

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Winter Park 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

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### 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

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

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

### Good Health

Whole Wheat Peanut Butter Filled Pretzels

### Guiltless Gourmet

Organic Black Bean Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels  
Organic Thin Salted Pretzels

## Condiments

### 365 Organic Every Day Value™

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

## Condiments (Cont'd)

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Tarragon Dijon 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

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
Organic Brown Rice Snaps, Unsalted Plain

### Health Valley

Fat Free Whole Wheat Crackers

## Dairy

### England

Clotted Cream

### Nasoya Foods

Egg Roll Wrappers  
Won Ton Wrappers

## Entrees and Mixes

### Annie's Homegrown

- Alfredo Basil Shells
- Macaroni & Cheese - Bunny Shape
- Macaroni & Cheese - Organic White Cheddar
- Penne Pasta with Alfredo
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells

### Casbah

- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil
- Couscous - Toasted

### Near East

- 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
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### American Flatbread

- Cheese & Herb Pizza
- Revolution 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

## Frozen Foods (Cont'd)

### 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

### Whole Catch™

- Lightly Breaded Fish Fillet
- Lightly Breaded Fish Nuggets
- Lightly Breaded Fish Sticks

## 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 Canadian Bacon
- Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Mediterranean Rotisserie 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™

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 Red Pepper & Garlic

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Green Mountain Gringo

Chile 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

## Sweeteners

### Sun Crystals

Sweetener Packets