

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Carmel 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
- Croutons - Fat Free Garlic and Onion

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Cornbread Mix
- Multigrain Pancake Mix

Chatham Croutons

- Croutons - Cheese N'Garlic
- Croutons - Lightly Seasoned

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, Caesar
- Croutons, Seasoned
- Tortilla Corn

Canned Goods

Eden Foods

- Organic Chili Beans

Canned Goods (Cont'd)

Shari

- Whole Organic Black Beans
- Whole Organic Garbanzo Beans

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin
- Green Ripe Pitted Olives
- Jumbo Ripe Olives, Pitted
- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- 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 Chip, Sea Salt
- Tortilla Strips, Lightly Salted

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

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, Caesar
- Croutons, Seasoned
- Honey Mustard
- Yellow Mustard

Organicville

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sesame Tamari 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
- Sesame Seed Water Crackers

Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Organic Brown Rice Snaps, Toasted Onion

Dairy

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
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

Near East

- Roasted Garlic & Onion Vermicelli
- Spanish Rice

Ethnic Foods

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

- Cheese & Herb Pizza
- Revolution Pizza

Amy's

- Broccoli & Cheese Pocket
- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Pesto with Tomato & Broccoli Pizza
- Organic Soy Cheese Pizza
- Organic Veggie Pot Pie with Whole Wheat Crust

Frozen Foods (Cont'd)

Boca

- Boca Burger - All American Classic - Organic

Gardenburger

- Fat Free Veggie Gardenburger
- Veggie Burger Pattie

Kashi

- Blueberry Waffles
- Original Waffles

Whole Catch™

- Lightly Breaded Fish Nuggets
- Lightly Breaded Fish Sticks

Whole Kitchen™

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

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

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

- Deluxe Mixed Nuts
- 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 - Roasted Tomato Mild

Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

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

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

Specialty Foods

Cibo Fresh Speciality

Artichoke Lemon Pesto

Classic Basil Pesto

Specialty Foods (Cont'd)

Cibo Fresh Speciality

Sun Dried Tomato with Rosemary Pesto