

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Medford 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

Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Cornbread Mix
- Multigrain Pancake Mix

Chatham Croutons

- Croutons - Cheese N'Garlic
- Croutons - Lightly Seasoned

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
- Croutons, Seasoned
- Tortilla Corn

Kinnikinnick

- Italian White Tapioca Rice Bread

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
Thin Style Potato Chip, Sea Salt
Thin Style Potato Chips, Sea Salt & Black Pepper
Tortilla Strips, Lightly Salted

Bearitos

Organic Popcorn - Buttery Lite

Garden Of Eatin'

Blue Corn Sesame Chips
Salted Blue Corn Chips

Newman's Own Organic

Organic Round Salted Pretzels

Condiments

365 Organic Every Day Value™

Chipotle Ranch Salad Dressing
Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Honey Mustard
Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Newman's Own

Steak Sauce

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers

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

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

Crackers (Cont'd)

Nejames

Original Crispbread

Stacy's

Simply Naked Pita Chips

Dairy

Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

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 Nutted Crunch

Couscous - Organic Lemon Spinach

Couscous - Toasted

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

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

Cascadian Farm

Organic Winter Squash Puree

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Health Is Wealth

Meatless Buffalo Wings

Spring Rolls

Kinnikinnick

Italian White Tapioca Rice Bread

Putney Pasta Co

Tortellini - 3 Color Ricotta

Tortellini - Tomato & Basil

So Delicious

Fudge Bar, Sugar Free

Frozen Foods (Cont'd)

Whole Catch™

- Lightly Breaded Fish Fillet
- Lightly Breaded Fish Nuggets
- Lightly Breaded Fish Sticks

Whole Kitchen™

- Bean & Rice Burrito
- Bean, Rice & Cheese Burrito

Meat Alternatives

Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Yves

- Fat Free Veggie Dog
- Just Like Ground
- The Good Dog
- 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

Sauces, Salsas and Dips

Frontera Grill

- Salsa - Habanero
- Salsa - Jalapeno
- Salsa - Roasted Red Pepper & Garlic

Sauces, Salsas and Dips (Cont'd)

Frontera Grill

- Salsa - Roasted Tomato Mild
- Salsa - Tomatillo

Green Mountain Gringo

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

Jardines

- Peach Medium Salsa
- Pineapple Salsa
- Texacante 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

Amy's

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

Olde Cape Cod

- Clam Chowder

Spices and Seasonings

365 Every Day Value™

Mediterranean Seafood Seasoning