

LOW SUGAR GROCERY CHECKLIST

Basics For A No Sugar Diet

- LOW SUGAR VEGETABLES**
- WHOLE FOODS & EGGS**
- QUALITY MEATS | ORGANIC**
- LOW SUGAR SAUCES & OILS**
- UNPROCESSED FOODS**
- LEAFY GREENS**
- FULL FAT DAIRY**
- UNSWEETENED NUT MILKS**
- LOW SUGAR FRUITS**
- HEALTHY NUTS & SEEDS**



NO JUNK FOODS