

# SUGAR-FREE CHART

AVOID	CAUTION	SUGAR FREE!
<p>sugar brown sugar raw sugar cane sugar / cane juice invert sugar honey / raw honey agave nectar corn sweetener dextrose / dextrin fructose / glucose high-fructose corn syrup sucrose</p> <p>lactose / maltose maple syrup syrup / malt syrup beet sugar ice cream frozen desserts frozen yogurt</p> <p>baked goods candy chocolate bars (dark/milk/white)</p> <p>sweetened apple sauce</p> <p>sugar coated nuts ketchup teriyaki sauce</p> <p>fruit juice jams / jellies</p> <p>aspartame</p>	<p>dried fruit</p> <p>pre-made sauces</p> <p>salad dressing marinades</p> <p>breads cereals instant oatmeal granola bars</p> <p>yogurts puddings</p> <p>flavoured lattes / coffee peanut &amp; nut butters</p> <p>flavoured water vegetable juice</p> <p>pasta sauce</p> <p>crackers popcorn chips</p> <p>all pre-made foods</p>	<p>fruit vegetables legumes / lentils / peas</p> <p>sweet potatoes / yams</p> <p>fish meats / poultry eggs</p> <p>margarine</p> <p>nuts soy</p> <p>oil / vinegar</p> <p>stevia molasses dates</p> <p>unsweetened cranberry juice unsweetened cherry juice</p>
<p><i>*ASPERTAME MAY BE SUGAR FREE BUT IT'S NOT A GOOD SUBSTITUTE</i></p>	<p><i>**LOOK FOR INGREDIENTS FROM THE AVOID COLUMN</i></p>	<p><i>*** STICK TO THESE FOODS AND YOU WILL BE SUGAR FREE. :)</i></p>