

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Coral Springs Store, Florida Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Items on this list contain 4g or fewer of sugar per serving. Check out our website for more information about foods for a sugar conscious diet:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

Baked Goods

Chatham Croutons

Croutons - Caesar

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

Chatham Croutons

Croutons - Cheese N'Garlic

Baking Needs (Cont'd)

Edward & Sons

Organic Bread Crumbs - Italian Herb

Organic Bread Crumbs - Lightly Salted

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Bread (Cont'd)

365 Organic Every Day Value™

Tortilla Corn

Canned Goods

Shari

Whole Organic Black Beans

Whole Organic Garbanzo Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Green Ripe Pitted Olives

Hearts of Palm Salad Cut

Jumbo Ripe Olives, Pitted

Large Ripe Olives, Pitted

Medium Ripe Olives, Pitted

Sliced Olives

Solid White Albacore Tuna

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

365 Organic Every Day Value™

Black Beans

Cereal

Weetabix

Whole Wheat Cereal

Chips, Pretzels and Snacks

365 Organic Every Day Value™

Thin Style Potato Chip, Sea Salt

Thin Style Potato Chips, Sea Salt & Black Pepper

Tortilla Strips, Lightly Salted

Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Chips, Pretzels and Snacks (Cont'd)

Guiltless Gourmet

Organic Black Bean Tortilla Chips

Newman's Own Organic

Organic Round Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Honey Mustard

Yellow Mustard

Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Westbrae

Unsweetened Un-Ketchup

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining

Entertainer Crackers with Wheat Germ

Golden Stoneground Bite Size

Saltine Crackers

Unsalted Tops Saltines

365 Organic Every Day Value™

Cheese Square Crackers

Golden Rounds

Herb and Garlic Water Crackers

Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Crackers (Cont'd)

Edward & Sons

Organic Brown Rice Snaps, Unsalted Plain

Health Valley

Fat Free Whole Wheat Crackers

Low Fat Stoned Wheat Crackers

Dairy

Nasoya Foods

Egg Roll Wrappers

Dairy Alternatives

Soya Kaas

Soy Cream Cheese

Entrees and Mixes

Annie's Homegrown

Alfredo Basil Shells

Macaroni & Cheese - Organic White Cheddar

Penne Pasta with Alfredo

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Casbah

Couscous - Toasted

Rice Pilaf

Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Spanish Rice

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach

Haricots Vert

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli

Crinkle Cuts

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Amy's

Broccoli & Cheese Pocket

Cheese Pizza Snacks

Macaroni & Soy Cheese

Organic Pesto with Tomato & Broccoli Pizza

Organic Soy Cheese Pizza

Organic Veggie Pot Pie with Whole Wheat Crust

Boca

Boca Burger - All American Classic - Organic

Cedar Lane

Low Fat Vegetable Lasagna

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Pizza Munchees

Kashi

Blueberry Waffles

Original Waffles

So Delicious

Fudge Bar, Sugar Free

Soy Boy

Tofu Ravioli

Whole Catch™

Lightly Breaded Fish Sticks

Jams and Nut Butters

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Fat Free Smart Dogs
Jumbo Smart Dogs

Tofurky

Peppered Deli Slices

Yves

Fat Free Veggie Dog
Just Like Ground
The Good Dog
Veggie Canadian Bacon
Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Toronto Steak & Chicken Seasoning

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Cashew Halves
Deluxe Mixed Nuts

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

Salsa - Roasted Tomato Mild

Green Mountain Gringo

Medium Salsa
Mild Salsa

Sauces, Salsas and Dips (Cont'd)

Muir Glen

Salsa Organic Medium Garlic Cilantro

Seafood

Whole Catch™

Lightly Breaded Fish Sticks

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

Chicken Noodle Soup
Cream of Mushroom Soup
Lentil Bean Soup
Vegetable Broth

Amy's

No Chicken Noodle Soup
Organic Vegetable Barley Soup
Soup - Organic Cream of Mushroom

Spices and Seasonings

365 Every Day Value™

Mediterranean Seafood Seasoning
Southwestern Grill Seasoning