

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Swampscott 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

Highland Sugar Works

Buttermilk Pancake Mix

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

Nejames

Crispbread

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, Lime & Cilantro

Tortilla Chips, Nacho Cheese

Tortilla Strips, Lightly Salted

Bearitos

Organic Popcorn - Buttery Lite

Chips, Pretzels and Snacks (Cont'd)

Garden Of Eatin

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 - Greek Mix

Newman's Own

Steak Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

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

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

Nejames

- 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
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar

Entrees and Mixes (Cont'd)

Annie's Homegrown

- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

Casbah

- Couscous -Organic Nutedd Crunch
- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil
- Rice Pilaf
- Spanish Pilaf

Fantastic Foods

- Sloppy Joe Mix

Near East

- Herb Chicken Couscous
- Roasted Chicken & Garlic Pilaf
- Spanish Rice

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

Frozen Foods (Cont'd)

Boca

Boca Burger - All American Classic - Organic

Gardenburger

Low Fat Mushroom Gardenburger

Health Is Wealth

Pizza Munchees

Spring Rolls

Kashi

Blueberry Waffles

Original Waffles

Putney Pasta Co

Tortellini - Spinach Walnut

Tortellini - Tomato & Basil

So Delicious

Fudge Bar, Sugar Free

Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

Jams and Nut Butters

Divina

Kalamata Spread

Im Health

Crunchy Soy Nut Butter

Meat Alternatives

Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

Tofurky

Peppered Deli Slices

Yves

Chick'n Veggie Burger

Veggie Canadian Bacon

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 Every Day Value™

Pasta, Capellini

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 - Jalapeno

Salsa - Tomatillo

Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Jardines

Peach Medium Salsa

Pineapple Salsa

Muir Glen

Salsa Organic Medium Garlic Cilantro

Seafood

Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Nuggets

Seafood (Cont'd)

Whole Catch™

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

Soup - Split Pea

Health Valley

Fat Free Vegetable Barley Soup

Lentil with Couscous

Olde Cape Cod

Clam Chowder

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning

Sweeteners

Sun Crystals

Sweetener