

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Symphony 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).

### 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

## Canned Goods

### Divina

Sweet Roasted Peppers

## Canned/Jarred Goods

### 365 Every Day Value™

100% Pure Pumpkin  
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

### Garden Of Eatin'

Blue Corn Sesame Chips  
Salted Blue Corn Chips

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

### 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  
Olives - Kalamata

### Organicville

Organic Dressing, Miso Ginger Vinaigrette  
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

## Crackers (Cont'd)

### 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

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

### Stacy's

- Simply Naked Pita Chips

## Dairy

### 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
- Penne Pasta with Alfredo
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### Casbah

- Couscous - Organic Wild Mushroom
- Couscous - Toasted
- Spanish Pilaf

### Fantastic Foods

- Taco Filling Mix

## Entrees and Mixes (Cont'd)

### 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™

- Crinkle Cuts

### American Flatbread

- Cheese & Herb Pizza
- Revolution Pizza

### Amy's

- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Pesto with Tomato & Broccoli Pizza
- Organic Soy Cheese Pizza

### Boca

- Boca Burger - All American Classic - Organic

### Gardenburger

- Low Fat Mushroom Gardenburger

### Health Is Wealth

- Pizza Munchees

### Kashi

- Blueberry Waffles

### Putney Pasta Co

- Tortellini - 3 Color Ricotta
- Tortellini - Spinach Walnut

## Frozen Foods (Cont'd)

### Whole Catch™

- Lightly Breaded Fish Nuggets
- Lightly Breaded Fish Sticks

## Meat Alternatives

### Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

### Tofurky

- Peppered Deli Slices

### Yves

- Chick'n Veggie Burger
- Fat Free Veggie Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Produce

### 365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

## Sauces, Salsas and Dips

### Frontera Grill

- Salsa - Habanero
- Salsa - Jalapeno

### Green Mountain Gringo

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

### Muir Glen

- 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
- Lentil Bean Soup

### Amy's

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

### Bean Cuisine

- 13 Bean Bouillabaise

### Health Valley

- Fat Free Vegetable Barley Soup
- Lentil with Couscous

### Olde Cape Cod

- Clam Chowder

## Specialty Foods

### Nuovo Pasta

- Tri Colored Tortellini

## Spices and Seasonings

### 365 Every Day Value™

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning

## Sweeteners

### Sun Crystals

- Sweetener