

REDUCING ADDED SUGAR IN THE PANTRY AND REFRIGERATOR

Going through your pantry and refrigerator to identify items with added sugar can be an eye-opening experience! One quickly realizes that sugar is truly added to many prepared foods even those one might never expect such as deli turkey slices, guacamole or snack crackers.

Below is list of food items that contain no added sugar. This list not exhaustive but rather a starting point. Use it as a guide and add to it as you find products that fit your taste and needs. Some products will only be available in specific markets and new ones will continually be added to retail shelves. Always check the ingredient labels as some brand use sugar in certain varieties.

NO SUGAR ADDED PREPARED FOODS

Mayonnaise <ul style="list-style-type: none"> • Primal Kitchen • The Ojai Cook • 365 Organic Mayonnaise (Whole Foods) 	Fish Sauce <ul style="list-style-type: none"> • Red Boat Fish Sauce
Mustard <ul style="list-style-type: none"> • Annie's • Westbrae Natural • Organic Ville 	Thai Curry Paste <ul style="list-style-type: none"> • Mae Ploy • Thai Kitchen
Ketchup <ul style="list-style-type: none"> • Tessemae's 	Canned Tomatoes (diced, sauce, paste, crushed) <i>Check labels - some seasoned varieties contain sugar</i> <ul style="list-style-type: none"> • Muir Glen • S & W • Hunts
BBQ Sauce <ul style="list-style-type: none"> • Tessemae's 	Broth <ul style="list-style-type: none"> • Pacific Foods (Chicken Bone Broth; Vegetable Broth) • Bare Bones Broth • The Osso Good Co. • Kirkland Signature Organic Broths
Cooking Sauces and Marinades <ul style="list-style-type: none"> • Yai's Thai • Mesa de Vida Cooking Sauces • The New Primal 	Nut Spreads Peanut Butter <ul style="list-style-type: none"> • Adams Natural • Teddie • Justin's • Smucker's Natural Nut and Seed Butter <ul style="list-style-type: none"> • Once Again Sunflower Seed Butter • NuttZo - several varieties • Simple Truth Cashew Butter • Georgia Grinders - several varieties
Pasta Sauce / Marinara <ul style="list-style-type: none"> • Muir Glen • The Jersey Tomato Company • Cucina Antica • Monte Bene • Kirkland Signature Marinara Sauce 	Spice Blends <ul style="list-style-type: none"> • Primal Palate Spice Blends • Spice Cave • Spice Hound • Chef Belinda Artisan Spice Blends • Penzy's Spices <i>(Check labels - some varieties may contain sugar)</i>
Salad Dressings and Vinaigrettes <ul style="list-style-type: none"> • Organic Ville (certain varieties) • Primal Kitchen • Tessemae's 	
Salsa <ul style="list-style-type: none"> • Veronica's • Amy's Organic 	
Soy Sauce (Alternative to Soy Sauce) <ul style="list-style-type: none"> • Coconut Secret Coconut Aminos • Big Tree Farms 	