

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Mason 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.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Buckwheat Pancake and Waffle Mix
Cornbread Mix

Chatham Croutons

Croutons - Cheese N'Garlic

Beverages

365 Every Day Value™

Club Soda
Italian Lemon Sparkling Water
Italian Sparkling Orange/Lime/Pink Grapefruit Water

Bread

365 Organic Every Day Value™

Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Kinnikinnick

Italian White Tapioca Rice Bread

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
Solid White Albacore Tuna

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

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

Chips, Pretzels and Snacks

365 Organic Every Day Value™

Thin Style Potato Chips, BBQ
Blue Tortilla Chips, Spicy
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, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Honey Mustard

Annie Chun's

Shitake Mushroom Sauce

Organicville

Organic Dressing, Sundried Tomato & Garlic
Vinaigrette

Simply Delicious

Lemon Tahini Dressing

Condiments (Cont'd)

Westbrae

Unsweetened Un-Ketchup

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

Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Unsalted Plain

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
Whole Wheat Cheddar Cheese Shells

Entrees and Mixes (Cont'd)

Casbah

Couscous - Organic Lemon Spinach
Couscous - Toasted

Fantastic Foods

Taco Filling Mix

Near East

Herb Chicken Couscous
Roasted Garlic & Onion Vermicelli

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

Broccoli & Cheese Pocket
Cheese Pizza Snacks
Organic Chicago Veggie Burger
Organic Pesto with Tomato & Broccoli Pizza
Organic Veggie Pot Pie with Whole Wheat Crust

Cascadian Farm

Organic Chopped Spinach

Cedar Lane

Vegetarian Pizza Wrap

Frozen Foods (Cont'd)

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger

Health Is Wealth

Meatless Buffalo Wings
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

Jams and Nut Butters

Divina

Kalamata Spread

Im Health

Crunchy Soy Nut Butter

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Fat Free Smart Dogs

Yves

Just Like Ground
The Good Dog
Veggie Pepperoni Pizza

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Cashew Halves

Pasta

365 Every Day Value™

Pasta, Capellini

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

Jardines

Peach Medium Salsa

Muir Glen

Salsa Organic Medium Garlic Cilantro

Seafood

Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Nuggets

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

Chicken Noodle Soup

Cream of Mushroom Soup

Lentil Bean Soup

Vegetable Broth

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

Olive & Garlic Pesto

Sweeteners

Sun Crystals

Sweetener Packets