

Baby Pouch Survey May/June 2022 - All Data Data table sorted by highest sugars per100g, Product information was collected online, instore or direct from manufacturers. Sugar by volume measured against current formulation of Coca Cola.

Brand	Brand type	Product	Туре	Age	Portio n size (g)	sugar per 100g	Total Sugar s (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 Annabel Karmel	Boutique Boutique	Organic Apple Blueberry & Banana Stage 1 Organic Delicious Banana, Pear & Peach Puree Stage 1	Sweet	6m+ 6m+	100	17.3	17.3 https://w 17.1 https://w	£1.15 £1.15	163.2% 161.3%	49.4% 48.9%	57.7%
Ella's Kitchen Annabel Karmel	Boutique Boutique	Organic Bananas & Apples Stage 1 Organic Mango Apple & Banana Stage 1	Sweet	4m+ 6m+	120	16.3	19.6 https://w 15.5 https://w	£1.20 £1.15	153.8% 146.2%	55.9% 44.3%	65.2% 51.7%
Annabel Karmel	Boutique	Organic Prune Apple & Pear Stage 1	Sweet	6m+	100	15	15.0 https://ww	£1.15	141.5%	42.9%	50.0%
Ella's Kitchen Ella's Kitchen	Boutique Boutique	Bananas & Coconuts Banana Baby Brekkie	Sweet	4m+ 6m+	120 100	13.6	17.9 https://w 13.6 https://w	£1.20 £1.30	140.6% 128.3%	51.1% 38.9%	59.6% 45.3%
Ella's Kitchen Ella's Kitchen	Boutique Boutique	Organic Smooth Mango Puree Stage 1 Organic Peaches & Bananas Stage 1	Sweet Sweet	4m+ 4m+	70 120	13.2	9.3 https://w 15.8 https://w	£0.90 £1.10	125.5% 124.5%	26.6% 45.3%	31.0% 52.8%
Ella's Kitchen Aldi Mamia Organic	Boutique Own Brand	Blueberries, Apples, Bananas & Vanilla Aldi Mamia Mangoes, Apples, Bananas & Peaches Purée	Sweet Sweet	4m+ 4m+	120 120		15.7 https://w 15.6 https://gr	£1.10 £0.55	123.6% 122.6%	44.9% 44.6%	52.4%
Annabel Karmel Sainsbury's Little Ones	Boutique Own Brand	Organic Mango Apple & Coconut Milk Stage 1 Organic Apple, Banana & Blueberry Puree Smooth Puree	Sweet Sweet	6m+ 4m+	100 100		13.0 https://w 12.6 https://w	£1.15 £1.30	122.6% 118.9%	37.1% 36.0%	43.3%
Piccolo Heinz	Boutique Big brand	Organic Apple, Banana & Blueberry with Hint of Vanilla Apple & Mango	Sweet	4m+ 6m+	100 100	12	12.0 https://w 11.9 https://gr	£1.25 £1.00	113.2% 112.3%	34.3% 34.0%	40.0% 39.7%
Heinz Annabel Karmel	Big brand Boutique	Strawberry, Raspberry, Apple & Banana	Sweet	4m+ 6m+	100	11.6	11.6 https://gr 11.5 https://w	£1.00 £1.15	109.4%	33.1%	38.7%
Heinz	Big brand	Organic Strawberry, Banana & Apple Puree Stage 1 Peach , Banana, Mango & Apple Fruit Pouch	Sweet	4m+	100	11.3	11.3 https://gr	£1.00	106.6%	32.3%	37.7%
Little Freddie Aldi Mamia Organic	Boutique Own Brand	Simply Pink Lady Apples Aldi Organic Mamia Mango Greek Style Yoghurt	Sweet Sweet	4m+ 6m+	70 90	11	7.7 https://w 9.9 ja-organic	£1.00 £0.69	103.8% 103.8%	22.0% 28.3%	25.7%
Annabel Karmel Annabel Karmel	Boutique Boutique	Organic Strawberry Banana & Coconut Milk Stage 1 Strawberry, Banana & Coconut Milk Stage 1	Sweet Sweet	6m+ 6m+	100 100		11.0 https://w 11.0 https://w	£1.15 £1.15	103.8% 103.8%	31.4% 31.4%	36.7%
Asda Little Angels Little Freddie	Own Brand Boutique	Organic Mango, Banana & Apple Juicy Strawberries, Blueberries & Oats	Sweet	6m+ 6m+	120 100	11 11	13.2 https://gr 11.0 https://w	£0.65 £1.30	103.8% 103.8%	37.7% 31.4%	44.0%
Sainsbury's Little Ones	Own Brand	Organic Pear, Prune & Banana Smooth Puree	Sweet	4m+	70	10.9	7.6 https://w	£0.60	102.8%	21.8%	25.4%
Ella's Kitchen Sainsbury's Little Ones	Boutique Own Brand	Mango Baby Brekkie Organic Apple, Peach & Mango Puree	Sweet	6m+ 7m+	100	10.9	10.9 https://gn 10.9 https://w	£1.10 £1.30	102.8% 102.8%	31.1%	36.3%
Ella's Kitchen Heinz	Boutique Big brand	Organic Smooth Apple Puree Stage 1 Blueberries and apple Pouch	Sweet Sweet	4m+ 4m+	70 100	10.5	7.4 https://w 10.5 https://w	£0.95 £1.00	99.1% 99.1%	21.0% 30.0%	24.5% 35.0%
Sainsbury's Little Ones Little Freddie	Own Brand Boutique	Organic Pear, Apple & Strawberry Puree Perfect Start Prune Greek Style Yoghurt with Oats	Sweet Sweet	4m+ 6m+	100	10.5 10.2	10.5 https://w 10.2 https://w	£1.30 £1.30	99.1% 96.2%	30.0% 29.1%	35.0%
Piccolo Piccolo	Boutique Boutique	Organic Apple & Apricot with a Hint of Cinnamon Banana, Strawberry & Peach	Sweet	4m+ 4m+	100 100	10 10	10.0 https://w 10.0 https://w	£1.25 £1.25	94.3% 94.3%	28.6% 28.6%	33.3%
Little Freddie Annabel Karmel	Boutique	Balanced Prunes & Apples Organic Butternut Squash Carrot Apple & Prune Stage 1	Sweet	6m+ 6m+	100	10	10.0 https://w 9.9 https://w	£1.30 £1.15	94.3%	28.6%	33.3%
Ella's Kitchen	Boutique Boutique	Organic Strawberries & Apples Stage 1	Sweet	4m+	120	9.8	11.8 https://w	£1.15	92.5%	33.6%	39.2%
Piccolo Piccolo	Boutique Boutique	Blushing Berries, pear & banana Organic Pear, Banana, Coconut & Baby Rice	Sweet Sweet	4m+ 4m+	100 100	9.7	9.8 https://w 9.7 https://w	£0.93 £1.25	92.5% 91.5%	28.0% 27.7%	32.7% 32.3%
Heinz Asda Little Angels	Big brand Own Brand	Strawberry & Apple Fruit Pouch Organic Squeezy Fruit Apple Strawberry & Blueberry	Sweet Sweet	4m+ 6m+	100 120	9.5 9.4	9.5 https://gr 11.3 https://gr	£1.00 £0.65	89.6% 88.7%	27.1% 32.2%	31.7% 37.6%
Ella's Kitchen Aldi Mamia Organic	Boutique Own Brand	Organic Smooth Pear Puree Aldi Mamia Apple And Banana Breakfast Smooth Yogurt And Rice	Sweet Sweet	4m+ 6m+	70	9.3 9.3	6.5 https://w 9.3 https://gr	£0.95 £0.69	87.7% 87.7%	18.6% 26.6%	21.7%
Little Freddie Piccolo	Boutique Boutique	Exotic Coconut & Tropical Fruits Organic Raspberry & Apple with Soaked Oats	Sweet	6m+ 6m+	100 100	9.3	9.3 https://w 9.3 https://w	£1.30 £1.25	87.7% 87.7%	26.6% 26.6%	31.0% 31.0%
Ella's Kitchen	Boutique	Organic Sweet Potato, Pumpkin, Apple & Blueberries Stage 1	Sweet	4m+	120		11.0 https://w 9.2 https://w	£1.10	86.8%	31.5%	36.8%
Little Freddie Heinz	Big brand	Creamy Blueberry & Banana with Greek Style Yoghurt Apple, Pear & Banana Fruit Pouch	Sweet	6m+ 4m+	100 100	9	9.0 https://gr	£1.30 £1.00	86.8% 84.9%	26.3% 25.7%	30.0%
Asda Little Angels Piccolo	Own Brand Boutique	Organic Squeezy Fruit Pouch Apple & Strawberry Apple & Cherry Yogurt	Sweet Sweet	6m+ 4m+	120 100	8.8	10.8 https://gr 8.8 https://w	£0.65 £1.25	84.9% 83.0%	30.9% 25.1%	36.0% 29.3%
Asda Little Angels Ella's Kitchen	Own Brand Boutique	Organic Breakfast Apple, Banana & Greek Style Yogurt Mangoes, Pears and Papayas	Sweet Sweet	6m+ 4m+	100 120		8.8 https://gr 10.3 https://w	£0.65 £1.10	83.0% 81.1%	25.1% 29.5%	29.3% 34.4%
Piccolo Sainsbury's Little Ones	Boutique Own Brand	Organic Mango, Pear & Kale with Yoghurt Organic Simply Sweet Potato	Mix Savoury	6m+ 4m+	100		8.6 https://w 5.7 https://w	£1.25 £0.60	81.1% 77.4%	24.6% 16.4%	28.7%
Piccolo Babease	Boutique Boutique	Sweet potato, apple, pear & Beetroot Organic Pear, Mixed Berries & Coconut Water	Mix	4m+ 6m+	100 100		8.2 https://w 8.0 https://w	£1.25 £1.20	77.4%	23.4%	27.3%
Little Freddie Aldi Mamia Organic	Boutique Own Brand	Surprising Sweet Potato & Carrot Greek Style Yoghurt Mamia Organic Strawberries & Apple Purée	Savoury	6m+ 4m+	100	8	8.0 https://w 9.4 https://gr	£1.30 £0.55	75.5%	22.9%	26.7%
Aldi Mamia Organic	Own Brand	Mamia Mango & Peach Breakfast Smooth Yogurt	Savoury	6m+	100	7.6	7.6 https://gr	£0.69	71.7%	21.7%	25.3%
Tesco Annabel Karmel	Own Brand Boutique	Tesco Prune Babyfood Pouch Organic Pumpkin Apple & Sweetcorn Stage 1	Sweet <mark>Mix</mark>	6m+ 6m+	70 100	7.4	5.3 https://w 7.4 https://w	£0.45 £1.15	71.7%	15.2% 21.1%	17.7% 24.7%
Piccolo Aldi Mamia Organic	Boutique Own Brand	Organic Pear, Strawberry & Blackberry Yoghurt Mamia Apple, Carrot & Parsnips Purée	Sweet Savoury	6m+ 4m+	100 120	7.25	7.4 https://w 8.7 https://gr	£1.25 £0.55	69.8% 68.4%	21.1% 24.9%	24.7% 29.0%
Little Freddie Piccolo	Boutique Boutique	Mighty Mango Smoothie Organic Spring Greens Apple & Pear	Sweet Mix	6m+ 4m+	90 100		6.4 https://w 6.8 https://w	£1.00 £0.93	67.0% 64.2%	18.3% 19.4%	21.3%
Tesco Ella's Kitchen	Own Brand Boutique	Tesco Pear & Apple Pouch Apples, Carrots and Parsnips	Sweet	6m+ 4m+	70 120		4.6 https://w 7.7 https://gr	£0.45 £1.10	62.3% 60.4%	13.2% 21.9%	15.4%
Ella's Kitchen Ella's Kitchen	Boutique Boutique	Organic Pears, Peas & Broccoli Stage 1 Courgette, Apples & Avocados Organic Puree	Mix Mix	4m+ 4m+	120 120	5.9	7.1 https://w 6.7 https://w	£1.10 £1.10	55.7% 52.8%	20.2%	23.6%
Little Freddie	Boutique	Vibrant Peaches & Raspberries	Sweet	6m+	100	5.6	5.6 https://ww	£1.25	52.8%	16.0%	18.7%
Babease For Aisha	Boutique Boutique	Organic Sweet Potato, Carrot & Cauliflower Authentic Indian Chicken & Sweet Potato Curry	Savoury Savoury	4m+ 7m+	100 130	5.1	5.4 https://w 6.6 https://gr	£1.20 £1.50	50.9% 48.1%	15.4% 18.9%	18.0% 22.1%
Babease Little Freddie	Boutique Boutique	Organic, Sweet Potato, Peas & Spinach Organic Flavoursome Carrot, Pumpkin, Pea & Pear	Savoury Mix	4m+ 6m+	100 100	4.9	4.9 https://w	£1.20 £1.30	46.2% 46.2%	14.0% 14.0%	16.3% 16.3%
Babease Heinz	Boutique Big brand	Organic Butternut Squash, Carrot & Broccoli Sweet & Sour Chicken	Savoury Mix	4m+ 10m+	100 180		4.8 https://w 8.1 https://gr	£1.20 £1.80	45.3% 42.5%	13.7% 23.1%	16.0%
Tesco Sainsbury's Little Ones	Own Brand Own Brand	Tesco Carrot Babyfood Pouch Organic Sweet Potato, Carrot & Swede Smooth Puree	Savoury Savoury	6m+ 4m+	70 70	4.4	3.1 https://w 2.9 https://w	£0.45 £0.60	41.5% 38.7%	8.8%	10.3%
For Aisha Ella's Kitchen	Boutique Boutique	Moroccan Chicken Tagine with Couscous & Apricots Tomato & Lentil Bake Organic Puree	Savoury Savoury	7m+ 6m+	130 120	4	5.2 https://gr 4.7 https://w	£1.50 £1.30	37.7% 36.8%	14.9% 13.4%	17.3%
For Aisha	Boutique	Jamaican Jerk Chicken with Mango	Savoury	7m+	130	3.9	5.1 https://w	£1.50	36.8%	14.5%	16.9%
Tesco Tesco	Own Brand Own Brand	Tesco Spaghetti Bolognese Pouch Tesco Carrot Sweet Potato Swede Pouch	Savoury Savoury	7m+ 6m+	130 100	3.8	5.1 https://w 3.8 https://w	£0.85 £0.70	36.8% 35.8%	14.5% 10.9%	12.7%
Little Freddie Tesco	Boutique Own Brand	Hearty Carrot, Sweet Potato & Parsnip Mash Tesco Courgette Aubergine & Red Pepper	Savoury Savoury	6m+ 7m+	100 130	3.1	3.1 https://w 4.0 https://w	£1.30 £0.85	29.2%	8.9% 11.5%	13.4%
Heinz Babease	Big brand Boutique	Spaghetti Bolognese Organic Lentil & Vegetable Bake	Savoury Savoury	10m+ 7m+	180 130		5.4 https://w 3.9 https://w	£1.60 £1.50	28.3% 28.3%	15.4%	18.0%
For Aisha Little Freddie	Boutique Boutique	Savoury Shepherd's Pie with Lamb & Aromatic Spices Nourishing Butternut Squash, Red Lentil & Coconut	Savoury Savoury	7m+ 6m+	130 120	3	3.9 https://w 3.5 https://w	£1.50 £1.45	28.3% 27.4%	11.1%	13.0%
Tesco	Own Brand	Tesco Pea Parsnip Pear Pouch	Mix	6m+	100	2.9	2.9 https://w	£0.70	27.4%	8.3%	9.7%
Ella's Kitchen Piccolo	Boutique Boutique	Lipsmacking spag bol with a sprinkle of cheese Organic Carrot, Squash & Sweet Potato with hint of Parsley	Savoury Savoury	7m+ 4m+	130 100	2.8	3.8 https://w 2.8 https://w	£1.50 £1.30	27.4%	10.8%	12.6% 9.3%
Babease Tesco	Boutique Own Brand	Organic Keralan Vegetable Curry Tesco Veggie & Red Lentil Bake	Savoury Savoury	7m+ 7m+	130 130	2.7	3.5 https://w 3.5 https://w	£1.50 £0.85	25.5% 25.5%	10.0%	11.7% 11.7%
Ella's Kitchen Ella's Kitchen	Boutique Boutique	Veggie Cous Cous with Herbs Organic Puree Organic Cottage pie with a pinch of cinnamon	Savoury Savoury	6m+ 7m+	120 130	2.4	3.0 https://w 3.1 https://w	£1.15 £1.50	23.6%	8.6% 8.9%	
Heinz Piccolo	Big brand Boutique	Thai Chicken Dinner Courgette, Pea & Leek	Savoury Savoury	10m+ 4m+	180 100	2.2	4.0 https://gr 2.2 https://w	£1.80 £1.30	20.8% 20.8%	11.3% 6.3%	13.2%
Ella's Kitchen Babease	Boutique Boutique	Organic Macaroni Cheese with Basil Organic Garden Vegetable Risotto	Savoury Savoury	6m+ 7m+	120	2.1	2.5 https://w 2.7 https://w	£1.15 £1.50	19.8%	7.2%	8.4%
Sainsbury's Little Ones	Own Brand	Organic Creamy Coconut Chicken & Butternut Squash Curry	Savoury	7m+	130	2	2.6 https://w	£1.00	18.9%	7.4%	8.7%
Sainsbury's Little Ones Olivers Cupboard	Own Brand Boutique	Organic Spaghetti Bolognese with Cheese Organic Tom Yum	Savoury Savoury	7m+ 7m+	130 130	1.9	2.6 https://w 2.5 https://w	£1.00 £1.60	18.9% 17.9%	7.4%	8.7%
Olivers Cupboard Little Freddie	Boutique Boutique	Chicken Laksa Carrot & Chickpeas with Pumpkin Seed Butter	Savoury Savoury	7m+ 6m+	130 120	1.6	2.3 https://w 1.9 https://w	£1.60 £1.45	17.0% 15.1%	6.7% 5.5%	6.4%
Heinz Sainsbury's Little Ones	Big brand Own Brand	Veggie Chicken Casserole Organic Green Veggies Smooth Puree	Savoury Savoury	4m+ 4m+	100	1.5	1.5 https://gn 0.8 https://w	£0.99 £0.60	14.2% 11.3%	4.3%	
Sainsbury's Little Ones Sainsbury's Little Ones	Own Brand Own Brand	Organic Beef Casserole Organic Cauliflower & Broccoli Cheesy Pasta	Savoury Savoury	6m+ 6m+	120 120	1	1.2 https://w 1.0 https://w	£1.00 £1.00	9.4% 7.5%	3.4%	4.0%
Sainsbury's Little Ones	Own Brand	Organic Lentil & Chickpea Dhal with Rice	Savoury	7m+	120		0.9 https://w	£1.00	6.6%	2.6%	