

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Montclair 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).

### 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 - 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, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

## Canned Goods

### Divina

Sweet 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

## Chips, Pretzels and Snacks

### 365 Organic Every Day Value™

Thin Style Potato Chips, BBQ

Blue Tortilla Chips, Spicy

Tortilla Chips, Lime & Cilantro

Tortilla Chips, Nacho Cheese

Tortilla Strips, Lightly Salted

### Garden Of Eatin'

Salted Blue Corn Chips

## 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

### Annie Chun's

Shitake Mushroom Sauce

### 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

Golden Rounds

Herb and Garlic Water Crackers

Seasame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

## Crackers (Cont'd)

### Edward & Sons

Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain

## Dairy

### 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  
Shells - Real Aged Cheddar  
White Cheddar Shells  
Whole Wheat Cheddar Cheese Shells

### Casbah

Couscous -Organic Nutted Crunch  
Couscous - Organic Lemon Spinach  
Couscous - Organic Roasted Garlic with Olive Oil  
Couscous - Toasted  
Rice Pilaf  
Spanish Pilaf

### Near East

Herb Chicken Couscous  
Roasted Chicken & Garlic Pilaf  
Spanish Rice

## Ethnic Foods

### Tasty Bite

TastyBite - Malabar Mixed Vegetables

### Whole Kitchen™

Bean & Rice 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

Cheese Pizza Snacks  
Macaroni & Soy Cheese  
Organic Chicago Veggie Burger  
Organic Pesto with Tomato & Broccoli Pizza  
Organic Soy Cheese Pizza

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Health Is Wealth

Spring Rolls

### Kashi

Blueberry Waffles  
Original Waffles

### Soy Boy

Tofu Ravioli

### Whole Catch™

Lightly Breaded Fish Nuggets  
Lightly Breaded Fish Sticks

### Whole Kitchen™

Bean & Rice Burrito

## Jams and Nut Butters

### Im Health

Crunchy Soy Nut Butter

### Maranatha

Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs  
Jumbo Smart Dogs

### 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

### Health Is Wealth

Chicken Tenders  
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 - Roasted Tomato Mild  
Salsa - Tomatillo

### Green Mountain Gringo

Hot Salsa  
Medium Salsa

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

### Jardines

Pineapple Salsa

### Muir Glen

Salsa - Organic Medium Chipolte  
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

### Olde Cape Cod

Clam Chowder

## Specialty Foods

### Nuovo Pasta

Tri Colored Tortellini

## Spices and Seasonings

### 365 Every Day Value™

Blackened Cajun Spice Seasoning