

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bellingham Store, North Atlantic 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
- 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)

Highland Sugar Works

- Buttermilk Pancake Mix

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, Cheese & Garlic

Bread (Cont'd)

365 Organic Every Day Value™

Croutons, Seasoned
Tortilla Corn

Nejames

Crispbread

Canned Goods

Divina

Sweet Roasted Peppers
Yellow Roasted Peppers

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin
Baby Corn
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

Cheese

Han's

Sharp Cheddar Spread

Chips, Pretzels and Snacks

365 Organic Every Day Value™

Thin Style Potato Chips, BBQ
Blue Tortilla Chips, Spicy
Thin Style Potato Chip, Sea Salt
Thin Style Potato Chips, Sea Salt & Black Pepper
Tortilla Chips, Nacho Cheese
Tortilla Strips, Lightly Salted

Bearitos

Organic Popcorn - 50% Less Oil
Organic Popcorn - Buttery Lite

Garden Of Eatin

Blue Corn Sesame Chips

Good Health

Whole Wheat Peanut Butter Filled Pretzels

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, Cheese & Garlic
Croutons, Seasoned
Honey Mustard
Thousand Island Dressing
Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Orange Cranberry Vinaigrette

Condiments (Cont'd)

Organicville

Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sundried Tomato & Garlic
Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers
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
Sesame 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

Nejames

Original Crispbread

Dairy

England

Clotted Cream

Nasoya Foods

Egg Roll Wrappers
Won Ton Wrappers

Dairy Alternatives

Soya Kaas

Soy Cream Cheese

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
Penne Pasta with Alfredo
Shells - Organic Cheddar Alfredo
Shells - Real Aged Cheddar
White Cheddar Shells
Whole Wheat Cheddar Cheese Shells

Casbah

Couscous -Organic Nutedd Crunch
Couscous - Organic Lemon Spinach
Couscous - Toasted
Rice Pilaf
Spanish Pilaf

Fantastic Foods

Whole Wheat Couscous

Near East

Herb Chicken Couscous
Roasted Chicken & Garlic Pilaf
Spanish Rice

Ethnic Foods

Tasty Bite

TastyBite - Malabar Mixed Vegetables

Whole Kitchen™

Bean & Rice Burrito
Bean, Rice & Cheese Burrito

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach
Haricots Vert

Frozen Foods (Cont'd)

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli

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 Chicago Veggie Burger

Organic Pesto with Tomato & Broccoli Pizza

Organic Soy Cheese Pizza

Organic Veggie Pot Pie with Whole Wheat Crust

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Kashi

Blueberry Waffles

Original Waffles

Putney Pasta Co

Tortellini - 3 Color Ricotta

Tortellini - Spinach Walnut

Tortellini - Tomato & Basil

Soy Boy

Tofu Ravioli

Whole Catch™

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

Jams and Nut Butters

Divina

Kalamata Spread

Im Health

Crunchy Soy Nut Butter

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

Yves

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

Meat and Poultry

Health Is Wealth

Chicken Tenders

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy 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

Sauces, Salsas and Dips (Cont'd)

Frontera Grill

Salsa - Tomatillo

Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

Jardines

Peach Medium Salsa

Raspberry Salsa

Texacante Salsa

Muir Glen

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

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

Olde Cape Cod

Clam Chowder

Shelton's

Chicken Noodle Soup

Specialty Foods

Nuovo Pasta

Tri Colored Tortellini

Spices and Seasonings

365 Every Day Value™

Southwestern Grill Seasoning