

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



River Street 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

Edward & Sons

Organic Bread Crumbs - Italian Herb
Organic Bread Crumbs - Lightly Salted

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
Italian Strawberry Sparkling Water

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Stacy's

Pita - Parmesan Garlic Herb

Canned Goods

Divina

Sweet Roasted Peppers
Yellow 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

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

Bearitos

Organic Popcorn - 50% Less Oil
Organic Popcorn - Buttery Lite

Garden Of Eatin

Blue Corn Sesame 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™

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

Newman's Own

Steak Sauce

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Orange Cranberry Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers
Shortbread Rounds

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining
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

Crackers (Cont'd)

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Nejames

Original Crispbread

Stacy's

Simply Naked Pita

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

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Couscous - Organic Roasted Garlic with Olive Oil

Rice Pilaf

Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix

Entrees and Mixes (Cont'd)

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

Boca

Boca Burger - All American Classic - Organic

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Frozen Foods (Cont'd)

Kashi

Blueberry Waffles
Original Waffles

Putney Pasta Co

Tortellini - Tomato & Basil

So Delicious

Fudge Bar, Sugar Free

Soy Boy

Tofu Ravioli

Whole Catch™

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

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 Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Mediterranean Rotisserie Seasoning

Meat and Poultry (Cont'd)

Health Is Wealth

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

Sauces, Salsas and Dips

Frontera Grill

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

Seafood

Whole Catch™

Lightly Breaded Fish Nuggets
Lightly Breaded Fish Sticks

Soups

365 Every Day Value™

Minestrone Soup

Soups (Cont'd)

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

Health Valley

- Fat Free Vegetable Barley Soup

Olde Cape Cod

- Clam Chowder

Specialty Foods

Nuovo Pasta

- Tri Colored Tortellini

Spices and Seasonings

365 Every Day Value™

- Asian Seafood Seasoning