

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES | **WHOLE
FOODS**
MARKET

Sauganash Store, Midwest 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

All Purpose Baking Mix
Buckwheat Pancake and Waffle Mix
Cornbread Mix
Multigrain Pancake Mix

Chatham Croutons

Croutons - Cheese N'Garlic
Croutons - Lightly Seasoned

Baking Needs (Cont'd)

Edward & Sons

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

Bread (Cont'd)

365 Organic Every Day Value™

Croutons, Seasoned
Tortilla Corn

Canned Goods

Eden Foods

Organic Chili Beans

Shari

Whole Organic Black Beans
Whole Organic Garbanzo Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin
Baby Corn
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
Thin Style Potato Chip, Sea Salt
Thin Style Potato Chips, Sea Salt & Black Pepper
Tortilla Chips, Flax & Sesame Seed
Tortilla Strips, Lightly Salted

Chips, Pretzels and Snacks (Cont'd)

Bearitos

Organic Popcorn - 50% Less Oil

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Guiltless Gourmet

Organic Black Bean Tortilla Chips

Newman's Own Organic

Organic Round Salted Pretzels
Organic Thin Salt and Pepper Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing
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 - Kalamata

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette

Condiments (Cont'd)

Organicville

- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Health Valley

- Oat Bran Graham Crackers

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™

- 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

Dairy

England

- Clotted Cream

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

Entrees and Mixes (Cont'd)

Annie's Homegrown

- Penne Pasta with Alfredo
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- Whole Wheat Cheddar Cheese Shells

Casbah

- Couscous - Organic Lemon Spinach
- Couscous - Toasted

Fantastic Foods

- Sloppy Joe 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

Frozen Foods (Cont'd)

Amy's

Organic Chicago Veggie Burger
Organic Pesto with Tomato & Broccoli Pizza
Organic Soy Cheese Pizza

Boca

Boca Burger - All American Classic - Organic

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Kashi

Blueberry Waffles
Original Waffles

Perfect Additions

Unsalted Beef Stock

Whole Catch™

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

Whole Kitchen™

Bean & Rice Burrito

Jams and Nut Butters

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
Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Mediterranean Rotisserie Seasoning
Toronto Steak & Chicken Seasoning

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Raw Pine Nuts

Pasta

365 Every Day Value™

Pasta, Capellini

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

Salsa - Habanero
Salsa - Roasted Tomato Mild
Salsa - Salpica Mild Roasted
Salsa - Tomatillo

Green Mountain Gringo

Chile Salsa
Hot Salsa
Medium Salsa
Mild 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
- Vegetable Broth

Amy's

- No Chicken Noodle Soup
- Organic Vegetable Barley Soup
- Soup - Organic Cream of Mushroom

Health Valley

- Fat Free Vegetable Barley Soup

Nile Spice

- Chicken Flavored Vegetable Soup
- Minestrone Soup

Specialty Foods

Cibo Fresh Speciality

- Artichoke Lemon Pesto
- Classic Basil Pesto
- Olive & Garlic Pesto

Spices and Seasonings

365 Every Day Value™

- Caribbean Barbeque Seasoning