

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

Company	Sugar-Free Products	Where to Buy	For More Information
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 	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,	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,	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 	<i>Retail stores everywhere or order online</i>	www.smuckers.com (888) 550-9555
Kellogg's	<ul style="list-style-type: none"> • <i>Murray Sugar-Free Cookies</i> 	<i>Grocery and retail stores nationwide</i>	www.murraysugarfree.com (800) 634-5508
Kraft Foods	<ul style="list-style-type: none"> • <i>Crystal Light</i> • <i>Sugar-Free Kool-Aid</i> • <i>Sugar-Free Cool Whip</i> • <i>Sugar-Free Jell-O Gelatin</i> • <i>Sugar-Free Tang</i> • <i>Sugar-Free Jell-O Pudding</i> • <i>Sugar-Free General Foods International Beverages</i> 	<i>Retail stores everywhere</i>	www.kraftdiabetic.com
Maple Grove Farms of Vermont	<ul style="list-style-type: none"> • <i>Maple-flavored syrup</i> • <i>Pancake mix</i> • <i>Salad dressings and marinades</i> 	<i>Grocery stores nationwide</i>	www.maplegrove.com (800) 525-254
Nestlé	<ul style="list-style-type: none"> • <i>Lean Cuisine</i> • <i>Nestlé Carnation Instant Breakfast for the Carb Conscious</i> • <i>Nestlé Crunch Sugar-Free</i> • <i>Nestlé Hot Cocoa No Sugar Added</i> • <i>Pria Complete Bars</i> • <i>Pria Complete Shakes</i> • <i>Sugar-Free CoffeeMate</i> • <i>Sugar-Free Nestea</i> • <i>Sugar-Free Nips</i> 	<i>Most supermarkets everywhere</i>	www.everydayeating.com (800) 634-5508
NuNaturals	<ul style="list-style-type: none"> • <i>Lo Han Supreme, Liquid</i> • <i>SooLite! Premium Stevia Pure Extract</i> • <i>Sweet Health; White Stevia Pure Extract, Packets, Quick-Dissolve Tabs, Alcohol and</i> 	<i>Order online</i>	www.nunaturals.com (866) 305-4372
PBM Products	<ul style="list-style-type: none"> • <i>GlucoBurst Diabetic Drink, Vanilla</i> • <i>GlucoBurst Diabetic Drink, Chocolate</i> • <i>GlucoBurst Diabetic Drink, Strawberry</i> 	<i>Retail stores nationwide and online</i>	www.GlucoBurst.com (800) 410-9629
Russell Stover Candies	<ul style="list-style-type: none"> • <i>Hard Candies</i> • <i>Jelly Beans</i> • <i>Peanut Butter Cups</i> • <i>Toffee Squares</i> • <i>Milk Chocolate Pecan Delights</i> • <i>Miniature Truffle Cups</i> • <i>Miniature Caramel Cups</i> 	<i>Retail stores everywhere or order online</i>	www.russellstover.com
Stevita Co.	<ul style="list-style-type: none"> • <i>Spoonable stevia</i> • <i>Fruit-flavored stevia</i> • <i>SteviaDent chewable stevia</i> • <i>Liquid stevia extract</i> 	<i>Healthfood stores or order by phone or online</i>	www.stevitastevia.com (800) 337-5561
Victus	<ul style="list-style-type: none"> • <i>Enterex Diabetic diabetes meal-replacement shake</i> 	<i>Retail stores everywhere or order online</i>	www.enterexdiabetic.com (305) 663-2129
YC Chocolate	<ul style="list-style-type: none"> • <i>All-natural, sugar-free, gluten-free, low-carb chocolates</i> 	<i>Retail stores or order online</i>	www.ycchocolate.com (800) 433-2462