

Brand	Brand type	Product	Type	Age	Portion size (g)	sugar per 100g	Total Sugars (g)	URL	Cost	Levels of sugar by volume relative to can of Coca Cola	Levels of sugar per pouch as % of can of Coca Cola	Levels of sugar per pouch as % Adult RDA (30g)
Annabel Karmel	Boutique	Organic Apple Blueberry & Banana Stage 1	Sweet	6m+	100	17.3	17.3	https://www.annabelkarmel.co.uk/products/organic-apple-blueberry-banana-stage-1	£1.15	163.2%	49.4%	57.7%
Annabel Karmel	Boutique	Organic Delicious Banana, Pear & Peach Puree Stage 1	Sweet	6m+	100	17.1	17.1	https://www.annabelkarmel.co.uk/products/organic-delicious-banana-pear-peach-puree-stage-1	£1.15	161.3%	48.9%	57.0%
Ella's Kitchen	Boutique	Organic Bananas & Apples Stage 1	Sweet	4m+	120	16.3	19.6	https://www.ellas-kitchen.com/products/organic-bananas-apples-stage-1	£1.20	153.8%	55.8%	65.2%
Annabel Karmel	Boutique	Organic Mango Apple & Banana Stage 1	Sweet	6m+	100	15.5	15.5	https://www.annabelkarmel.co.uk/products/organic-mango-apple-banana-stage-1	£1.15	146.2%	44.3%	51.7%
Annabel Karmel	Boutique	Organic Prune Apple & Pear Stage 1	Sweet	6m+	100	15	15	https://www.annabelkarmel.co.uk/products/organic-prune-apple-pear-stage-1	£1.15	141.5%	42.8%	50.0%
Ella's Kitchen	Boutique	Bananas & Coconuts	Sweet	4m+	120	14.9	17.9	https://www.ellas-kitchen.com/products/bananas-coconuts	£1.20	140.6%	51.1%	59.6%
Ella's Kitchen	Boutique	Banana Baby Brekkie	Sweet	6m+	100	13.6	13.6	https://www.ellas-kitchen.com/products/banana-baby-brekkie	£1.20	128.3%	38.9%	45.3%
Ella's Kitchen	Boutique	Organic Smooth Mango Puree Stage 1	Sweet	4m+	70	13.3	9.3	https://www.ellas-kitchen.com/products/organic-smooth-mango-puree-stage-1	£0.90	125.5%	26.6%	31.0%
Ella's Kitchen	Boutique	Organic Peaches & Bananas Stage 1	Sweet	4m+	120	13.2	15.8	https://www.ellas-kitchen.com/products/organic-peaches-bananas-stage-1	£1.10	124.5%	45.3%	52.8%
Ella's Kitchen	Boutique	Blueberries, Apples, Bananas & Vanilla	Sweet	4m+	120	13.1	15.7	https://www.ellas-kitchen.com/products/blueberries-apples-bananas-vanilla	£1.10	123.6%	44.9%	52.4%
Aldi Mamia Organic	Own Brand	Aldi Mamia Mangoes, Apples, Bananas & Peaches Purée	Sweet	4m+	120	13	15.6	https://www.aldi.co.uk/products/aldi-mamia-mangoes-apples-bananas-peaches-puree	£0.55	122.6%	44.6%	52.0%
Annabel Karmel	Boutique	Organic Mango Apple & Coconut Milk Stage 1	Sweet	6m+	100	13	13.0	https://www.annabelkarmel.co.uk/products/organic-mango-apple-coconut-milk-stage-1	£1.15	122.6%	37.1%	43.3%
Sainsbury's Little Ones	Own Brand	Organic Apple, Banana & Blueberry Puree Smooth Puree	Sweet	4m+	100	12.6	12.6	https://www.sainsbury.com/products/organic-apple-banana-blueberry-puree-smooth-puree	£1.30	118.9%	36.0%	42.0%
Piccolo	Boutique	Organic Apple, Banana & Blueberry with Hint of Vanilla	Sweet	4m+	100	12	12.0	https://www.piccolo.co.uk/products/organic-apple-banana-blueberry-with-hint-of-vanilla	£1.25	113.2%	34.3%	40.0%
Heinz	Big brand	Apple & Mango	Sweet	6m+	100	11.9	11.9	https://www.heinz.co.uk/products/apple-mango	£1.00	112.3%	34.0%	39.7%
Heinz	Big brand	Strawberry, Raspberry, Apple & Banana	Sweet	4m+	100	11.6	11.6	https://www.heinz.co.uk/products/strawberry-raspberry-apple-banana	£1.00	109.4%	33.1%	38.7%
Annabel Karmel	Boutique	Organic Strawberry, Banana & Apple Puree Stage 1	Sweet	6m+	100	11.5	11.5	https://www.annabelkarmel.co.uk/products/organic-strawberry-banana-apple-puree-stage-1	£1.15	108.5%	32.9%	38.3%
Heinz	Big brand	Peach, Banana, Mango & Apple Fruit Pouch	Sweet	4m+	100	11.3	11.3	https://www.heinz.co.uk/products/peach-banana-mango-apple-fruit-pouch	£1.00	106.6%	32.3%	37.7%
Little Freddie	Boutique	Simply Pink Lady Apples	Sweet	4m+	70	11	7.7	https://www.littlefreddie.com/products/organic-apple-pink-lady	£1.00	103.8%	22.0%	25.7%
Aldi Mamia Organic	Own Brand	Aldi Organic Mamia Mango Greek Style Yoghurt	Sweet	6m+	90	11	9.9	https://www.aldi.co.uk/products/aldi-organic-mamia-mango-greek-style-yoghurt	£0.69	103.8%	28.3%	33.0%
Annabel Karmel	Boutique	Organic Strawberry Banana & Coconut Milk Stage 1	Sweet	6m+	100	11	11.0	https://www.annabelkarmel.co.uk/products/organic-strawberry-banana-coconut-milk-stage-1	£1.15	103.8%	31.4%	36.7%
Annabel Karmel	Boutique	Strawberry, Banana & Coconut Milk Stage 1	Sweet	6m+	100	11	11.0	https://www.annabelkarmel.co.uk/products/strawberry-banana-coconut-milk-stage-1	£1.15	103.8%	31.4%	36.7%
Asda Little Angels	Own Brand	Organic Mango, Banana & Apple	Sweet	6m+	120	11	13.2	https://www.asda.co.uk/products/organic-mango-banana-apple	£0.65	103.8%	37.7%	44.0%
Little Freddie	Boutique	Juicy Strawberries, Blueberries & Oats	Sweet	6m+	100	11	11.0	https://www.littlefreddie.com/products/juicy-strawberries-blueberries-oats	£1.30	103.8%	31.4%	36.7%
Sainsbury's Little Ones	Own Brand	Organic Pear, Prune & Banana Smooth Puree	Sweet	4m+	70	10.9	7.6	https://www.sainsbury.com/products/organic-pear-prune-banana-smooth-puree	£0.60	102.8%	21.8%	25.4%
Ella's Kitchen	Boutique	Mango Baby Brekkie	Sweet	6m+	100	10.9	10.9	https://www.ellas-kitchen.com/products/mango-baby-brekkie	£1.10	102.8%	31.1%	36.3%
Sainsbury's Little Ones	Own Brand	Organic Apple, Peach & Mango Puree	Sweet	7m+	100	10.9	10.9	https://www.sainsbury.com/products/organic-apple-peach-mango-puree	£1.30	102.8%	31.1%	36.3%
Ella's Kitchen	Boutique	Organic Smooth Apple Puree Stage 1	Sweet	4m+	70	10.5	7.4	https://www.ellas-kitchen.com/products/organic-smooth-apple-puree-stage-1	£0.95	99.1%	21.0%	24.5%
Heinz	Big brand	Blueberries and apple Pouch	Sweet	4m+	100	10.5	10.5	https://www.heinz.co.uk/products/blueberries-and-apple-pouch	£1.00	99.1%	30.0%	35.0%
Sainsbury's Little Ones	Own Brand	Organic Pear, Apple & Strawberry Puree	Sweet	4m+	100	10.5	10.5	https://www.sainsbury.com/products/organic-pear-apple-strawberry-puree	£1.30	99.1%	30.0%	35.0%
Little Freddie	Boutique	Perfect Start Prune Greek Style Yoghurt with Oats	Sweet	6m+	100	10.2	10.2	https://www.littlefreddie.com/products/perfect-start-prune-greek-style-yoghurt-with-oats	£1.30	96.2%	29.1%	34.0%
Piccolo	Boutique	Organic Apple & Apricot with a Hint of Cinnamon	Sweet	4m+	100	10	10.0	https://www.piccolo.co.uk/products/organic-apple-apricot-with-a-hint-of-cinnamon	£1.25	94.3%	28.6%	33.3%
Piccolo	Boutique	Banana, Strawberry & Peach	Sweet	4m+	100	10	10.0	https://www.piccolo.co.uk/products/banana-strawberry-peach	£1.25	94.3%	28.6%	33.3%
Little Freddie	Boutique	Balanced Prunes & Apples	Sweet	6m+	100	10	10.0	https://www.littlefreddie.com/products/balanced-prunes-apples	£1.30	94.3%	28.6%	33.3%
Annabel Karmel	Boutique	Organic Butternut Squash Carrot Apple & Prune Stage 1	Mix	4m+	100	9.9	9.9	https://www.annabelkarmel.co.uk/products/organic-butternut-squash-carrot-apple-prune-stage-1	£1.15	93.4%	28.3%	33.0%
Ella's Kitchen	Boutique	Organic Strawberries & Apples Stage 1	Sweet	4m+	120	9.8	11.8	https://www.ellas-kitchen.com/products/organic-strawberries-apples-stage-1	£1.15	92.5%	33.6%	39.2%
Piccolo	Boutique	Blushing Berries, pear & banana	Sweet	4m+	100	9.8	9.8	https://www.piccolo.co.uk/products/blushing-berries-pear-banana	£0.93	92.5%	28.0%	32.7%
Piccolo	Boutique	Organic Pear, Banana, Coconut & Baby Rice	Sweet	4m+	100	9.7	9.7	https://www.piccolo.co.uk/products/organic-pear-banana-coconut-baby-rice	£1.25	91.5%	27.7%	32.3%
Heinz	Big brand	Strawberry & Apple Fruit Pouch	Sweet	4m+	100	9.5	9.5	https://www.heinz.co.uk/products/strawberry-apple-fruit-pouch	£1.00	89.6%	27.1%	31.7%
Asda Little Angels	Own Brand	Organic Squeezy Fruit Apple Strawberry & Blueberry	Sweet	6m+	120	9.4	11.3	https://www.asda.co.uk/products/organic-squeezy-fruit-apple-strawberry-blueberry	£0.65	88.7%	32.2%	37.6%
Ella's Kitchen	Boutique	Organic Smooth Pear Puree	Sweet	4m+	70	9.3	6.5	https://www.ellas-kitchen.com/products/organic-smooth-pear-puree	£0.95	87.7%	18.6%	21.7%
Aldi Mamia Organic	Own Brand	Aldi Mamia Apple And Banana Breakfast Smooth Yogurt And Rice	Sweet	6m+	100	9.3	9.3	https://www.aldi.co.uk/products/aldi-mamia-apple-banana-breakfast-smooth-yogurt-and-rice	£0.69	87.7%	26.6%	31.0%
Little Freddie	Boutique	Exotic Coconut & Tropical Fruits	Sweet	6m+	100	9.3	9.3	https://www.littlefreddie.com/products/exotic-coconut-tropical-fruits	£1.30	87.7%	26.6%	31.0%
Piccolo	Boutique	Organic Raspberry & Apple with Soaked Oats	Sweet	6m+	100	9.3	9.3	https://www.piccolo.co.uk/products/organic-raspberry-apple-with-soaked-oats	£1.25	87.7%	26.6%	31.0%
Ella's Kitchen	Boutique	Organic Sweet Potato, Pumpkin, Apple & Blueberries Stage 1	Sweet	4m+	120	9.2	11.0	https://www.ellas-kitchen.com/products/organic-sweet-potato-pumpkin-apple-blueberries-stage-1	£1.10	86.8%	31.5%	36.8%
Little Freddie	Boutique	Creamy Blueberry & Banana with Greek Style Yoghurt	Sweet	6m+	100	9.2	9.2	https://www.littlefreddie.com/products/creamy-blueberry-banana-with-greek-style-yoghurt	£1.30	86.8%	26.3%	30.7%
Heinz	Big brand	Apple, Pear & Banana Fruit Pouch	Sweet	4m+	100	9	9	https://www.heinz.co.uk/products/apple-pear-banana-fruit-pouch	£1.00	84.9%	25.7%	30.0%
Asda Little Angels	Own Brand	Organic Squeezy Fruit Pouch Apple & Strawberry	Sweet	6m+	100	8.8	8.8	https://www.asda.co.uk/products/organic-squeezy-fruit-pouch-apple-strawberry	£0.65	84.9%	30.9%	36.0%
Piccolo	Boutique	Apple & Cherry Yogurt	Sweet	4m+	100	8.8	8.8	https://www.piccolo.co.uk/products/apple-cherry-yogurt	£1.25	83.0%	25.1%	29.3%
Asda Little Angels	Own Brand	Organic Breakfast Apple, Banana & Greek Style Yogurt	Sweet	6m+	100	8.8	10.3	https://www.asda.co.uk/products/organic-breakfast-apple-banana-greek-style-yogurt	£0.65	83.0%	25.1%	29.3%
Ella's Kitchen	Boutique	Mangoes, Pears and Papayas	Sweet	6m+	120	8.6	10.3	https://www.ellas-kitchen.com/products/mangoes-pears-papayas	£1.10	81.1%	29.5%	34.4%
Piccolo	Boutique	Organic Mango, Pear & Kale with Yoghurt	Mix	6m+	100	8.6	8.6	https://www.piccolo.co.uk/products/organic-mango-pear-kale-with-yoghurt	£1.25	81.1%	24.6%	28.7%
Sainsbury's Little Ones	Own Brand	Organic Simply Sweet Potato	Savoury	4m+	70	8.2	5.7	https://www.sainsbury.com/products/organic-simply-sweet-potato	£0.60	77.4%	16.4%	19.1%
Piccolo	Boutique	Sweet potato, apple, pear & Beetroot	Mix	4m+	100	8.2	8.2	https://www.piccolo.co.uk/products/sweet-potato-apple-pear-beetroot	£1.25	77.4%	23.4%	27.3%
Bababse	Boutique	Organic Pear, Mixed Berries & Coconut Water	Sweet	6m+	100	8	8	https://www.bababse.co.uk/products/organic-pear-mixed-berries-coconut-water	£1.20	75.5%	22.9%	26.7%
Little Freddie	Boutique	Surprising Sweet Potato & Carrot Greek Style Yoghurt	Savoury	6m+	100	8	8.0	https://www.littlefreddie.com/products/surprising-sweet-potato-carrot-greek-style-yoghurt	£1.30	75.5%	22.9%	26.7%
Aldi Mamia Organic	Own Brand	Mamia Organic Strawberries & Apple Puree	Sweet	4m+	120	7.8	9.4	https://www.aldi.co.uk/products/mamia-organic-strawberries-apple-puree	£0.55	73.6%	26.7%	31.2%
Aldi Mamia Organic	Own Brand	Mamia Mango & Peach Breakfast Smooth Yogurt	Savoury	6m+	100	7.6	7.6	https://www.aldi.co.uk/products/mamia-mango-peach-breakfast-smooth-yogurt	£0.69	71.7%	21.7%	25.3%
tesco	Own Brand	Tesco Prune Babyfood Pouch	Sweet	6m+	70	7.6	7.6	https://www.tesco.co.uk/products/tesco-prune-babyfood-pouch	£0.45	71.7%	15.2%	17.7%
Annabel Karmel	Boutique	Organic Pumpkin Apple & Sweetcorn Stage 1	Mix	6m+	100	7.4	7.4	https://www.annabelkarmel.co.uk/products/organic-pumpkin-apple-sweetcorn-stage-1	£1.15	69.8%	21.1%	24.7%
Piccolo	Boutique	Organic Pear, Strawberry & Blackberry Yoghurt	Sweet	6m+	100	7.4	7.4	https://www.piccolo.co.uk/products/organic-pear-strawberry-blackberry-yoghurt	£1.25	69.8%	21.1%	24.7%
Aldi Mamia Organic	Own Brand	Mamia Apple, Carrot & Parsnips Purée	Savoury	6m+	120	7.25	8.7	https://www.aldi.co.uk/products/mamia-apple-carrot-parsnips-puree	£0.55	68.4%	24.9%	29.0%
Little Freddie	Boutique	Mighty Mango Smoothie	Sweet	6m+	90	7.1	6.4	https://www.littlefreddie.com/products/mighty-mango-smoothie	£1.00	67.0%	18.3%	21.3%
Piccolo	Boutique	Organic Spring Greens Apple & Pear	Mix	6m+	100	6.8	6.8	https://www.piccolo.co.uk/products/organic-spring-greens-apple-pear	£0.93	64.2%	19.4%	22.7%
tesco	Own Brand	Tesco Pear & Apple Pouch	Sweet	6m+	70	6.6	4.6	https://www.tesco.co.uk/products/tesco-pear-apple-pouch	£0.45	62.3%	13.2%	15.4%
Ella's Kitchen	Boutique	Apples, Carrots and Parsnips	Sweet	4m+	120	6.4	7.7	https://www.ellas-kitchen.com/products/apples-carrots-parsnips	£1.10	60.4%	21.9%	25.4%
Ella's Kitchen	Boutique	Organic Pears, Peas & Broccoli Stage 1	Mix	4m+	120	5.9	7.1	https://www.ellas-kitchen.com/products/organic-pears-peas-broccoli-stage-1	£1.10	57.7%	20.2%	23.6%
Ella's Kitchen	Boutique	Courgette, Apples & Avocados Organic Puree	Mix	4m+	120	5.6	6.7	https://www.ellas-kitchen.com/products/courgette-apples-avocados-organic-puree	£1.10	52.8%	19.2%	22.4%
Little Freddie	Boutique	Vibrant Peaches & Raspberries	Sweet	6m+	100	5.6	5.6	https://www.littlefreddie.com/products/vibrant-peaches-raspberries	£1.25	52.8%	16.0%	18.7%
Bababse	Boutique	Organic Sweet Potato, Carrot & Cauliflower	Savoury	4m+	100	5.4	5.4	https://www.bababse.co.uk/products/organic-sweet-potato-carrot-cauliflower	£1.20	50.9%	15.4%	18.0%
For Aisha	Boutique	Authentic Indian Chicken & Sweet Potato Curry	Savoury	7m+	130	5.1	6.6	https://www.foraisha.co.uk/products/authentic-indian-chicken-sweet-potato-curry	£1.50	48.1%	18.9%	22.1%
Bababse	Boutique	Organic, Sweet Potato, Peas & Spinach	Savoury	4m+	100	4.9	4.9	https://www.bababse.co.uk/products/organic-sweet-potato-peas-spinach	£1.20	46.2%	14.0%	16.3%
Little Freddie	Boutique	Organic Flavoursome Carrot, Pumpkin, Pea & Pear	Mix	6m+	100	4.9	4.9	https://www.littlefreddie.com/products/organic-flavoursome-carrot-pumpkin-pea-pear	£1.30	46.2%	14.0%	16.3%
Bababse	Boutique	Organic Butternut Squash, Carrot & Broccoli	Savoury	4m+	100	4.8	4.8	https://www.bababse.co.uk/products/organic-butternut-squash-carrot-broccoli	£1.20	45.3%	13.7%	16.0%
Heinz	Big brand	Sweet & Sour Chicken	Mix	10m+	180	4.5	8.1					