

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Los Gatos 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.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Multigrain Pancake Mix

Edward & Sons

Organic Bread Crumbs - Lightly Salted

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

Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Hearts of Palm Salad Cut

Jumbo 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

Canned/Jarred Goods (Cont'd)

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 Strips, Lightly Salted

Garden Of Eatin'

Blue Corn Sesame Chips
Salted Blue Corn Chips

Newman's Own Organic

Organic Thin Salt and Pepper Pretzels
Organic Thin 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, Cheese & Garlic
Croutons, Seasoned
Honey Mustard
Thousand Island Dressing
Yellow Mustard

Organicville

Organic Dressing, Pomegranate 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
Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Organic Brown Rice Snaps, Unsalted Plain

Wasa Crispbread

Fiber Plus Crispbread

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 Nutedd Crunch
Couscous - Organic Lemon Spinach
Couscous - Toasted

Fantastic Foods

Tabouli Salad Mix
Taco Filling Mix

Entrees and Mixes (Cont'd)

Near East

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

Ethnic Foods

Jyoti

- Dal

Frozen Foods

365 Every Day Value™

- Frozen Chopped Spinach

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

- 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

Boca

- Boca Burger - All American Classic - Organic

Gardenburger

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

Health Is Wealth

- Meatless Buffalo Wings

Kashi

- Blueberry Waffles

Frozen Foods (Cont'd)

Perfect Additions

- Unsalted Chicken Stock
- Unsalted Fish Stock
- Unsalted Veggie Stock

Whole Catch™

- Lightly Breaded Fish Nuggets

Jams and Nut Butters

Maranatha

- Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

- Fat Free Smart Dogs

Yves

- Fat Free Veggie Dog
- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon

Meat and Poultry

365 Every Day Value™

- Mediterranean Rotisserie Seasoning
- Toronto Steak & Chicken Seasoning

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

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing
Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

Salsa - Jalapeno
Salsa - Roasted Tomato Mild
Salsa - Tomatillo

Green Mountain Gringo

Medium Salsa
Mild Salsa

Muir Glen

Salsa Organic Medium Garlic Cilantro

Seafood

Whole Catch™

Lightly Breaded Fish Nuggets

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

Nile Spice

Minestrone Soup

Specialty Foods

Cibo Fresh Speciality

Artichoke Lemon Pesto
Classic Basil Pesto
Olive & Garlic Pesto
Sun Dried Tomato with Rosemary Pesto

Spices and Seasonings

365 Every Day Value™

Southwestern Grill Seasoning