



## "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. The list is not all inclusive, and we regret that not all products may be available in all stores. Sugar content (grams of sugar per serving) shown in parentheses.

To download a digital version of this list please visit: <http://www.freshandeasy.com/QualityYouCanTrust>

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

#### Sugar Free

F&E Artichoke Antipasta  
F&E Black Olive Tapenade  
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 Sauce with 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 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)

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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  
F&E Eat Well Caesar Dressing  
F&E Guacamole

#### Lower Sugar

F&E Balsamic Vinaigrette Dressing (1g)  
F&E Basil Pesto Sauce (1g)  
F&E Chipotle Ranch (1g)  
F&E Creamy Cilantro Dressing (1g)  
F&E Dips (Tzatziki, Spinach Artichoke, Spicy Cilantro, Ranch, French Onion, Southwest Cheese, Dip Trio) (1g)  
F&E Fresh Hot Salsa (1g)  
F&E Fresh Medium Salsa (1g)  
F&E Fresh Mild Salsa (1g)  
F&E Fresh Restaurant Style Salsa (1g)  
F&E Hummus (Original, Lemon Cilantro, Roasted Red Pepper, Jalapeno, Pesto, Roasted Tomatoes, Hummus Trio) (1g)  
F&E Roasted Edamame Hummus (1g)  
F&E Lemon Hummus Vingerette (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 FRESH: Meals, Sides, Salads, & Soups (Product Selection May Vary)

#### Lower Sugar

F&E Soups (Chicken Noodle, Chicken Tortilla) (3g)



F&E Soups (Broccoli & Cheese, Split Pea & Ham) (4g)  
F&E Southwest Caesar Salad Kit (2g)  
F&E Grilled Salmon with Red Potato Salad (3g)  
F&E Jambalaya (2g)  
F&E Spaghetti and Meatballs (3g)  
F&E Thai Red Curry (3g)  
F&E Smashed Red Potatoes (3g)  
F&E Turkey Club Wrap (3g)  
F&E Chicken Chipotle Sandwich (1g)  
F&E Turkey Provolone Panini (2g)  
F&E Tomato and Mozzarella Salad (2g)  
F&E Tomato and Mozzarella Pasta Salad (2g)  
F&E Egg Salad (0g)  
F&E Greek Cucumber Salad (2g)  
F&E Southwest Tuna Pasta Salad (2g)  
F&E Spicy Shrimp Pasta Salad (2g)  
F&E Buffalo Chicken Pasta Salad (2g)

#### 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 Unsweetened Iced Tea  
F&E Essential Waters (Assorted Flavors)  
F&E Flavored Waters (Coconut, Cucumber, Strawberry)  
F&E Fiber Water (Granny Smith Apple, Ruby Red Grapefruit, Black Raspberry)  
Aloe Pulp Juice  
Amy and Brain Coconut Juice  
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  
Red Bull 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)  
Tropicana Trop50 (10g - regular has 22g)  
Light & Ultra Beers (Assorted Brands) (Sugar Content Varies)

#### Cereals

Sugar Free  
F&E Quick Rolled Oats  
F&E Old Fashioned Rolled Oats  
F&E Quick Grits  
F&E Quick Farina  
Post Shredded Wheat  
Joseph's Sugar Free Syrup

#### Lower Sugar

F&E Oaty O's (2g)  
F&E Irish Style Steel Cut Oats (1g)  
F&E Steel Cut Oats (1g)  
F&E Goodness Cereals (Strawberry Crispy Rice, Honey O's, Honey Wheat Puffs) (7g)  
General Mills Cheerios (plain) (1g)  
Post Shredded Wheat & Bran (1g)  
Quaker Oats (assorted varieties-plain) (1g)  
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 & Pies

Sugar Free



## Joseph's Sugar Free Chocolate Chip Cookies

### Lower Sugar

F&E No Sugar Added Apple Pie (4g)  
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 Sugar Free 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 & Non-Fat (8g)

### Frozen Items

#### Sugar Free

Popsicle Sugar Free Orange/Cherry/Grape

#### Lower Sugar

F&E Homestyle Waffles (2g - same as Eggo)  
F&E Multigrain Waffles (3g - same as Eggo)  
Breyer's Light No Sugar Added Vanilla Ice Cream (4g)  
Dreyer's Slow Churned No Sugar Added Vanilla Ice Cream (4g)  
Dreyer's No Sugar Added Variety 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  
Hunt's Snack Pack Sugar Free Cherry Gels  
Hunt's Snack Pack Chocolate Pudding Sugar Free  
Jello Chocolate Pudding Sugar Free  
Jello Sugar Free Raspberry

#### 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)

### 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