

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Jenkintown 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

### Baking Needs

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix  
Cornbread Mix  
Multigrain Pancake Mix

#### Chatham Croutons

Croutons - Lightly Seasoned

#### Edward & Sons

Organic Bread Crumbs - Italian Herb  
Organic Bread Crumbs - Lightly Salted

### 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™

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  
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  
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 - Greek Mix

### Organicville

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

### Simply Delicious

Lemon Tahini Dressing

## 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

Organic Brown Rice Snaps, Unsalted Plain

### Health Valley

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

## Dairy

### Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

## Entrees and Mixes

### Annie's Homegrown

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

Sloppy Joe Mix

Tabouli Salad Mix

Taco Filling Mix

### Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Roasted Garlic & Onion Vermicelli

Spanish Rice

## Ethnic Foods

### Jyoti

Dal

## 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 Soy Cheese Pizza

Organic Veggie Pot Pie with Whole Wheat Crust

### 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

Spring Rolls

### Kinnikinnick

Italian White Tapioca Rice Bread

### Whole Catch™

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

## Jams and Nut Butters

### Im Health

Crunchy Soy Nut Butter

## Jams and Nut Butters (Cont'd)

### 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

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

## 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

Hot Salsa

Medium Salsa

Mild Salsa

## Sauces, Salsas and Dips (Cont'd)

### Jardines

Peach Medium Salsa

### Muir Glen

Salsa - Organic Medium Chipolte

## Seafood

### Whole Catch™

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

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™

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning