

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sacramento Store, Northern California 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).

### Baked Goods

#### Chatham Croutons

Croutons - Caesar

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

All Purpose Baking Mix

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

#### Chatham Croutons

Croutons - Cheese N'Garlic

Croutons - Lightly Seasoned

### Baking Needs (Cont'd)

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

## Bread (Cont'd)

### 365 Organic Every Day Value™

Tortilla Corn

### Kinnikinnick

Italian White Tapioca Rice Bread

## 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

## 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 Chips, Flax & Sesame Seed

Tortilla Chips, Lime & Cilantro

Tortilla Strips, Lightly Salted

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

### Bostons Better Snacks

Sanck Mix

### Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

### Good Health

Whole Wheat Peanut Butter Filled Pretzels

### Newman's Own Organic

Organic Thin 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

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

### Westbrae

Unsweetened Un-Ketchup

## **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

Seasame Seed Water Crackers

### **Ak-Mak**

Armenian Cracker Bread

### **Edward & Sons**

Brown Rice Snaps, Onion Garlic

Organic Brown Rice Snaps, Unsalted Plain

## **Dairy**

### **Nasoya Foods**

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

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

### **Casbah**

Couscous -Organic Nutted Crunch

Couscous - Organic Roasted Garlic with Olive Oil

Couscous - Toasted

Rice Pilaf

## **Entrees and Mixes (Cont'd)**

### **Casbah**

Spanish Pilaf

### **Fantastic Foods**

Taco Filling Mix

### **Near East**

Herb Chicken Couscous

Spanish Rice

## **Ethnic Foods**

### **Jyoti**

Dal

### **Tasty Bite**

TastyBite - Malabar Mixed Vegetables

### **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

### **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

Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings

Pizza Munchees

### Kashi

Blueberry Waffles

Original Waffles

### Kinnikinnick

Italian White Tapioca Rice Bread

### Perfect Additions

Unsalted Chicken Stock

Unsalted Fish Stock

### Whole Catch™

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### Maranatha

Almond Butter - Raw Organic No Salt

## 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 Canadian Bacon

## Meat Alternatives (Cont'd)

### Yves

Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Toronto Steak & Chicken Seasoning

### Health Is Wealth

Chicken Tenders

Whole Wheat - Chicken Nuggets

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

Cashew Halves

Whole Cashews

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Habanero

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

## 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

### **Amy's**

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

### **Nile Spice**

- Chicken Flavored Vegetable Soup
- Minestrone Soup

## **Specialty Foods**

### **Cibo Fresh Speciality**

- Artichoke Lemon Pesto
- Classic Basil Pesto
- Olive & Garlic Pesto