g	53.5	10.7	3
St. Dalfour Blackcurrant High Fruit Content Spread 284g	52.0	10.4	3
Hartley's No Bits Blackcurrant Jam 454g	51.6	10.3	3
Maribel Blackcurrant Conserve 450g	51.0	10.2	3

Product Name	Sugars (g) per 100g	Sugars (g) per 20g*	Sugar (tsp) per 20g**
Hartley's Best Blackcurrant Jam 340g	50.8	10.2	3
Tesco Blackcurrant Jam 454g	49.4	9.9	2
The Co-operative Blackcurrant Jam 454g	49.0	9.8	2
Morrisons Blackcurrant Jam 454g	48.7	9.7	2
Sainsbury's Blackcurrant Jam 454g	48.7	9.7	2
Asda Blackcurrant Jam 454g	48.0	9.6	2
Waitrose Bright Blackcurrant Extra Fruity Preserve 340g	46.8	9.4	2
Essential Waitrose Blackcurrant Jam 454g	46.1	9.2	2
Streamline Less Sugar Blackcurrant Jam 340g	40.4	8.1	2
Hartley's Less Sugar More Fruit Blackcurrant Jam 320g	37.9	7.6	2
Sainsbury's Reduced Sugar Blackcurrant Jam 415g	30.0	6.0	2
Tesco No Added Sugar Blackcurrant Jam 340g	2.9	0.6	0
Stute No Sugar Added Blackcurrant Extra Jam 430g	2.1	0.4	0
<b>Marmalade</b>	.		
The Women's Institute Fine Cut English Breakfast Marmalade 340g	71.3	14.3	4
Duerr's Fine Cut Sunny Seville Orange Marmalade 454g	67.4	13.5	3
Wilkin & Sons Ltd Tiptree Orange & Tangerine Fine Cut Marmalade 454g	67.0	13.4	3
Mackays Seville Orange Marmalade 340g	66.7	13.3	3
Mackays Vintage Dundee Orange Marmalade 340g	66.7	13.3	3
Mackays Three Fruit Marmalade Orange, Grapefruit & Lemon 340g	66.7	13.3	3
Mackays The Dundee Orange Marmalade 340g	66.7	13.3	3
Robertsons Ma Made Thin Cut Seville Orange 850g	66.2	13.2	3
Marks & Spencer Sweet Orange Marmalade No Peel 340g	66.1	13.2	3
Wilkin & Sons Ltd Tiptree 'Old Times' Orange Fine Cut Marmalade 454g	66.0	13.2	3
Wilkin & Sons Ltd Tiptree 'No Peel' Orange Marmalade 454g	66.0	13.2	3
Wilkin & Sons Ltd Tiptree Orange With Malt Whisky Fine Cut Marmalade 340g	66.0	13.2	3
Morrisons The Best Blood Sicilian Blood Orange Marmalade 340g	65.8	13.2	3
Sainsbury's Extra Thick Cut Orange Marmalade 454g	65.8	13.2	3
Wilkin & Sons Ltd Tiptree 'Tawny' Orange Marmalade 454g	65.0	13.0	3
La Vieja Fabrica Seville Orange Thick Cut Marmalade 375g	65.0	13.0	3
La Vieja Fabrica Seville Orange Marmalade 375g	65.0	13.0	3
Sainsbury's Medium Cut Orange Marmalade 454g	64.7	12.9	3
Sainsbury's Taste the Difference Bitter Seville Orange Marmalade 340g	64.5	12.9	3
Tesco Finest Bitter Orange Marmalade 340g	63.7	12.7	3
Tesco Finest Three Fruit Marmalade 340g	63.6	12.7	3
Waitrose Ruby Grapefruit Fresh Fruit Marmalade 340g	63.0	12.6	3
The Co-Operative 3 Fruits Marmalade Thick Cut 340g	63.0	12.6	3
Sainsbury's Taste the Difference Three Fruit Marmalade 340g	63.0	12.6	3
Marks & Spencer Ruby Red Grapefruit Marmalade Coarse Cut 340g	62.9	12.6	3
Marks & Spencer Lemon & Lime Marmalade 340	62.6	12.5	3
Frank Cooper's Muscovado Oxford Marmalade 454g	62.2	12.4	3
Morrisons The Best Seville Orange Marmalade 340g	62.2	12.4	3
Marks & Spencer Mandarin Marmalade Medium Cut 340g	62.2	12.4	3
Marks & Spencer Seville Orange Marmalade Medium Cut 340g	61.3	12.3	3
Morrisons Fine Cut Orange Marmalade 454g	61.1	12.2	3
Asda Extra Special Thick Cut Seville Marmalade 340g	61.0	12.2	3
Albert Menes Sliced Corsican Clementine Marmalade 280g	61.0	12.2	3
Morrisons Shredless Orange Marmalade 454g	60.7	12.1	3
Marks & Spencer Seville Orange Marmalade with Stem Ginger Coarse Cut 340g	60.7	12.1	3
Morrisons The Best Three Fruit Marmalade Thick Cut 340g	60.6	12.1	3
Sainsbury's SO Organic Seville Orange Medium Cut Marmalade 340g	60.4	12.1	3
Sainsbury's Fine Cut Orange Marmalade 454g	60.3	12.1	3
Waitrose Lemon Fresh Fruit Marmalade 340g	60.0	12.0	3
Marks & Spencer Dark Seville Orange Marmalade 340g	59.8	12.0	3
Rose's Lemon Fine Cut Marmalade 454g	59.7	11.9	3
Sainsbury's Taste the Difference Breakfast Marmalade 340g	59.4	11.9	3
Waitrose 3 Fruits Fresh Fruit Marmalade 340g	59.1	11.8	3
Aldi Grandessa Thick Cut Orange Marmalade 454g	59.0	11.8	3
Bonne Maman Bitter Orange Fine Shred Marmalade 370g	59.0	11.8	3
Bonne Maman Mandarin Marmalade 370g	59.0	11.8	3
St. Dalfour Orange & Ginger High Fruit Content Spread 284g	59.0	11.8	3
Sainsbury's Thick Cut Orange & Ginger Marmalade 454g	58.7	11.7	3
Simply M&S No Peel Seville Orange Marmalade 454g	58.4	11.7	3
Marks & Spencer Sicilian Blood Orange Marmalade Medium Cut 340g	58.4	11.7	3
Marks & Spencer Scottish Marmalade with Heather Honey 300g	58.3	11.7	3
Aldi Grandessa Fine Cut Marmalade 454g	58.0	11.6	3
Rose's Orange Fine Cut Marmalade 454g	57.8	11.6	3
Asda Fine Cut Orange Marmalade 454g	57.0	11.4	3
Asda Thick Cut Orange Marmalade 454g	57.0	11.4	3
Asda Fine Cut Lime Marmalade 454g	57.0	11.4	3
Frank Cooper's "Oxford" Fine Cut Oxford Marmalade 454g	56.9	11.4	3
Duerr's Thick Cut Classic Seville Orange Marmalade 454g	56.8	11.4	3
Essential Waitrose Orange Marmalade with Ginger 454g	56.7	11.3	3
Morrisons Lime Marmalade 454g	56.5	11.3	3
Waitrose Fresh Fruit Orange Marmalade Medium Cut 340g	56.3	11.3	3
The Co-operative Fine Cut Orange Marmalade 454g	56.0	11.2	3
Sainsbury's Thick Cut Orange Marmalade 454g	55.6	11.1	3
Asda Shredless Orange Marmalade 454g	55.0	11.0	3
Asda Extra Special Bittersweet Rich Orange Marmalade 340g	55.0	11.0	3
The Co-operative Thick Cut Orange Marmalade 454g	55.0	11.0	3
Hartley's Olde English Thick Cut Marmalade 454g	54.7	10.9	3
Essential Waitrose Seville Orange Marmalade No Peel 454g	54.6	10.9	3
Duerr's Seville Orange Thick Cut Marmalade 454g	54.3	10.9	3
Asda Extra Special Fine Cut Four Fruits Marmalade 340g	54.0	10.8	3
Rose's Lime Fine Cut Marmalade 454g	53.8	10.8	3
Frank Cooper's "Oxford" Original Oxford Marmalade 454g	53.7	10.7	3

Product Name	Sugars (g) per 100g	Sugars (g) per 20g*	Sugar (tsp) per 20g**
Robertson's Silver Shred Fine Cut Lemon Jelly Marmalade 454g	53.6	10.7	3
Tesco Shredless Orange Marmalade 454g	53.6	10.7	3
Robertson's Golden Shredless 454g	53.5	10.7	3
Frank Cooper's "Oxford" Vintage Oxford Marmalade 454g	53.5	10.7	3
Essential Waitrose Seville Orange Marmalade Thick Cut 454g	53.1	10.6	3
Robertson's Golden Shred Fine Cut Orange Marmalade 454g	53.0	10.6	3
Rose's Lemon & Lime Fine Cut Marmalade 454g	52.8	10.6	3
St. Dalfour Thick Cut Orange High Fruit Content Spread 284g	52.0	10.4	3
Duerr's Seville Orange Fine Cut Marmalade 454g	51.5	10.3	3
Asda Smart Price Orange Marmalade Medium Cut 454g	51.1	10.2	3
Tesco Thick Cut Orange Shred Marmalade 454g	50.1	10.0	3
Lidl Maribel Thick Cut Marmalade 450g	49.5	9.9	2
Tesco Everyday Value Breakfast Marmalade 454g	49.3	9.9	2
Lidl Maribel Thin Cut Marmalade 450g	49.0	9.8	2
Morrisons Thick Cut Orange Marmalade 454g	48.1	9.6	2
Tesco Lemon & Lime Marmalade 454g	46.6	9.3	2
Sainsbury's Basics Orange Marmalade Medium Cut 454g	44.2	8.8	2
Aldi Everyday Essentials Orange Marmalade 454g	44.0	8.8	2
Morrisons Savers Orange Marmalade 454g	43.9	8.8	2
Morrison Savers Orange Marmalade 454g	43.9	8.8	2
Robertson's Golden Shred Light Reduced Sugar Marmalade 420g	43.6	8.7	2
Essential Waitrose Reduced Sugar Marmalade 340	41.5	8.3	2
Sainsbury's Reduced Sugar Thick Cut Orange Marmalade 415g	40.4	8.1	2
Streamline Less Sugar Thin Cut Orange Marmalade 340g	40.0	8.0	2
Sainsbury's Reduced Sugar Fine Cut Orange Marmalade 415g	39.5	7.9	2
Morrisons Reduced Sugar Orange Marmalade Fine Cut 415g	33.2	6.6	2
Meridian Organic Seville Orange Fruit spread	29.4	5.9	1
Duerr's Half Sugar Seville Orange Fine Cut Marmalade 390g	26.6	5.3	1
Asda Chosen by You Reduced Sugar Orange Marmalade 320g	24.5	4.9	1
Stute No Sugar Added Fine Cut Orange Marmalade 430g	2.5	0.5	0
<b>Strawberry</b>			
Mackays Scottish Strawberry Preserve 340g	66.9	13.4	3
Wilkin & Sons Ltd Tiptree Strawberry Conserve 340g	66.0	13.2	3
Wilkin & Sons Ltd Tiptree Little Scarlet Strawberry Conserve 340g	65.0	13.0	3
Tesco Strawberry Jam 340g	61.6	12.3	3
Hartley's Smooth Strawberry Jam 340g	61.2	12.2	3
Asda Extra Special Strawberry Conserve 340g	59.0	11.8	3
Bonne Maman Strawberry and Wild Strawberry Conserve 370g	59.0	11.8	3
Aldi Specially Selected Strawberry Conserve 340g	58.0	11.6	3
The Co-operative Irresistible Extra Fruity Strawberry Conserve 340g	58.0	11.6	3
Hartley's No Bits Strawberry Jam 454g	57.9	11.6	3
Sainsbury's Taste the Difference Strawberry Conserve 340g	57.8	11.6	3
Marks & Spencer Strawberry Conserve 340g	57.0	11.4	3
Sainsbury's SO Organic Strawberry Conserve 340g	55.0	11.0	3
Hartleys Best Seedless Strawberry Jam 340g	54.1	10.8	3
Tesco Finest Strawberry Conserve 340g	53.2	10.6	3
Lidl Maribel Strawberry Conserve 450g	52.0	10.4	3
St. Dalfour High Fruit Content Spread Strawberry 284g	52.0	10.4	3
Simply M&S Strawberry Jam 454g	51.5	10.3	3
Aldi Grandessa Strawberry Jam 454g	50.0	10.0	3
Asda Seedless Strawberry Jam 454g	50.0	10.0	3
Sainsbury's SO Organic Raspberry Conserve Continental Soft Set 340g	50.0	10.0	3
Hartley's Best Strawberry Jam 340g	49.9	10.0	2
Waitrose Succulent Strawberry Extra Fruity Preserve 340g	49.5	9.9	2
Tesco Strawberry Jam 454g	49.0	9.8	2
The Co-operative Strawberry Jam 454g	49.0	9.8	2
Asda Smart Price Strawberry Jam 454g	48.6	9.7	2
Tesco Everyday Value Strawberry Jam 454g	48.6	9.7	2
Asda Strawberry Jam 454g	47.0	9.4	2
Essential Waitrose Strawberry Jam 454g	46.8	9.4	2
Sainsbury's Strawberry Jam 454g	46.0	9.2	2
Lidl Simply Strawberry Jam 454g	45.2	9.0	2
Aldi Everyday Essentials Strawberry Jam 454g	45.0	9.0	2
Morrisons Savers Strawberry Jam 454g	44.6	8.9	2
Sainsbury's Basics Strawberry Jam 454g	44.6	8.9	2
Essential Waitrose Reduced Sugar Strawberry Jam 340g	41.8	8.4	2
Streamline Less Sugar Strawberry Jam 340g	40.9	8.2	2
Sainsbury's Reduced Sugar Strawberry Jam 415g	40.0	8.0	2
Hartley's Less Sugar More Fruit Strawberry Jam 320g	37.7	7.5	2
Simply M&S Reduced Sugar Strawberry Jam 415g	33.0	6.6	2
Meridian Organic Strawberry Fruit spread 284g	28.8	5.8	1
Asda Reduced Sugar Strawberry Jam 320g	24.0	4.8	1
Stute No Sugar Added Strawberry Extra Jam 430g	2.4	0.5	0
Tesco No Added Sugar Strawberry Jam 340g	2.3	0.5	0
<b>Raspberry</b>			
Mackays Scottish Raspberry Preserve 340g	66.7	13.3	3
Wilkin & Sons Ltd Tiptree 'Sweet Tip' Raspberry Conserve 340g	66.0	13.2	3
Wilkin & Sons Ltd Tiptree Raspberry Seedless Conserve 340g	66.0	13.2	3
Waitrose Duchy Organic Raspberry Preserve 340g	65.2	13.0	3
Hartley's Smooth Raspberry Jam 340g	59.3	11.9	3
Asda Extra Special Raspberry Conserve 340g	59.0	11.8	3
Tesco Raspberry Jam 340g	59.0	11.8	3
Sainsbury's Taste The Difference Raspberry Conserve 340g	57.4	11.5	3
Marks & Spencer Raspberry Conserve 340g	57.1	11.4	3
The Co-operative Irresistible Extra Fruity Raspberry Conserve 340g	57.0	11.4	3
Bonne Maman Raspberry Conserve 370g	57.0	11.4	3

Product Name	Sugars (g) per 100g	Sugars (g) per 20g*	Sugar (tsp) per 20g**
Marks & Spencer Seedless Raspberry Conserve 340g	56.1	11.2	3
St. Dalfour Raspberry High Fruit Content Spread 284g	56.0	11.2	3
Aldi Specially Selected Raspberry Conserve 340g	55.0	11.0	3
Tesco Finest Raspberry Conserve 340g	53.6	10.7	3
Morrisons The Best Raspberry Conserve 340g	53.6	10.7	3
Marks & Spencer British Raspberry Soft Set Jam 295g	52.1	10.4	3
Hartley's No Bits Raspberry Jam 454g	51.4	10.3	3
Waitrose Fragrant Raspberry Extra Fruity Preserve 340g	51.1	10.2	3
Lidl Maribel Raspberry Conserve 450g	51.0	10.2	3
Hartley's Best Seedless Raspberry Jam 340g	50.8	10.2	3
Essential Waitrose Raspberry Jam 454g	50.1	10.0	3
Morrisons Strawberry Jam 454g	49.9	10.0	2
Hartley's Best Raspberry Jam 340g	48.7	9.7	2
Sainsbury's Raspberry Jam 454g	48.2	9.6	2
Asda Raspberry Jam 454g	48.0	9.6	2
Aldi Grandessa Seedless Raspberry Jam 454g	48.0	9.6	2
The Co-operative Raspberry Jam 454g	48.0	9.6	2
Tesco Seedless Raspberry Jam 454g	47.9	9.6	2
Morrisons Raspberry Jam 454g	47.1	9.4	2
The Co-operative Raspberry Seedless Jam 454g	46.0	9.2	2
Essential Waitrose Seedless Raspberry Jam 454g	45.5	9.1	2
Asda Seedless Raspberry Jam 454g	45.0	9.0	2
Sainsbury's Seedless Raspberry Jam 454g	44.9	9.0	2
Morrisons Raspberry Jam 454g	42.1	8.4	2
Essential Waitrose Reduced Sugar Raspberry Jam 340g	41.7	8.3	2
Hartley's Less Sugar More Fruit Raspberry Jam 320g	38.1	7.6	2
Sainsbury's Reduced Sugar Raspberry Jam 415g	31.0	6.2	2
Asda Reduced Sugar Raspberry Jam 320g	23.0	4.6	1
Tesco No Added Sugar Raspberry Jam 340g	2.4	0.5	0
Stute No Sugar Added Raspberry Seedless Extra Jam 430g	2.2	0.4	0