

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Bloomfield 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 - Fat Free Garlic and Onion

### 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

### Baking Needs (Cont'd)

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

### 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

## **Bread (Cont'd)**

### **365 Organic Every Day Value™**

Tortilla Corn

## **Canned Goods**

### **Divina**

Sweet Roasted Peppers

## **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

### **Guiltless Gourmet**

Organic Black Bean Tortilla Chips

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **365 Organic Every Day Value™**

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

### **Organicville**

Organic Dressing, Herbs de Provence 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

## **Crackers**

### **365 Every Day Value™**

Assorted Crackers for Entertaining  
Entertainer Crackers with Wheat Germ  
Golden Stoneground Bite Size  
Saltine Crackers  
Unsalted Tops Saltines

## Crackers (Cont'd)

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

### Casbah

- Couscous - Organic Lemon Spinach

### 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
- 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

### 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

### 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 Fillet
- 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

Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Toronto Steak & Chicken Seasoning

### Health Is Wealth

Whole Wheat - Chicken Nuggets

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Produce

### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Habanero

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Muir Glen

Salsa - Organic Medium Chipolte

## 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

### Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

### Health Valley

Fat Free Vegetable Barley Soup

### Nile Spice

Minestrone Soup

## Specialty Foods

### Cibo Fresh Speciality

Classic Basil Pesto

Olive & Garlic Pesto

Sun Dried Tomato with Rosemary Pesto