

## HFCS Free Food List

The links will take you to the company's website ---most have ingredients listed.  
[please see disclaimer](http://stophfcs.com/disclaimer.html) @ <http://stophfcs.com/disclaimer.html>

### **Baking and Cooking Ingredients**

- Betty Crocker 7-Layer Bar(mix)
- Betty Crocker Dark Chocolate Brownie mix
- Betty Crocker cake icing
- Bisquick

### **Beverages**

- Northland Cranberry Juice
- China Cola
- Dr.Pepper(original formula)
- Jones Soda (recently announced that they were going back to real sugar)
- Goose Island soda (Root Beer, Orange Soda)
- Calistoga Juice Squeeze
- Simply Orange juice products
- Simply Lemonade
- Tropicana OJ
- Nestle NesQuik Chocolate Milk Mix
- Nestle "Abuelita" Chocolate Syrup (Hispanic Section)
- R.W. Knudsen Recharge (sports drink)

### **Bread**

- Pepperidge Farms whole grain honey oat
- Nature's Own Sugar Free 100% Whole Grain bread [link](#)
- Nature's Own -Honey 7 Grain [link](#)
- Nature's Own 100% whole wheat [link](#)
- Martins Potato breads and rolls
- Thomas's Low Carb English Muffins
- Thomas Hearty Grain Honey Wheat English Muffins (?)
- Nature's Own -Healthline SugarFree Wholewheat
- Ezekiel 4:9 sprouted grain breads (in freezer section)
- Francisco International *Extra* Sour Dough bread (the regular Sour Dough has it!)
- Pepperidge Farm Honey Wheatberry
- Milton's Wheat and Multi-grain bread
- Bagels from a local Jewish bakery
- Kirkland brand (Costco) multigrain bread
- Sara Lee Cinnamon Raisin
- Pepperidge Farm whole grain bagel
- Matthew's All Natural Bread [link](#)
- Amana Multi Grain Bread
- Country Hearth 12-Grain Bread
- Earth Grains 100% Natural 7-Grain Bread
- Orrow Wheat Light 100% Whole Wheat
- Rays New York Bagels

## Breakfast Cereals

- Post Grape-Nuts
- Life Cereal/Cinnamon Life
- Quaker Oatmeal
- Cheerios
- Most cereals labeled "Organic"
- Kashi Go Lean (original and Crunch)
- Barabara's Puffins
- Chex Cereals (Wheat, Rice and Corn)
- Kroger Apple Dapples
- Post Honey Bunches of Oats
- Great Value fruit and cream instant oatmeal

## Breakfast Pasteries / Waffles / Bars

- Eggo Nutrigrain Blueberry
- Kashi Go Lean and Heart to Heart Waffles [link](#)
- The TLC granola bars, by Kashi, all are HFCS free [link](#)

## Candy

- Lindt Lindor truffles (balls)
- Cost Plus World Market has a lot of imported candy from Germany that I've Found to be HFCS free.

## Condiments

- Heinz organic tomato ketchup
- French's Worcestershire
- Farman's pickle relish
- Mt. Olive Hamburger dill chips
- Annie's Natural Organic Ketchup
- French's Honey Dijon Mustard (I don't think most regular mustard contains hfcs, but a lot of the "honey" mustard does, which is why I'm listing some honey mustards here that don't.)
- Woeber Sweet And Spicy Mustard
- Consorzio Bbq Sauce Organic Original
- Whole Foods 365 Ketchup (both regular and Organic)
- Kroger cocktail sauce

### **Cookies and Cakes**

- Pepperidge Farm Chessmen cookies
- Kedem Tea Biscuits (reg. and chocolate) --- found in the Kosher section
- Paul Newman sandwich cookies
- Back to Nature peanut butter sandwich cookies
- Destrooper Almond Thins Cookie
- Destrooper Butter Crisp Cookies

- Keebler Pecan Sandies Cookies
- Keebler Simply Sandies Cookies
- Lu Le Petit Beurre Cookies
- Lu Scottish Recipe Shortbread
- Mi-Del Snaps Ginger
- Newmans Wheat Free Fig Newton Cookies
- Newmans Own Ginger Os Ginger N Creme Cookies
- NewmanS Own Alphabet Cookies
- Pepperidge Farms Butter Chessman Cookies
- Pepperidge Farm 100% Natural Varieties

### **Chocolate**

- Cadbury - Most Varieties
- Hershey's Symphony
- Hershey's 100 Calorie Wafer Bar
- Hershey Skor Candy Bar
- Hershey Special Dark Candy Bar
- Dove - Most varieties
- Reeses Peanut Butter Cups
- Most Imported (Europe) and Organic chocolate

### **Crackers**

- Annies - Cheddar cheese bunnies and honey graham bunnies
- Wasa Crisp Breads (all varieties)
- Atheno's baked pita chips
- Stacey's Naked Pita bread chips \*note, have not seen HFCS in Hummus
- Dare Vinta Crackers

### **Dairy**

- Brown Cow vanilla yogurt
- Southern Home Nonfat Plain Yogurt
- Dannon Plain Yogurt\*
- Mountain High Yogurt (it *appears* all varieties are HFCS free)
- Dannon All Natural Vanilla Yogurt
- Dannon All Natural Coffee Yogurt
- Horizon Organic Fat Free Yogurt
- Nancys Reduced Fat Plain
- Nancy's Whole Milk Honey Yogurt
- Stoneyfield Farm Yobaby Yogurt

### **Fruits and Vegetables - Canned**

- Motts Natural (No Sugar Added)Apple Sauce
- Most no sugar added packed fruit --- please check labels

## **Granola Bars**

- Nature Valley Roasted Nut Crunch bars
- Kashi Bars
- Odwalla Bars

## **Ice Cream**

- Breyers - All Natural Coffee
- Breyers - All Natural Cherry Vanilla
- Breyers - All Natural Mint Chocolate Chip
- Luigi Italian Ice

## **Jam, Jelly, Syrup, Spreads**

- Skippy Peanut Butter
- Costco makes an organic peanut butter
- Whole Foods brand peanut butter
- Karo Dark (with Blue label)
- Karo Brown Sugar syrup
- Hero Jams (from Switzerland) --- can be found at Cost Plus World Market
- Darbo Jams (from Austria) --- can be found at Cost Plus World Market
- Whole foods brand (365) strawberry jam
- Sarabeth Jam [link](#) (you can buy these jams marked down at Marshalls and TJ Max).
- Smuckers organic grapey jelly
- Safeway "O" Organics Maple Syrup

## **Pastries**

- Try your local, family operated, pastry shop. Since HFCS is added to extend shelf life it is not generally found in family operated bakeries.

## **Salad Dressings**

- Great Value (WalMart) Zesty Italian Dressing
- Hellmann's Real Mayonnaise
- Hidden Valley Ranch Old Fash. Buttermilk
- Blue Plate Mayonnaise
- Ken's Sweet Vidalia Onion dressing
- Annie's Naturals organic papaya poppyseed salad dressing.
- Annie's Naturals Goddess Dressing (check other Annie's too, quite a few are HFCS free).
- Brianna's Homemade Blush Vinaigrette Salad Dressing (all varieties seem to be HFCS free)
- Drew's Salad Dressings
- Most Neumann's varieties

## **Sauces**

- Barilla Pesto
- Ken's Steak House Honey Teriyaki Marinade
- Kikkoman Soy Sauce
- Soy Vey Very Very Teriyaki --- check marinade section, also Kosher section

## **Snacks**

- Frito's corn chips
- Natural Cheetos

## **Soups**

- Annie's Organic Soups