

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Glastonbury 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
- Croutons - Fat Free Garlic and Onion

### Baking Needs

#### 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

### Kinnikinnick

Italian White Tapioca Rice Bread

### Nejames

Crispbread

## Canned Goods

### Divina

Sweet Roasted Peppers

## Canned/Jarred Goods

### 365 Every Day Value™

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  
Tortilla Strips, Lightly Salted

## Chips, Pretzels and Snacks (Cont'd)

### 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  
Caesar (Fresh) Dressing  
Chipotle Ranch Salad Dressing  
Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Honey Mustard  
Thousand Island Dressing  
Yellow Mustard

### Divina

Olives - Greek Mix

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Sesame Tamari Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette

## Condiments (Cont'd)

### Simply Delicious

Lemon Tahini Dressing

## 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

## 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

## Entrees and Mixes (Cont'd)

### Annie's Homegrown

Penne Pasta with Alfredo

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

### Casbah

Couscous - Organic Roasted Garlic with Olive Oil

Couscous - Organic Wild Mushroom

Couscous - Toasted

Rice Pilaf

Spanish Pilaf

### Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Spanish Rice

## Ethnic Foods

### 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

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### American Flatbread

Cheese & Herb Pizza

Revolution Pizza

### Amy's

Broccoli & Cheese Pocket

Cheese Pizza Snacks

## Frozen Foods (Cont'd)

### Amy's

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

### Gardenburger

- Low Fat Mushroom Gardenburger

### Health Is Wealth

- Meatless Buffalo Wings
- Pizza Munchees
- Spring Rolls

### Kinnikinnick

- Italian White Tapioca Rice Bread

### Putney Pasta Co

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

### Soy Boy

- Tofu Ravioli

### 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

### Maranatha

- Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

### Tofurky

- Peppered Deli Slices

## Meat Alternatives (Cont'd)

### Yves

- Fat Free Veggie Dog
- Just Like Ground
- Veggie Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

- Chicken Tenders
- Whole Wheat - Chicken Nuggets

## 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

- Hot Salsa
- Medium Salsa
- Mild Salsa

### Jardines

- Pineapple Salsa

## **Sauces, Salsas and Dips (Cont'd)**

### **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

### **Amy's**

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

### **Bean Cuisine**

- 13 Bean Bouillabaise
- Soup - Split Pea

### **Health Valley**

- Fat Free Vegetable Barley Soup
- Lentil with Couscous

## **Spices and Seasonings**

### **365 Every Day Value™**

- Caribbean Barbeque Seasoning
- Southwestern Grill Seasoning

## **Sweeteners**

### **Sun Crystals**

- Sweetener