

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cambridge 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.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

Highland Sugar Works

Buttermilk Pancake Mix

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Bread

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Canned Goods

Divina

Sweet Roasted Peppers

Canned Goods (Cont'd)

Eden Foods

Organic Chili Beans

Shari

Whole Organic Black Beans

Whole Organic Garbanzo 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

Blue Tortilla Chips, Spicy

Thin Style Potato Chip, Sea Salt

Thin Style Potato Chips, Sea Salt & Black Pepper

Tortilla Chips, Flax & Sesame Seed

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

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Chipotle Ranch Salad Dressing

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Organicville

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

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

Nejaimes

Original Crispbread

Stacy's

Simply Naked Pita Chips

Dairy

England

Clotted Cream

Nasoya Foods

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
Shells - Organic Cheddar Alfredo
Shells - Real Aged Cheddar
White Cheddar Shells
Whole Wheat Cheddar Cheese Shells

Casbah

Couscous - Organic Lemon Spinach
Couscous - Organic Roasted Garlic with Olive Oil
Couscous - Organic Wild Mushroom
Couscous - Toasted
Spanish Pilaf

Entrees and Mixes (Cont'd)

Fantastic Foods

Sloppy Joe Mix
Taco Filling Mix

Near East

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

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli
Crinkle Cuts

American Flatbread

Revolution Pizza

Amy's

Cheese Pizza Snacks
Macaroni & Soy Cheese
Organic Chicago Veggie Burger
Organic Pesto with Tomato & Broccoli Pizza

Boca

Boca Burger - All American Classic - Organic

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Frozen Foods (Cont'd)

Health Is Wealth

Meatless Buffalo Wings
Pizza Munchees

Kashi

Blueberry Waffles

Putney Pasta Co

Tortellini - 3 Color Ricotta
Tortellini - Spinach Walnut
Tortellini - Tomato & Basil

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

Divina

Kalamata Spread

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Tofurky

Peppered Deli Slices

Yves

Fat Free Veggie Dog
Just Like Ground
Veggie Canadian Bacon

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Sauces, Salsas and Dips

Frontera Grill

Salsa - Jalapeno
Salsa - Salpica Mild Roasted

Sauces, Salsas and Dips (Cont'd)

Green Mountain Gringo

Hot Salsa
Medium Salsa
Mild Salsa

Jardines

Peach Medium Salsa
Pineapple Salsa

Muir Glen

Salsa - Organic Medium Chipolte
Salsa Organic Medium Garlic Cilantro

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
Vegetable Broth

Amy's

No Chicken Noodle Soup
Organic Vegetable Barley Soup
Soup - Organic Cream of Mushroom

Olde Cape Cod

Clam Chowder