

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Yorkville 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.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Multigrain Pancake Mix

Edward & Sons

Organic Bread Crumbs - Italian Herb

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Large Ripe Olives, Pitted

Medium Ripe Olives, Pitted

Water Chestnuts, Sliced

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

Thin Style Potato Chips, Sea Salt & Black Pepper

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, Cheese & Garlic
Croutons, Seasoned
Honey Mustard

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Tails

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining
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 Nuted Crunch
Couscous - Organic Roasted Garlic with Olive Oil
Couscous - Organic Wild Mushroom
Lentil Pilaf
Nuted Pilaf
Rice Pilaf
Tabouli

Near East

Spanish Rice

Ethnic Foods

365 Every Day Value™

Water Chestnuts, Sliced

Jyoti

Dal

Meat Alternatives

Yves

Fat Free Veggie Dog
Just Like Ground
Veggie Canadian Bacon
Veggie Pepperoni Pizza

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Green Mountain Gringo

Chile Salsa
Medium 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