

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Harbor East 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.

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 - 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

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

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

Bearitos

- Organic Popcorn - 50% Less Oil

Garden Of Eatin

- Black Bean Chili Chips
- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Guiltless Gourmet

- Organic Black Bean Tortilla Chips

Chips, Pretzels and Snacks (Cont'd)

Newman's Own Organic

- Organic Round Salted Pretzels

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
- Yellow Mustard

Annie Chun's

- Shitake Mushroom Sauce

Organicville

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

Simply Delicious

- Lemon Tahini Dressing

Westbrae

- Unsweetened Un-Ketchup

Cookies and Snack Bars

Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds

Crackers

365 Every Day Value™

- Assorted Crackers for Entertaining
- Entertainer Crackers with Wheat Germ
- Golden Stoneground Bite Size
- Saltine Crackers

Crackers (Cont'd)

365 Every Day Value™

Unsalted Tops Saltines

365 Organic Every Day Value™

Cheese Square Crackers

Golden Rounds

Herb and Garlic Water Crackers

Seasame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Brown Rice Snaps, Onion Garlic

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Health Valley

Fat Free Whole Wheat Crackers

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

Nejames

Original Crispbread

Dairy

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 - Toasted

Entrees and Mixes (Cont'd)

Fantastic Foods

Sloppy Joe Mix

Taco Filling Mix

Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Roasted Garlic & Onion Vermicelli

Spanish Rice

Ethnic Foods

Jyoti

Dal

Whole Kitchen™

Bean & Rice 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

Revolution Pizza

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

Frozen Foods (Cont'd)

Cascadian Farm

Organic Chopped Spinach
Organic Winter Squash Puree

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings
Pizza Munchees
Spring Rolls

Kashi

Blueberry Waffles
Original Waffles

Soy Boy

Tofu Ravioli

Whole Catch™

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

Whole Kitchen™

Bean & Rice 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

Meat and Poultry

Health Is Wealth

Whole Wheat - Chicken Nuggets
Whole Wheat - Chicken Patties

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Raw Pine Nuts

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Sauces, Salsas and Dips

Frontera Grill

Salsa - Jalapeno
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 Chipolte
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

Health Valley

Fat Free Vegetable Barley Soup

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™

Mediterranean Seafood Seasoning

Spicy Shrimp Boil Seasoning