

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tribeca 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

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix  
Cornbread Mix  
Multigrain Pancake Mix

#### Chatham Croutons

Croutons - Cheese N'Garlic  
Croutons - Lightly Seasoned

#### Edward & Sons

Organic Bread Crumbs - Italian Herb  
Organic Bread Crumbs - Lightly Salted

### Baking Needs (Cont'd)

#### 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

## Bread (Cont'd)

### 365 Organic Every Day Value™

Croutons, Seasoned  
Tortilla Corn

### Nejames

Crispbread

## Canned Goods

### Divina

Sweet Roasted Peppers

### Shari

Whole Organic Black Beans  
Whole Organic Garbanzo Beans

## Canned/Jarred Goods

### 365 Every Day Value™

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  
Thin Style Potato Chip, Sea Salt  
Thin Style Potato Chips, Sea Salt & Black Pepper  
Tortilla Strips, Lightly Salted

## Chips, Pretzels and Snacks (Cont'd)

### Bearitos

Organic Popcorn - 50% Less Oil

### Garden Of Eatin

Blue Corn Sesame Chips  
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  
Thousand Island Dressing  
Yellow Mustard

### Annie Chun's

Shitake Mushroom Sauce

### Newman's Own

Steak Sauce

### Organicville

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic 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

### **Edward & Sons**

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

### **Nejaimes**

- Original Crispbread

### **Stacy's**

- Simply Naked Pita Chips

## **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
- Shells - Real Aged Cheddar

## **Entrees and Mixes (Cont'd)**

### **Annie's Homegrown**

- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### **Casbah**

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

### **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
- 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

### **American Flatbread**

- Cheese & Herb Pizza
- Revolution Pizza

### **Amy's**

- Cheese Pizza Snacks
- Macaroni & Soy Cheese

## Frozen Foods (Cont'd)

### Amy's

- 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

- Pizza Munchees
- Spring Rolls

### So Delicious

- Fudge Bar, Sugar Free

### Soy Boy

- Tofu Ravioli

### Whole Catch™

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

### Whole Kitchen™

- Bean & Rice Burrito
- Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### Divina

- Kalamata Spread

### 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

- 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

### Muir Glen

- Salsa - Organic Medium Chipolte
- 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

### 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

### Olde Cape Cod

- Clam Chowder

## Spices and Seasonings

### 365 Every Day Value™

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning

## Spices and Seasonings (Cont'd)

### 365 Every Day Value™

- Caribbean Barbeque Seasoning
- Southwestern Grill Seasoning

## Sweeteners

### Sun Crystals

- Sweetener