

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Charles River Plaza 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

Eden Foods

Organic Chili 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

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 Chips, Sea Salt & Black Pepper
Tortilla Chips, Nacho Cheese
Tortilla Strips, Lightly Salted

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn 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, Cheese & Garlic
Croutons, Seasoned
Honey Mustard
Thousand Island Dressing
Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Divina

Olives - Kalamata

Newman's Own

Steak Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Orange Cranberry Vinaigrette

Condiments (Cont'd)

Simply Delicious

Lemon Tahini Dressing

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

Seasame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Nejaimes

Garlic Dill Crispbread

Original Crispbread

Stacy's

Simply Naked Pita Chips

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 Wild Mushroom

Couscous - Toasted

Rice Pilaf

Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix

Taco Filling Mix

Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Spanish Rice

Ethnic Foods

Tasty Bite

TastyBite - Malabar Mixed Vegetables

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach

Haricots Vert

365 Organic Every Day Value

Cheese Tortellini

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Cheese Ravioli
Crinkle Cuts
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

American Flatbread

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

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
Pizza Munchees
Spring Rolls

Kashi

Blueberry Waffles

Putney Pasta Co

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

So Delicious

Fudge Bar, Sugar Free

Soy Boy

Tofu Ravioli

Whole Catch™

Lightly Breaded Fish Nuggets
Lightly Breaded Fish Sticks

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

Tofurky

Peppered Deli Slices

Yves

Chick'n Veggie Burger
Just Like Ground
The Good Dog
Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Mediterranean Rotisserie Seasoning

Health Is Wealth

Chicken Tenders
Whole Wheat - Chicken Nuggets
Whole Wheat - Chicken Patties

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 Red Pepper & Garlic
- Salsa - Roasted Tomato Mild
- Salsa - Salpica Mild Roasted
- Salsa - Tomatillo

Green Mountain Gringo

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

Jardines

- Peach Medium Salsa
- Pineapple Salsa
- Texacante Salsa

Timpones

- Salsa Muy Rica

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
- Vegetable Broth

Amy's

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

Bean Cuisine

- 13 Bean Bouillabaise
- Soup - Split Pea

Soups (Cont'd)

Olde Cape Cod

- Clam Chowder

Spices and Seasonings

365 Every Day Value™

- Caribbean Barbeque Seasoning
- Mediterranean Seafood Seasoning
- Southwestern Grill Seasoning