

No-Sugar Shopping List

Created by Carrie Forrest from [Clean Eating Kitchen.com](https://www.CleanEatingKitchen.com)

If healthy grocery shopping is overwhelming to you, then this sugar-free shopping guide will be your best friend. Learn what to stock up on, how to read labels, money-saving tips, and more.

And, remember, this list is based around foods that have **no added sugars**. Some foods on this list have natural sugars, so you should talk to your healthcare provider about how much natural sugar (from fresh fruits, for example) is safe for you to consume.

Vegetables

- Artichokes
- Arugula
- Asparagus
- Broccoli
- Brussel sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Fennel
- Garlic
- Ginger
- Green beans
- Kale
- Mushrooms
- Okra
- Onions
- Peas
- Peppers
- Pumpkin
- Radishes
- Romaine lettuce
- Spaghetti squash
- Spinach
- Sweet Potatoes
- Tomatoes
- Yams
- Zucchini

Fresh Fruits

You may wish to avoid dried fruits as they often have added sugars. Even dried fruits without added sugars may need to be avoided as the natural sugars are more concentrated than in fresh fruits.

Berries and green apples tend to be the lowest in natural sugars. Tropical fruits tend to have more natural sugars than other types of fruits.

- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cherries
- Grapefruit
- Grapes
- Green Apples
- Kiwi
- Lemon
- Lime
- Mango
- Melons
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Persimmons
- Pineapples
- Pitted prunes
- Plums
- Pomegranates
- Raspberries
- Strawberries
- Tangerines
- Watermelon

Beans, peas and legumes

- Adzuki beans
- Black beans
- Black-eyed peas
- Cannellini beans
- Edamame
- Garbanzo beans
- Great northern beans
- Kidney beans
- Lentils
- Mung beans
- Navy beans
- Peas
- Peanuts
- Pinto beans
- Red beans

Animal & Plant Proteins

- Beef
- Bison
- Chicken
- Eggs
- Fish and shellfish
- Game meats
- Pork products including bacon
- Soy products including tofu and tempeh
- Turkey

Dairy Products & Dairy-Free Milks

Always read the ingredient labels on dairy products to make sure there are no added sugars. Look for unsweetened varieties.

- Almond milk
- Coconut milk and coconut beverage
- Hemp milk
- Kefir
- Milk

- Rice milk
- Soy milk
- Yogurt

Grains & Pseudograins

Look for whole grains over refined grains like breads and crackers. You can cook whole grains on the stovetop or using a pressure cooker to save time. Choose gluten-free grains if you have a gluten sensitivity.

- Amaranth
- Barley (not gluten-free)
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Rice
- Sorghum
- Teff
- Wild rice
- Whole wheat (not gluten-free)

Nuts & Seeds

- Almonds
- Brazil Nuts
- Cashews
- Chia seeds
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Pecans
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Walnuts

Fat Sources

Adding more healthy fats into your diet can help reduce sugar cravings! Healthy fat sources to consider including in your kitchen are:

- Avocado oil
- Coconut oil
- Ghee
- Grass-fed butter
- Lard
- Olive oil
- Sesame oil
- Walnut oil

Dried herbs & spices

- Basil
- Bay Leaves
- Cayenne Pepper
- Cilantro
- Cinnamon
- Coriander
- Cumin
- Dill
- Garlic Powder
- Mint
- Mustard Seed
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Sea Salt
- Thyme
- Turmeric

Other Pantry Staples

As with any other packaged food, be sure to read the ingredient labels on any condiments or pantry staples to make sure there are no added sugars.

- Balsamic vinegar
- Apple cider vinegar
- Coconut aminos
- Soy sauce or tamari
- Hot sauce
- Mustard
- Ketchup
- Marinara sauce
- Nut or seed butters
- Gluten-free or grain-free pasta
- Unsweetened sparkling waters

Conclusions

This comprehensive list of clean eating and no-sugar food and pantry staples is designed to help you with your grocery shopping. Always try to choose unprocessed, whole foods over packaged and highly-processed foods. With this list, you'll be set on stocking your clean eating kitchen!

For more support, consider joining my [FREE Sugar Free Challenge!](#)