

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Pinecrest 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

#### Edward & Sons

Organic Bread Crumbs - Lightly Salted

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### Canned Goods

#### Shari

Whole Organic Black 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
- Pinto Beans

## Cereal

### Weetabix

- Whole Wheat Cereal

## Chips, Pretzels and Snacks

### 365 Organic Every Day Value™

- Thin Style Potato Chips, BBQ
- Thin Style Potato Chip, Sea Salt
- Thin Style Potato Chips, Sea Salt & Black Pepper
- Tortilla Strips, Lightly Salted

### Bearitos

- Organic Popcorn - 50% Less Oil

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Good Health

- Whole Wheat Peanut Butter Filled Pretzels

### Guiltless Gourmet

- Organic Black Bean Tortilla Chips

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

- Caesar (Fresh) Dressing
- Chipotle Ranch Salad Dressing
- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

### Organicville

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Westbrae

- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds
- Shortbread Tails

## 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

Brown Rice Snaps, Onion Garlic

### Fattorie & Pandae

Breadsticks - Garlic

### Health Valley

Fat Free Whole Wheat Crackers

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

## Dairy

### Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

## Dairy Alternatives

### Soya Kaas

Soy Cream Cheese

## Entrees and Mixes

### Annie's Homegrown

Alfredo Basil Shells

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Organic White Cheddar

Shells - Real Aged Cheddar

White Cheddar Shells

### Casbah

Lentil Pilaf

### Fantastic Foods

Tabouli Salad Mix

Taco Filling Mix

Whole Wheat Couscous

### Near East

Roasted Chicken & Garlic Pilaf

Spanish Rice

## Ethnic Foods

### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## 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

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### American Flatbread

Cheese & Herb Pizza

### Amy's

Cheese Pizza Snacks

Macaroni & Soy Cheese

Organic Chicago Veggie Burger

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

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings

Pizza Munchees

Spring Rolls

### Kashi

Blueberry Waffles

Original Waffles

### So Delicious

Fudge Bar, Sugar Free

### Soy Boy

Tofu Ravioli

### Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Nuggets

## Frozen Foods (Cont'd)

### Whole Catch™

Lightly Breaded Fish Sticks

### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### Im Health

Crunchy Soy Nut Butter

### 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 Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

Whole Wheat - Chicken Nuggets

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

Cashew Halves

## Pasta

### 365 Organic Every Day Value™

Lasagne

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Produce

### 365 Organic Every Day Value™

Caesar (Fresh) Dressing

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

### Muir Glen

Salsa Organic Medium Garlic Cilantro

## Seafood

### Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Nuggets

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

### Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

## **Soups (Cont'd)**

### **Health Valley**

Lentil with Couscous

## **Specialty Foods**

### **Nuovo Pasta**

Tri Colored Tortellini