

Your Complete **Sugar-Free Foods** Reference Guide From *Diabetes Health*

Company	Sugar-Free Products	Where to Buy	For More Information
Almased USA, Inc.	<ul style="list-style-type: none"> Almased Vital Nourishment (natural product, based on fermented soy, yogurt and honey) Almased Synergy Diet Kit (contains 3 cans of the Almased Vital Nourishment) Almased Wellness Tea (composition of selected herbs like whitethorn, woodruff, elder blooms, marjoram and celery) 	Available at local health food stores, or order directly by phone or online	www.almased.com (877) 256-2733
Atkins Nutritionals, Inc.	<ul style="list-style-type: none"> Atkins Advantage Bars (including new granola and caramel varieties) Atkins Advantage Ready-to-Drink Shakes and Shake Mixes Atkins Morning Start Bars (including new Fruit & Grain Cereal Bars) Atkins Morning Start Ready-to-Eat Cereals Atkins Indulge ("better for you" candy) Atkins Supplements 	Available at all major food retailers, drug stores and natural and nutrition stores nationwide, or order online	www.atkins.com (800) 228-5467
Bernard Food Industries	<ul style="list-style-type: none"> Sweet'N Low Bakery Mixes (cakes, frostings and pancakes) Sans Sucre Mousse Mixes and Longhorn Seasonings 	Most supermarkets or order online at www.edietshop.com	www.bernardfoods.com (800) 323-3663
Da Vinci Gourmet	<ul style="list-style-type: none"> No-calorie sugar-free products sweetened with Splenda 	At many local grocery retailers and cafes, or order online	www.davincigourmet.com (800) 640-6779
Eat Well Be Well, Inc.	No sugar, no-sugar-alcohol breakfast and snack foods, including: <ul style="list-style-type: none"> Eat Well Be Well Cereal Bars Eat Well Be Well Cereal Crunch Eat Well Be Well Instant Oatmeal Eat Well Be Well Chocolate Bars 	Available at leading grocery, drug and health foods stores nationwide, or online at www.eatwellbewell.com .	www.eatwellbewell.com (541) 387-3330
ExtendBar	<ul style="list-style-type: none"> ExtendBar Chocolate Delight and Peanut Delight snack bars 	Available at most Walgreens (in the diabetes section) or order directly by phone or online	www.ExtendBar.com (800) 887-2919
Fifty 50	<ul style="list-style-type: none"> Cookies and wafers Ready-made pie crust Chocolate bars Candies Hearty Cut Oatmeal Maple syrup Fruit spreads and peanut butter 	Retail stores nationwide, mail order or online	www.fifty50.com (973) 543-6115
Health Care Products	<ul style="list-style-type: none"> DiabetiSweet Original and Brown Sugar Substitutes for Baking and Cooking 	Wal-Mart, K-Mart, Eckerd, Osco, Publix, Sav-On, Stop & Shop and other retailers, or order by phone	www.diabeticproducts.com (866) 263-9003
The Hershey Company	<ul style="list-style-type: none"> Hershey's Baking Chunks Hershey's Chocolate Hershey's Dark Chocolate Hershey's Chocolate With Almonds Hershey's Syrup Jolly Rancher Hard Candy Pot of Gold Boxed Chocolates Reese's Peanut Butter Cups Reese's Peanut Butter Cup Miniatures Twizzlers Strawberry Twists York Peppermint Patties White Reese's Peanut Butter Cup Miniatures 	Retail stores everywhere	www.hersheys.com/sugarfree (800) 468-1714
Hodgson Mill, Inc.	<ul style="list-style-type: none"> Whole grain all-natural pastas Couscous Baking and pancake mixes Hot cereals Stone-ground flours and bread mixes Muffin mixes 	Most supermarkets and natural/health food stores, online at www.HodgsonMill.com	www.HodgsonMill.com (800) 347-0105
HP Hood, Inc.	<ul style="list-style-type: none"> Hood Carb Countdown Dairy Beverages Yogurts, yogurt smoothies and juice beverages 	Retail stores nationwide	www.carbcountdown.com

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The J. M. Smuckers Co.	<ul style="list-style-type: none"> • Fruit spreads and jams • Breakfast syrups • Hot fudge toppings 	Retail stores everywhere or order online	www.smuckers.com (888) 550-9555
Kellogg	<ul style="list-style-type: none"> • Murray Sugar-Free Cookies 	Grocery and retail stores nationwide	www.murraysugarfree.com (800) 634-5508
Kraft Foods	<ul style="list-style-type: none"> • Crystal Light • Sugar-Free Kool-Aid • Sugar-Free Cool Whip • Sugar-Free Jell-O Gelatin • Sugar-Free Tang • Sugar-Free Jell-O Pudding • Sugar-Free General Foods International Beverages • Fruit 20 	Retail stores everywhere	www.kraftdiabetic.com
Maple Grove Farms of Vermont	<ul style="list-style-type: none"> • Maple-flavored syrup • Pancake mix • Salad dressings and marinades 	Grocery stores nationwide	www.maplegrove.com (800) 525-254
Nestlé	<ul style="list-style-type: none"> • Lean Cuisine • Nestlé Carnation Instant Breakfast No Sugar Added • Nestlé Crunch Sugar-Free • Nestlé Hot Cocoa No Sugar Added • Pria Complete Bars • Pria Complete Shakes • Sugar-Free CoffeeMate • Sugar-Free Nestea • Sugar-Free Nips • Sugar-Free Turtles 	Most supermarkets everywhere	www.everydayeating.com (800) 634-5508
Miracle Muffins	Muffin Mixes- Compatible with Weight Watchers/Atkins/South Beach Diet/LA Weight Loss/Zone/NutriSystem. Under 100 calories per muffin. High fiber, high protein, low carb, vegan. No added fats (Only flaxseeds, sunflower seeds and soy lecithin). Choice of sweetener – Xylitol (natural low GI sweetener) or Splenda.	Online, mail order and select retailers	www.miraclemuffins.com
NuNaturals	<ul style="list-style-type: none"> • Lo Han Supreme, Liquid • SoooLite! Premium Stevia Pure Extract • Sweet Health; White Stevia Pure Extract, Packets, Quick-Dissolve Tabs, Alcohol and Alcohol-Free Liquid 	Order online	www.nunaturals.com (866) 305-4372
PBM Products	<ul style="list-style-type: none"> • GlucoBurst Diabetic Drink, Vanilla • GlucoBurst Diabetic Drink, Chocolate • GlucoBurst Diabetic Drink, Strawberry 	Retail stores nationwide and online	www.GlucoBurst.com (800) 410-9629
Russell Stover Candies	<ul style="list-style-type: none"> • Hard Candies • Jelly Beans • Peanut Butter Cups • Toffee Squares • Milk Chocolate Pecan Delights • Miniature Truffle Cups • Miniature Caramel Cups 	Retail stores everywhere or order online	www.russellstover.com
Stevita Co.	<ul style="list-style-type: none"> • Spoonable stevia • Fruit-flavored stevia • SteviaDent chewable stevia • Liquid stevia extract 	Healthfood stores or order by phone or online	www.stevitastevia.com (800) 337-5561
Victus	<ul style="list-style-type: none"> • Enterex Diabetic diabetes meal-replacement shake 	Retail stores everywhere or order online	www.enterexdiabetic.com (305) 663-2129
YC Chocolate	<ul style="list-style-type: none"> • All-natural, sugar-free, gluten-free, low-carb chocolates 	Retail stores or order online	www.ycchocolate.com (800) 433-2462