

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sebastopol 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).

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

### Beverages

#### 365 Every Day Value™

Italian Lemon Sparkling Water

Italian Strawberry Sparkling Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### Canned/Jarred Goods

#### 365 Every Day Value™

100% Pure Pumpkin

Baby Corn

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

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

Tongol Tuna, No Salt  
Tongol Tuna, with Salt

### 365 Organic Every Day Value™

Black Beans  
Pinto Beans

## 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

### 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

## Condiments

### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing  
Caesar (Fresh) Dressing  
Chipotle Ranch Salad Dressing  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Honey Mustard  
Thousand Island Dressing  
Yellow Mustard

### Annie Chun's

Shitake Mushroom Sauce

## Condiments (Cont'd)

### Organicville

Organic Dressing, Olive Oil & Balsamic 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  
Sesame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

### Edward & Sons

Organic Brown Rice Snaps, Unsalted Plain

## Dairy

### Nasoya Foods

Egg Roll Wrappers

## Entrees and Mixes

### Annie's Homegrown

Macaroni & Cheese - Bunny Shape  
Macaroni & Cheese - Mild White Cheddar  
Macaroni & Cheese - Organic White Cheddar

## Entrees and Mixes (Cont'd)

### Annie's Homegrown

- Macaroni & Cheese - Peace & Parmesan
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### Fantastic Foods

- Sloppy Joe Mix
- Taco Filling Mix

### Near East

- 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™

- Crinkle Cuts

### Amy's

- Broccoli & Cheese Pocket
- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Veggie Pot Pie with Whole Wheat Crust

### Boca

- Boca Burger - All American Classic - Organic

## Jams and Nut Butters

### Maranatha

- Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

## Meat Alternatives (Cont'd)

### Tofurky

- Peppered Deli Slices

### Yves

- Fat Free Veggie Dog
- Just Like Ground
- Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

- Toronto Steak & Chicken Seasoning

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

- Deluxe Mixed Nuts

## Produce

### 365 Organic Every Day Value™

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

## Sauces, Salsas and Dips

### Frontera Grill

- Salsa - Habanero
- Salsa - Jalapeno
- Salsa - Tomatillo

### Muir Glen

- Salsa - Organic Medium Chipolte
- Salsa Organic Medium Garlic Cilantro

## Soups

### 365 Every Day Value™

- Minestrone Soup

### 365 Organic Every Day Value™

- Chicken Noodle Soup
- Cream of Mushroom Soup

## **Soups (Cont'd)**

### **365 Organic Every Day Value™**

Lentil Bean Soup

Vegetable Broth

### **Amy's**

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

### **Nile Spice**

Chicken Flavored Vegetable Soup