

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Wellesley 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

Multigrain Pancake Mix

#### Highland Sugar Works

Buttermilk Pancake Mix

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Tortilla Corn

### Canned/Jarred Goods

#### 365 Every Day Value™

100% Pure Pumpkin

Baby Corn

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

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

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

Tortilla Chips, Flax & Sesame Seed

Tortilla Chips, Lime & Cilantro

Tortilla Chips, Nacho Cheese

Tortilla Strips, Lightly Salted

### 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™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Yellow Mustard

## Condiments (Cont'd)

### Divina

Olives - Greek Mix

Olives - Kalamata

### Newman's Own

Steak Sauce

### Organicville

Organic Dressing, Orange Cranberry Vinaigrette

## 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, Unsalted Plain

### Nejames

Original Crispbread

### Stacy's

Simply Naked Pita Chips

## Dairy

### England

Clotted Cream

### Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

## Entrees and Mixes

### Annie's Homegrown

- Alfredo Basil Shells
- Macaroni & Cheese - Bunny Shape
- 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

### Fantastic Foods

- Whole Wheat Couscous

### Near East

- Herb Chicken Couscous
- Roasted Chicken & Garlic Pilaf
- Roasted Garlic & Onion Vermicelli
- 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

### American Flatbread

- Cheese & Herb Pizza
- Revolution Pizza

### Amy's

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

### Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

## Frozen Foods (Cont'd)

### Health Is Wealth

- Meatless Buffalo Wings
- Pizza Munchees
- Spring Rolls

### Kashi

- Blueberry Waffles
- Original Waffles

### Putney Pasta Co

- Tortellini - Tomato & Basil

### Soy Boy

- Tofu Ravioli

### Whole Catch™

- Lightly Breaded Fish Nuggets
- Lightly Breaded Fish Sticks

## Jams and Nut Butters

### Divina

- Kalamata Spread

### Im Health

- Crunchy Soy Nut Butter

## Meat Alternatives

### Lightlife

- Jumbo Smart Dogs

### Yves

- Fat Free Veggie Dog
- The Good Dog
- Veggie Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

- Chicken Tenders
- Whole Wheat - Chicken Nuggets

## Produce

### 365 Organic Every Day Value™

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

## **Sauces, Salsas and Dips**

### **Frontera Grill**

Salsa - Habanero

Salsa - Tomatillo

### **Green Mountain Gringo**

Hot Salsa

Medium Salsa

Mild Salsa

### **Jardines**

Peach Medium Salsa

Pineapple Salsa

Texacante Salsa

## **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

Vegetable Broth

### **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**

Lentil with Couscous