

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cincinnati Store, Mid-Atlantic 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

#### Chatham Croutons

Croutons - Lightly Seasoned

### 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

Italian Strawberry Sparkling Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

#### Kinnikinnick

Italian White Tapioca Rice Bread

## Canned Goods

### Divina

Sweet Roasted Peppers

### 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

## Cheese

### Han's

Sharp Cheddar Spread

## Chips, Pretzels and Snacks

### 365 Organic Every Day Value™

Thin Style Potato Chips, BBQ

Tortilla Strips, Lightly Salted

### Garden Of Eatin'

Black Bean Chili Chips

Blue Corn Sesame Chips

Red Corn Salsa Chips

Salted Blue Corn Chips

### Guiltless Gourmet

Organic Black Bean Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels

## Condiments

### 365 Organic Every Day Value™

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Yellow Mustard

### Simply Delicious

Lemon Tahini Dressing

### 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

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

### Nejames

Original Crispbread

## Dairy

### Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

## Entrees and Mixes

### Annie's Homegrown

- Alfredo Basil Shells
- Macaroni & Cheese - Peace & Parmesan Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### Fantastic Foods

- Sloppy Joe Mix

### Near East

- Herb Chicken Couscous
- Roasted Garlic & Onion Vermicelli
- 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
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Amy's

- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Pesto with Tomato & Broccoli Pizza
- Organic Soy Cheese Pizza
- Organic Veggie Pot Pie with Whole Wheat Crust

### Cascadian Farm

- Organic Chopped Spinach
- Organic Winter Squash Puree

## Frozen Foods (Cont'd)

### Cedar Lane

- Vegetarian Pizza Wrap

### Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

### Health Is Wealth

- Meatless Buffalo Wings

### Kashi

- Blueberry Waffles
- Original Waffles

### Kinnikinnick

- Italian White Tapioca Rice Bread

### Soy Boy

- Tofu Ravioli

### Whole Catch™

- Lightly Breaded Fish Fillet
- Lightly Breaded Fish Sticks

### Whole Kitchen™

- Bean & Rice Burrito
- Bean, Rice & Cheese Burrito

## 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

- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

Cashew Halves

Whole Cashews

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

### Jardines

Peach Medium Salsa

### Muir Glen

Salsa Organic Medium Garlic Cilantro

## Seafood

### Whole Catch™

Lightly Breaded Fish Fillet

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

## Soups (Cont'd)

### Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

### Health Valley

Fat Free Vegetable Barley Soup

## Specialty Foods

### Cibo Fresh Speciality

Artichoke Lemon Pesto

Olive & Garlic Pesto

Sun Dried Tomato with Rosemary Pesto