

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Rochester Hills 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

Cornbread Mix

Multigrain Pancake Mix

Chatham Croutons

Croutons - Cheese N'Garlic

Croutons - Lightly Seasoned

Baking Needs (Cont'd)

Edward & Sons

Organic Bread Crumbs - Italian Herb

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, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Canned Goods

Shari

Whole Organic Black 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

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 Strips, Lightly Salted

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Chips, Pretzels and Snacks (Cont'd)

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Newman's Own Organic

Organic Round Salted Pretzels

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing
Chipotle Ranch Salad Dressing
Croutons, Butter & Garlic
Croutons, Cheese & Garlic
Croutons, Seasoned
Honey Mustard
Yellow Mustard

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Westbrae

Unsweetened Un-Ketchup

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

Crackers (Cont'd)

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

Macaroni & Cheese - Mild White Cheddar
Macaroni & Cheese - Organic White Cheddar
Macaroni & Cheese - Peace & Parmesan
Shells - Real Aged Cheddar
White Cheddar Shells
Whole Wheat Cheddar Cheese Shells

Casbah

Couscous - Organic Lemon Spinach
Couscous - Toasted

Fantastic Foods

Taco Filling Mix

Near East

Roasted Chicken & Garlic Pilaf
Roasted Garlic & Onion Vermicelli
Spanish Rice

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

American Flatbread

Cheese & Herb 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

Cedar Lane

Vegetarian Pizza Wrap

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Kashi

Blueberry Waffles
Original Waffles

Whole Catch™

Lightly Breaded Fish Nuggets
Lightly Breaded Fish Sticks

Jams and Nut Butters

Im Health

Crunchy Soy Nut Butter

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Jumbo Smart Dogs

Tofurky

Peppered Deli Slices

Yves

Just Like Ground

The Good Dog

Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Toronto Steak & Chicken Seasoning

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Deluxe Mixed Nuts

Raw Pine Nuts

Whole Cashews

Pasta

365 Every Day Value™

Pasta, Capellini

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

Salsa - Habanero

Salsa - Jalapeno

Salsa - Roasted Red Pepper & Garlic

Salsa - Tomatillo

Sauces, Salsas and Dips (Cont'd)

Green Mountain Gringo

Hot Salsa

Medium Salsa

Muir Glen

Salsa - Organic Medium Chipolte

Salsa Organic Medium Garlic Cilantro

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

Vegetable Broth

Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

Bean Cuisine

Soup - Split Pea

Health Valley

Fat Free Vegetable Barley Soup

Nile Spice

Chicken Flavored Vegetable Soup

Specialty Foods

Cibo Fresh Speciality

Artichoke Lemon Pesto

Classic Basil Pesto

Olive & Garlic Pesto

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning