

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Lexington 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

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

#### Kinnikinnick

Italian White Tapioca Rice Bread

## Canned Goods

### Divina

Sweet Roasted Peppers  
Yellow Roasted Peppers

## 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

## Chips, Pretzels and Snacks

### 365 Organic Every Day Value™

Thin Style Potato Chips, BBQ  
Blue Tortilla Chips, Spicy  
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

### Good Health

Whole Wheat Peanut Butter Filled Pretzels

### 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, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Honey Mustard  
Yellow Mustard

### Organicville

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

## 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  
Unsalted Tops Saltines

### 365 Organic Every Day Value™

Cheese Square Crackers  
Golden Rounds  
Herb and Garlic Water Crackers  
Sesame Seed Water Crackers

## Crackers (Cont'd)

### Ak-Mak

Armenian Cracker Bread

### Edward & Sons

Organic Brown Rice Snaps, Unsalted Plain

### Health Valley

Low Fat Stoned Wheat Crackers

## Dairy

### Nasoya Foods

Egg Roll 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

### Casbah

Couscous - Organic Lemon Spinach

### Fantastic Foods

Sloppy Joe Mix  
Tabouli Salad 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  
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  
Crinkle Cuts  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### American Flatbread

Revolution Pizza

### Amy's

Broccoli & Cheese Pocket  
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

### Cascadian Farm

Organic Chopped Spinach  
Organic Winter Squash Puree

### Cedar Lane

Vegetarian Pizza Wrap

### Gardenburger

Low Fat Mushroom Gardenburger

### Health Is Wealth

Meatless Buffalo Wings  
Pizza Munchees  
Spring Rolls

### Kashi

Blueberry Waffles

### Kinnikinnick

Italian White Tapioca Rice Bread

### Soy Boy

Tofu Ravioli

## Frozen Foods (Cont'd)

### Whole Catch™

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

### Whole Kitchen™

Bean & Rice Burrito  
Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### Divina

Kalamata Spread

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs  
Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

### Yves

Veggie Canadian Bacon  
Veggie Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

Whole Wheat - Chicken Nuggets

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

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 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

### Nile Spice

Minestrone Soup

## Specialty Foods

### Cibo Fresh Speciality

Classic Basil Pesto  
Olive & Garlic Pesto