

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Columbus 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).

### Baked Goods

#### Chatham Croutons

- Croutons - Caesar
- Croutons - Fat Free Garlic and Onion

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Arrowhead Mills

- All Purpose Baking Mix
- Buckwheat Pancake and Waffle Mix
- Cornbread Mix
- Multigrain Pancake Mix

### Baking Needs (Cont'd)

#### Chatham Croutons

- Croutons - Cheese N'Garlic
- Croutons - Lightly Seasoned

### Beverages

#### 365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- 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
- Yellow 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
- Pinto Beans

## Cheese

### Han's

- Sharp Cheddar Spread

## 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

### 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

- Pretzel - Bavarian - Organic

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

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

### Annie Chun's

- Shitake Mushroom Sauce

### Divina

- Olives - Kalamata

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

## **Cookies and Snack Bars**

### **Walkerscottish Cookies**

Shortbread Fingers

## **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

### **Fattorie & Pandae**

Breadsticks - Classical  
Whole Wheat Breadsticks

### **Health Valley**

Fat Free Whole Wheat Crackers  
Low Fat Sesame Crackers  
Low Fat Stoned Wheat Crackers

### **Nejaimes**

Original Crispbread

## **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 - Mild White Cheddar  
Macaroni & Cheese - Organic White Cheddar  
Macaroni & Cheese - Peace & Parmesan  
Shells - Organic Cheddar Alfredo  
Shells - Real Aged Cheddar  
White Cheddar Shells  
Whole Wheat Cheddar Cheese Shells

### **Casbah**

Couscous - Organic Lemon Spinach  
Couscous - Toasted

### **Fantastic Foods**

Tabouli Salad Mix  
Taco Filling Mix

### **Near East**

Herb Chicken Couscous  
Roasted Chicken & Garlic Pilaf  
Roasted Garlic & Onion Vermicelli  
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

### **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

## Frozen Foods (Cont'd)

### Boca

Boca Burger - All American Classic - Organic

### Cascadian Farm

Organic Chopped Spinach  
Organic Winter Squash Puree

### Cedar Lane

Vegetarian Pizza Wrap

### Gardenburger

Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings  
Pizza Munchees  
Spring Rolls

### Kashi

Blueberry Waffles  
Original Waffles

### Kinnikinnick

Italian White Tapioca Rice Bread

### Soy Boy

Tofu Ravioli

### 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

## Meat Alternatives (Cont'd)

### 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  
Deluxe Mixed Nuts  
Whole Cashews

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Jalapeno  
Salsa - Tomatillo

### Green Mountain Gringo

Hot Salsa  
Medium Salsa  
Mild Salsa

### Muir Glen

Salsa - Organic Medium Chipolte

## 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

### **Health Valley**

Fat Free Vegetable Barley Soup

Lentil with Couscous

### **Olde Cape Cod**

Clam Chowder

## **Specialty Foods**

### **Cibo Fresh Speciality**

Artichoke Lemon Pesto

Classic Basil Pesto

Olive & Garlic Pesto

Sun Dried Tomato with Rosemary Pesto

## **Spices and Seasonings**

### **365 Every Day Value™**

Blackened Cajun Spice Seasoning

Spicy Shrimp Boil Seasoning