

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Philadelphia 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).

### 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 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 Goods

#### Divina

Sweet Roasted Peppers

#### Eden Foods

Organic Chili Beans

#### 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

## Chips, Pretzels and Snacks

### 365 Organic Every Day Value™

Thin Style Potato Chips, BBQ  
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

### 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

## Condiments (Cont'd)

### 365 Organic Every Day Value™

Thousand Island Dressing  
Yellow Mustard

### Divina

Olives - Kalamata

### Organicville

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

### 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  
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

### Health Valley

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

### Nejames

Original Crispbread

## Dairy

### England

Clotted Cream

### 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

### Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

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

## Frozen Foods (Cont'd)

### 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

### Boca

Boca Burger - All American Classic - Organic

### Cascadian Farm

Organic Chopped Spinach

Organic Winter Squash Puree

### Cedar Lane

Vegetarian Pizza Wrap

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Pizza Munchees

### Kashi

Blueberry Waffles

Original Waffles

### Soy Boy

Tofu Ravioli

### Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Sticks

## Frozen Foods (Cont'd)

### Whole Kitchen™

- Bean & Rice Burrito
- Bean, Rice & Cheese Burrito

## 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
- Jumbo Smart Dogs

### Tofurky

- Peppered Deli Slices

### Yves

- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

- Mediterranean Rotisserie Seasoning

### Health Is Wealth

- 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 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

## **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
- Caribbean Barbeque Seasoning
- Southwestern Grill Seasoning