

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Framingham 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baked Goods

#### Chatham Croutons

Croutons - Caesar

### 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

### Stacy's

Pita - Parmesan Garlic Herb

## Canned Goods

### Divina

Sweet 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  
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  
Chipotle Ranch Salad Dressing  
Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Honey Mustard  
Thousand Island Dressing

### Annie Chun's

Shitake Mushroom Sauce

### Divina

Olives - Kalamata

### Newman's Own

Steak Sauce

### Organicville

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

## Condiments (Cont'd)

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette

### Simply Delicious

- Lemon Tahini Dressing

## Cookies and Snack Bars

### Health Valley

- Oat Bran Graham Crackers

### 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

- Brown Rice Snaps, Onion Garlic
- Organic Brown Rice Snaps, Toasted Onion
- Organic Brown Rice Snaps, Unsalted Plain

## Crackers (Cont'd)

### 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 - 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 Lemon Spinach
- Couscous - Toasted
- Rice Pilaf
- Spanish Pilaf

### Fantastic Foods

- Sloppy Joe Mix
- Taco Filling Mix
- Whole Wheat Couscous

### 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

### **365 Organic Every Day Value™**

Cheese Ravioli

Crinkle Cuts

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 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

### **Health Is Wealth**

Meatless Buffalo Wings

Pizza Munchees

Spring Rolls

### **Kashi**

Blueberry Waffles

### **Putney Pasta Co**

Tortellini - Spinach Walnut

Tortellini - Tomato & Basil

### **So Delicious**

Fudge Bar, Sugar Free

## **Frozen Foods (Cont'd)**

### **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

Fat Free Veggie Dog

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

## **Meat and Poultry**

### **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

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Habanero

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

### Jardines

Pineapple Salsa

Texacante Salsa

### Muir Glen

Salsa - Organic Medium Chipolte

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

Vegetable Broth

## Soups (Cont'd)

### 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

Lentil with Couscous