

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Columbus Circle Store, Northeast 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

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

#### Chatham Croutons

Croutons - Lightly Seasoned

### Baking Needs (Cont'd)

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

Organic Bread Crumbs - Lightly Salted

#### Highland Sugar Works

Buttermilk Pancake Mix

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

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

### Nejames

- Crispbread

## Canned Goods

### Divina

- Sweet Roasted Peppers
- Yellow Roasted Peppers

### Shari

- Whole Organic Black Beans
- Whole Organic Garbanzo Beans

## 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
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt

### 365 Organic Every Day Value™

- Black Beans
- Pinto Beans

## Cereal

### Weetabix

- Whole Wheat Cereal

## Cheese

### Han's

- Sharp Cheddar Spread

## 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, Nacho Cheese
- Tortilla Strips, Lightly Salted

### Bearitos

- Organic Popcorn - 50% Less Oil
- Organic Popcorn - Buttery Lite

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Newman's Own Organic

- Organic Round Salted Pretzels

## 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, Seasoned
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

### Annie Chun's

- Shitake Mushroom Sauce

### Divina

- Olives - Kalamata

## Condiments (Cont'd)

### Edward & Sons

Premier Japan Sauce - Organic Wasabi Tamari

### Newman's Own

Steak Sauce

### Organicville

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

## Cookies and Snack Bars

### Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

## 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

Herb and Garlic Water Crackers

Seesame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

### Edward & Sons

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

### Nejames

Original Crispbread

## 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 - Mild White Cheddar

Macaroni & Cheese - Organic White Cheddar

Shells - Organic Cheddar Alfredo

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

### Casbah

Couscous - Toasted

### Fantastic Foods

Tabouli Salad Mix

### Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Spanish Rice

## Ethnic Foods

### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## 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

## Frozen Foods (Cont'd)

### American Flatbread

Revolution Pizza

### Amy's

Cheese Pizza Snacks  
Macaroni & Soy Cheese  
Organic Chicago Veggie Burger  
Organic Pesto with Tomato & Broccoli Pizza  
Organic Veggie Pot Pie with Whole Wheat Crust

### Boca

Boca Burger - All American Classic - Organic

### Health Is Wealth

Meatless Buffalo Wings  
Pizza Munchees  
Spring Rolls

### Kashi

Blueberry Waffles  
Original Waffles

### So Delicious

Fudge Bar, Sugar Free

### Whole Catch™

Lightly Breaded Fish Nuggets  
Lightly Breaded Fish Sticks

### Whole Kitchen™

Bean & Rice Burrito  
Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### Divina

Kalamata Spread

### Im Health

Crunchy Soy Nut Butter

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs  
Jumbo Smart Dogs

## Meat Alternatives (Cont'd)

### Tofurky

Peppered Deli Slices

### Yves

Chick'n Veggie Burger  
Fat Free Veggie Dog  
Just Like Ground  
The Good Dog  
Veggie Canadian Bacon  
Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Mediterranean Rotisserie Seasoning  
Toronto Steak & Chicken Seasoning

### Health Is Wealth

Chicken Tenders  
Whole Wheat - Chicken Nuggets  
Whole Wheat - Chicken Patties

## 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 - Habanero  
Salsa - Jalapeno  
Salsa - Roasted Tomato Mild  
Salsa - Tomatillo

## Sauces, Salsas and Dips (Cont'd)

### Green Mountain Gringo

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

### Jardines

- Peach Medium Salsa
- Pineapple Salsa

### Muir Glen

- Salsa - Organic Medium Chipotle
- Salsa Organic Medium Garlic Cilantro

## 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

### Amy's

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

### Bean Cuisine

- Soup - Split Pea

### Health Valley

- Fat Free Vegetable Barley Soup

## Specialty Foods

### Nuovo Pasta

- Tri Colored Tortellini

## Spices and Seasonings

### 365 Every Day Value™

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning
- Caribbean Barbeque Seasoning
- Mediterranean Seafood Seasoning
- Southwestern Grill Seasoning
- Spicy Shrimp Boil Seasoning