

























Golden Crunch	Dragons	Oat Biscuits	<10	<10	<10	<10	<10	22	<10	<10	<10	<10
Honey & Oat Biscuits	Welsh Pantry for the Museum of Welsh Life	Oat Biscuits	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Harvest Chewee - Milk Choc Chip	Quaker	Snack Bar	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Guilt Free Flapjack Original	Cookie Coach Company	Flapjacks	<10	<10	<10	<10	<10	20	<10	<10	<10	11
Pure Gold Organic Oats	Mornflake	Rolled/Porridge Oats	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Raspberry Preserve Flapjack	The Handmade Flapjack	Flapjacks	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Giant Bar Apple	ma baker	Flapjacks	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Vege-Banger Mix	Realeat	Vegetarian Burgers/Sausages	106	<10	<10	<10	<10	<10	<10	<10	<10	<10
Jumbo Oats	Health with Herbs	Rolled/Porridge Oats	<10	<10	<10	<10	<10	<10	<10	<10	18	28
Rich Caramel Topped Flapjacks	Peck and Strong	Flapjacks	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Organic Prune & banana Breakfast	Baby Organix	Baby Food	12	<10	<10	<10	<10	<10	<10	<10	<10	<10
Apple and Blackberry Crumble	Somerfield	Deserts	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Crunchy Oat Cereal	Somerfield	Cereal/Muesli	<10	<10	<10	<10	<10	<10	<10	<10	<10	12
Scottish Oat Cakes	Nairn's	Oatcakes/Pancakes	<10	<10	<10	<10	<10	<10	<10	<10	<10	11
Crunchy Oat Cereal	ASDA Smart Price	Cereal/Muesli	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Farmhouse Soft Oatmeal	Marks & Spencer	Oatmeal Bread	49	<10	<10	<10	<10	32	<10	23	12	<10

Oat Flips	Farmhouse Biscuits	Biscuits	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	11
Oat Cakes for Cheese	Cottage Delight	Oatcakes	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	23
Dorset Muesli	Dorset Cereals	Cereals/Muesli	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Flapjacks	Country Fitness Foods	Flapjacks	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Traditional Flapjacks	Hoppers Farmhouse Bakeries	Flapjacks	<10	<10	<10	<10	<10	<10	<10	<10	<10	21	25
Hand Made Original Flapjack	Gilsons	Flapjacks	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	14
Oat Sensations-Red Berry	Jordans	Cereals/Muesli	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	14
Porridge Oats	Breakfast Club	Rolled/Porridge Oats	<10	<10	<10	<10	<10	<10	<10	<10	<10	11	29
Oaten Biscuits	Budgens	Biscuits	12	<10	<10	<10	<10	<10	<10	<10	<10	14	19
Original Muesli	Holland & Barrett Nature's Harvest	Cereals/Muesli	<10	<10	<10	<10	<10	10	<10	<10	<10	<10	<10
Medium Oatmeal	Prewett's	Oatmeal	<10	<10	<10	<10	<10	<10	<10	<10	<10	17	30
Original Pure Oat bran	Mornflake	Oatbran	<10	<10	<10	<10	<10	<10	<10	<10	<10	14	26
Flapjack Original	Blackfriars	Flapjacks	<10	<10	<10	<10	<10	10	<10	<10	<10	<10	11
Farmhouse Soft Oatmeal	Marks & Spencer	Oat Bread	25	<10	<10	<10	<10	<10	<10	<10	<10	15	<10
Apple & Cinnamon Crunch	Marks & Spencer	Cereal/Muesli	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10	<10
Breakfast Oats and Apple Cereal	Farley's	Baby Food	18	<10	<10	<10	<10	20	<10	<10	<10	<10	<10















