

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Oakville 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

### Bread

#### 365 Organic Every Day Value™

Croutons, Caesar  
Croutons, Seasoned  
Tortilla Corn

#### Kinnikinnick

Italian White Tapioca Rice Bread

### Canned/Jarred Goods

#### 365 Every Day Value™

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

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

Caesar (Fresh) Dressing  
Chipotle Ranch Salad Dressing  
Croutons, Caesar  
Croutons, Seasoned  
Honey Mustard  
Thousand Island Dressing

### Organicville

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Sesame Tamari Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette

## Cookies and Snack Bars

### Walkerscottish Cookies

Shortbread Tails

## Crackers

### 365 Every Day Value™

Saltine Crackers  
Unsalted Tops Saltines

### 365 Organic Every Day Value™

Cheese Square Crackers  
Cracked Pepper Water Crackers  
Golden Rounds  
Water Crackers

### Edward & Sons

Brown Rice Snaps, Onion Garlic

## Entrees and Mixes

### Casbah

Couscous - Organic Lemon Spinach  
Couscous - Organic Roasted Garlic with Olive Oil  
Couscous - Organic Wild Mushroom  
Lentil Pilaf  
Rice Pilaf  
Spanish Pilaf

### Near East

Spanish Rice

## Ethnic Foods

### Jyoti

Dal

## Frozen Foods

### 365 Organic Every Day Value™

Crinkle Cuts

### Kinnikinnick

Italian White Tapioca Rice Bread

## Meat Alternatives

### Yves

Just Like Ground  
Veggie Pepperoni Pizza

## Produce

### 365 Organic Every Day Value™

Caesar (Fresh) Dressing

## Sauces, Salsas and Dips

### Green Mountain Gringo

Hot Salsa  
Mild Salsa

## Soups

### 365 Every Day Value™

Minestrone Soup

## **Soups (Cont'd)**

### **365 Organic Every Day Value™**

Cream of Mushroom Soup

Lentil Bean Soup

### **Nile Spice**

Chicken Flavored Vegetable Soup

Minestrone Soup