



Neighborhood Market

## "Sugar-Aware" Product Guide

This list is intended to guide customers looking for products which are sugar free, reduced sugar, or contain a limited quantity of added sugars. We have selected products from those categories which are known typically to be high in sugar, or to contain excess added sugars.

Sugar content (grams of sugar per serving) shown in parentheses.

To download a digital version of this list please visit: [www.freshandeasy.com/sugaraware](http://www.freshandeasy.com/sugaraware)

### Dips, Dressings and Sauces (Not Refrigerated)

#### **Sugar Free**

- F&E Artichoke Antipasta
- F&E Black Olive Tapenade
- F&E Wholegrain Mustard
- F&E Dijon Mustard
- F&E Dijon Mustard Imported
- F&E Kosher Tartar Sauce
- F&E Mayonnaise
- F&E Mayonnaise Lite
- F&E Mojo Criollo Marinade
- F&E Organic Goddess Salad Dressing
- F&E Pesto Genovese
- F&E Soy Less Salt
- F&E Soy Sauce Premium
- F&E Spicy Brown Mustard
- F&E Stoneground Horseradish Mustard
- F&E Yellow Mustard
- Frito Lay Bean Dip

#### **Lower Sugar**

- F&E Blue Cheese Salad Dressing (1g)
- F&E Buttermilk Ranch Salad Dressing (1g)
- F&E Chili Con Queso (1g)
- F&E Classic Caesar Salad Dressing (1g)
- F&E Corn & Black Bean Salsa (1g)
- F&E Cuban Barbeque Salsa (1g)
- F&E Green Taco Sauce (1g)
- F&E Mesquite Marinade (1g)
- F&E New Mexico Style Green Chili Salsa (1g)
- F&E Organic Red Wine Vinaigrette Salad Dressing (1g)
- F&E Organic Tamari Sauce (1g)
- F&E Ranch Salad Dressing (1g)
- F&E Salad Dressing Caesar Vinaigrette (1g)
- F&E Salsa Authentica (1g)
- F&E Salsa Chipotle (1g)
- F&E Salsa Picante (1g)
- F&E Salsa Roasted Tomato (1g)
- F&E Salsa Thick & Chunky Medium(1g)
- F&E Salsa Verde 16oz (1g)
- F&E Salsa Thick & Chunky Mild (1g)
- F&E Salsa Smokey Peach (1g)
- F&E Sweet Hot Mustard (1g)
- F&E Taco Sauce Medium (1g)
- F&E Taco Sauce Mild (1g)
- Girard's Dressings (1g)
- Wishbone Spritzers (1g)
- F&E Chop & Steak Marinade (2g)
- F&E Chunky Vegetable Sauce (2g)
- F&E Creamy Italian Salad Dressing (2g)
- F&E Garlic & Herb Marinade (2g)

- F&E Italian Salad Dressing (2g)
- F&E Lemon Pepper Marinade (2g)
- F&E Marinara with Eggplant Sauce (2g)
- F&E Organic Traditional Marinara Pasta Sauce (2g)
- F&E Pizza Sauce (2g)
- F&E Puttanesca Pasta Sauce (2g)
- F&E Roasted Garlic (2g)
- F&E Three Cheese Pasta Sauce (2g)
- F&E Tomato Basil Marinara Pasta Sauce (2g)
- F&E Tomato Bruschetta (2g)

### Refrigerated Dips, Dressings, and Sauces

#### **Sugar Free**

- F&E Caesar Dressing

#### **Lower Sugar**

- F&E Balsamic Vinaigrette Dressing (1g)
- F&E Basil Pesto Sauce (1g)
- F&E Blue Cheese Dressing (1g)
- F&E Chipotle Ranch (1g)
- F&E Creamy Cilantro Dressing (1g)
- F&E Dips (Tzatziki, Spinach Artichoke, Spicy Cilantro, Ranch, French Onion) (1g)
- F&E Fresh Hot Salsa (1g)
- F&E Fresh Mild Salsa (1g)
- F&E Fresh Restaurant Style Salsa (1g)
- F&E Hummus (Original, Lemon Cilantro, Red Pepper, Jalapeno) (1g)
- F&E Lemon Hummus Vinaigrette (1g)
- F&E Ranch Dressing (1g)
- Bob's Dressings (Assorted Flavors) (1g)
- F&E Cherry Tomato Sauce (3g)
- F&E Fresh Mango Salsa (3g)
- F&E Raspberry Vinaigrette Dressing (3g)
- F&E Marinara Sauce (4g)

### Baking & Mixes

#### **Sugar Free**

- Bakers Unsweetened Baking Chocolate
- Hershey's Unsweetened Cocoa

#### **Lower Sugar**

- F&E Multigrain Pancake Mix (1g)
- F&E Buttermilk Pancake Mix (4g)
- F&E Blueberry Pancake Mix (5g)

## Beverages

### **Sugar Free**

F&E Essential Waters (Assorted Flavors)  
F&E Flavored Waters (Coconut, Cucumber, Strawberry)  
Arizona Diet Teas & Mixes (Assorted flavors)  
Brisk Diet Lemon Tea  
Canada Dry Low Sodium Club Soda  
Crystal Light Powdered Mixes  
Diet 7-UP  
Diet Coke & Coke Zero  
Diet Dr. Pepper  
Diet Hansen's Soda (Black Cherry & Root Beer)  
Diet Mountain Dew  
Diet Pepsi & Caffeine Free Diet Pepsi  
Diet Riot  
Diet Sierra Mist  
Hansen's Sugar Free Teas (Assorted flavors)  
Guayaki Unsweetened Yerba Mate  
Lipton Pure Leaf Unsweetened Tea  
Lipton Diet Black Tea  
Metamucil Sugar Free - Orange and Berry  
Propel Waters - Berry, Grape, Lemon  
RedRain Sugar Free energy drink  
Rockstar Sugar Free energy drink  
Schweppes Club Soda

### **Lower Sugar**

10 Calorie Vitamin Waters (3g)  
Monster LoCarb energy drink (3g)  
Swiss Miss No Sugar Added Hot Chocolate (7g)  
Light & Ultra Beers (Assorted Brands) (Sugar Content Varies)

## Cereals

### **Sugar Free**

F&E Old Fashioned Rolled Oats  
F&E Quick Farina  
Post Shredded Wheat

### **Lower Sugar**

F&E Steel Cut Oats (1g)  
General Mills Cheerios (plain) (1g)  
Post Shredded Wheat & Bran (1g)  
Quaker Oats (assorted varieties-plain) (1g)  
F&E Oaty O's (2g)  
General Mills Rice Chex (2g)  
Kellogg's Corn Flakes (2g)  
Mother's Joy Toasted Oats (2g)  
Organic Weetabix (2g)  
General Mills Corn Chex (3g)  
General Mills Kix (3g)  
Mother's Joy Corn Flakes (3g)  
Mother's Joy Crispy Rice (3g)  
Kellogg's Special K (4g)  
Barbara's Puffins (5g)  
General Mills Fiber 1 (5g)  
General Mills Whole Grain Total (5g)  
Kashi Heart to Heart (5g)  
Post Grape Nuts (5g)  
General Mills Multigrain Cheerios (6g)  
Kashi Go Lean (6g)  
Kellogg's All Bran (6g)  
Mother's Joy Honey Oats & Flakes (6g)

## Cookies

### **Sugar Free**

Joseph's Sugar Free Chocolate Chip Cookies

### **Lower Sugar**

F&E Cookies Finger Shortbread (seasonal product) (3g)  
F&E Cookies Drop Shortbread Pecan (6g)  
Barnum's Animal Crackers (6g)  
Nonni's Original Biscotti (7g)  
Ralston's Animal Cookies (7g)

## Dairy and Deli

### **Sugar Free**

Gelatoons Gelatin Cups  
Coffeemate SugarFree Hazelnut & French Vanilla Creamer

### **Lower Sugar**

F&E Soy Milk Unsweetened Organic (1g)  
F&E Chocolate & French Vanilla No Sugar Added Puddings (6g)  
F&E Greek Yogurt Plain & NonFat (8g)

## Fresh Prepared

### **Lower Sugar**

F&E Soups (Chicken Noodle, Chicken Tortilla) (3g)  
F&E Soups (Broccoli & Cheese, Split Pea & Ham) (4g)

## Frozen

### **Sugar Free**

Popsicle Sugar Free Orange/Cherry/Grape

### **Lower Sugar**

Dreyer's No Sugar Added Fruit Bars (2g)  
Klondike No Sugar Added (7g)

## Nutrition Bars & Shakes

### **Lower Sugar**

Pure Protein Powders & Shakes (1g)  
Atkins Bars & Shakes (1g)  
Pure Protein Bars (2g)  
South Beach Bars (5g)  
Glucerna Chocolate Shakes (6g)

## Snacks

### **Sugar Free**

F&E Cheddar Cheese Crackers  
Crunchmaster Multiseed Crackers  
Jello Chocolate Pudding Sugar Free  
Jello Raspberry Jello Sugar Free

### **Lower Sugar**

F&E Fruit Cup in Pear Juice from Concentrate (3g)  
Jack Link's Beef Jerky (1g)  
Chex Mix (2g)  
Kashi TLC crackers (3g)  
Wheat Thins (3g)  
F&E Applesauce Unsweetened (10g)

## Jams, Jellies and Spreads

### **Sugar Free**

Smuckers Sugar Free Apricot & Strawberry Preserves  
Lakeview Farms Sugar Free Jelly

### **Lower Sugar**

F&E Almond Butter Crunchy & Creamy (2g)  
F&E Cashew Butter (2g)  
F&E Organic Peanut Butter (2g)  
F&E Organic Peanut Butter Crunchy & Creamy (2g)  
F&E Peanut Butter Crunchy & Creamy (2g)

## Sweeteners

### **Sugar Free**

Equal  
Pure Stevia  
Splenda (packets and granular)  
Super Stevia Extract  
Stevia in the Raw  
Sweet N Low

The list is not all inclusive, and we regret that not all products may be available in all stores.