

No Sugar / No Flour Food Choices

Produce

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Meats

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Dairy Items

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Frozen Foods

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Dry Grocery Items

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Use this form to begin listing No Sugar / No Flour foods found in these areas of the grocery store. Take this sheet to the grocery store and add to it there as you shop around. Keep in mind that you are looking for items in their single ingredient form as much as possible to ensure nothing has been added in the prep process.