

JAM ANALYSIS

Brand - Manufacturer	Product	Notes	Ingredients													Prepared with		
			Sugar	Cane Sugar	Beet Sugar	Glucose Fructose	Fruit	Lemon Juice	Citric Acid	Acidity Regulator	Gelling Agent	Preservative	Flavouring	Colouring	Miscellaneous	Water	Love	Fruit per 100g

JAM

Rosie Makes	Raspberry Jam																		50	50	62
Wilkin & Son Ltd	Strawberry Jam																		55		67
Mackays	Scottish Blackcurrant Conserve																		40		65
Hartleys	Best Raspberry Jam																		45		61
Sainsburys	Strawberry Jam																		45		63
Tesco	Apricot Jam																		45		61
Sainsburys	Taste the Difference Blackcurrant Conserve																		45		61
Morrisons	Raspberry Conserve	1																	55		55
Co-operative	Value Mixed Fruit Jam																		35		63
Co-operative	Blackcurrant Jam																		35		65
Clippy's	Apple Raspberry Ripple Fruit-tastic	2																	58		52
Mr Pitchfork's Preserves	Strawberry & Champagne Jam	3																	48		45
Saffron Acres	Spiced Plum Jam	4																			

REDUCED SUGAR JAM

Tesco	Reduced Sugar Strawberry Jam																		50	45	45
Streamline	Reduced Sugar Strawberry Jam	5																	50		42
WeightWatchers	Reduced Sugar Strawberry Jam	6																	55		

MARMALADE

Frank Cooper's	Fine Cut Oxford Marmalade																		30		63
Rose's	Lemon & Lime Fine Cut Marmalade																		20		65
Robertson's	Golden Shred																		20		63
Bonne Maman	Bitter Orange Marmalade																		28		60
Duerr's	Seville Orange Thick Cut Marmalade																		30		63

THE NO SUGAR JAM?

Scott's	No Added Sugar Raspberry Jam	7																	35		
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Flavouring

- F1 Strawberry concentrate
- F2 Elderberry Juice
- F3 Vanilla
- F4 Champagne water
- F5 Cloves
- F6 Orange Oil

Miscellaneous

- M1 Treacle
- M2 Sorbitol

NOTES

1	This product claims to be a conserve but does not have the correct sugar content for a jam or conserve.
2	This product claims to be a conserve but it does not contain the correct amount of sugar. It also claims to contain love, which is not a legal ingredient.
3	This product seems to have the finished sugar content of a reduced sugar jam but isn't marked as such. It has 'champagne water' whatever that is, yet claims to be Strawberry & Champagne jam.
4	This product has no percentage fruit content or declaration of total sugar content.
5	Claims that 'as we use 30% less sugar than standard jams we can pack 40% more fruit into our jars'. This doesn't seem to be supported by the sugar declaration.
6	This jar does not have a total sugar solids declaration - it also claims to have no artificial sweeteners yet is made with glucose-fructose which isn't a naturally-occurring sugar.
7	This product contains no sugar at all, only sorbitol stating that the finished product contains naturally occurring sugars with no declaration. It is also called jam when it does not contain the required amount of sugar.