

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Somerset 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).

### 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

### 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, Caesar
- Croutons, Seasoned
- Tortilla Corn

## Canned Goods

### Divina

- Sweet Roasted Peppers

### 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

## Chips, Pretzels and Snacks (Cont'd)

### 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, Butter & Garlic
- Croutons, Caesar
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing
- 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

## Cookies and Snack Bars

### Health Valley

Oat Bran Graham Crackers

### Walkerscottish Cookies

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

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

### 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

Macaroni & Cheese - Peace & Parmesan

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

## Entrees and Mixes (Cont'd)

### Casbah

Couscous - Organic Lemon Spinach

Couscous - Toasted

### Fantastic Foods

Sloppy Joe Mix

Taco Filling Mix

### Near East

Roasted Chicken & Garlic Pilaf

Spanish Rice

## Ethnic Foods

### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach

### 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

### Boca

Boca Burger - All American Classic - Organic

## Frozen Foods (Cont'd)

### Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

### Health Is Wealth

- Meatless Buffalo Wings

### Kashi

- Blueberry Waffles

### Whole Catch™

- Lightly Breaded Fish Nuggets
- Lightly Breaded Fish Sticks

### Whole Kitchen™

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

## Jams and Nut Butters

### 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 Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

- Toronto Steak & Chicken Seasoning

### Health Is Wealth

- Whole Wheat - Chicken Nuggets

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Ricotta

## 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 Tomato Mild
- Salsa - Tomatillo

### Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild 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

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

### **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
- Sun Dried Tomato with Rosemary Pesto