

Grocery List:

A Sample of Sugar-Containing Products

A: Applesauce

B: Bread, Baked Beans and Barbecue Sauce

C: Canned Vegetables, Cereal and Canned Fruit

D: Doughnuts

E: English Muffins

F: Fudge

G: Granola Bars and Gelatin Desserts

H: Hamburger Buns

I: Ice Cream

J: Jams and Jellies

K: Ketchup

L: Lemon Bars

M: Mustard and Mayonnaise

N: Noodles

O: Oatmeal

P: Pancake Mix, Pickles and Peanut Butter

Q: Quiche

R: Root Beer

S: Sausage, Spaghetti Sauce and Sports Drinks

T: Tortillas

U: Upside-Down Cake

V: Vanilla Wafers

W: Waffles

X: Xmas Cookies

Y: Yogurt with Fruit

Z: Zabaglione Sauce and Zucchini Bread