

Table 2. Variation of sugars in similar products between coffee shops

| | Coffee Shop | Sugar (g) per 100g | Sugar (g) per serve | Difference per serve (g) |
|---|-----------------|-----------------------|------------------------|-----------------------------|
| Drinks* | | | | |
| Hot Chocolate with whipped cream | | | | |
| | Coffee Republic | unavailable | 58.9 | 28.7 |
| | Caffe Nero | 12.1 | 30.2 | |
| Caramel Latte | | | | |
| | Puccino's | 7.1 | 34 | 10.0 |
| | Greggs | 6.7 | 24 | |
| Gingerbread Latte | | | | |
| | Soho Coffee Co. | 14.7 | 42.5 | 28.6 |
| | Costa | 3.8 | 13.9 | |
| Food | | | | |
| Caramel Shortbread | | | | |
| | Soho Coffee Co. | 36.8 | 27.6 | 7.8 |
| | Caffe Nero | 30.5 | 19.8 | |
| Cinnamon Bun | | | | |
| | Costa | 25 | 30 | 7.3 |
| | Puccino's | 20 | 17 | |
| Mince Pie | | | | |
| | Coffee #1 | 43 | 60.2 | 37.2 |
| | Gregg's | 32 | 23 | |

*Medium sized drinks were chosen for comparison