

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Roseville 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.

Baked Goods

Chatham Croutons

Croutons - Caesar

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

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

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

Bread (Cont'd)

365 Organic Every Day Value™

Croutons, Seasoned
Tortilla Corn

Kinnikinnick

Italian White Tapioca Rice Bread

Stacy's

Pita - Parmesan Garlic Herb

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
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

Chips, Pretzels and Snacks (Cont'd)

Bearitos

Organic Popcorn - 50% Less Oil

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
Pretzel - Bavarian - Organic

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
Yellow Mustard

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Orange Cranberry Vinaigrette
Organic Dressing, Sundried Tomato & Garlic 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, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

Entrees and Mixes

Annie's Homegrown

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

Entrees and Mixes (Cont'd)

Casbah

Rice Pilaf

Spanish Pilaf

Near East

Herb Chicken Couscous

Spanish Rice

Ethnic Foods

Jyoti

Dal

Whole Kitchen™

Bean & Rice Burrito

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

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

Boca

Boca Burger - All American Classic - Organic

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Frozen Foods (Cont'd)

Health Is Wealth

Meatless Buffalo Wings
Pizza Munchees

Kashi

Blueberry Waffles
Original Waffles

Kinnikinnick

Italian White Tapioca Rice Bread

Perfect Additions

Unsalted Fish Stock

Whole Catch™

Lightly Breaded Fish Fillet
Lightly Breaded Fish Nuggets
Lightly Breaded Fish Sticks

Whole Kitchen™

Bean & Rice 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
Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Mediterranean Rotisserie 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™

Deluxe Mixed Nuts

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 - Habanero
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 Fillet
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

Specialty Foods

Cibo Fresh Speciality

- Artichoke Lemon Pesto
- Sun Dried Tomato with Rosemary Pesto

Spices and Seasonings

365 Every Day Value™

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning