

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Bellevue Store, Pacific Northwest 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

- All Purpose Baking Mix
- Buckwheat Pancake and Waffle Mix
- Cornbread Mix
- Multigrain Pancake Mix

#### Edward & Sons

- Organic Bread Crumbs - Italian Herb
- Organic Croutons - Onion Garlic

### 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

#### Kinnikinnick

- Italian White Tapioca Rice Bread

## Canned/Jarred Goods

### 365 Every Day Value™

- 100% Pure Pumpkin
- Baby Corn
- Bamboo Shoots, Sliced
- 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
- Tortilla Strips, Lightly Salted

### Bostons Better Snacks

- Sanck Mix

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Good Health

- Whole Wheat Peanut Butter Filled Pretzels

### Guiltless Gourmet

- Organic Black Bean Tortilla Chips

### Newman's Own Organic

- Organic Round Salted Pretzels
- Organic Thin Salt and Pepper Pretzels
- 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
- Thousand Island Dressing
- Yellow Mustard

### Annie Chun's

- Shitake Mushroom Sauce

### Divina

- Olives - Greek Mix
- Olives - Kalamata

### Organicville

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette

### Westbrae

- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Health Valley

- Oat Bran Graham Crackers

## 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™

- 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

- Alfredo Basil Shells
- Macaroni & Cheese - Bunny Shape
- Macaroni & Cheese - Organic White Cheddar
- Macaroni & Cheese - Peace & Parmesan
- Penne Pasta with Alfredo
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### Casbah

- Couscous -Organic Nuted Crunch
- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil
- Couscous - Organic Wild Mushroom
- Couscous - Toasted

## Entrees and Mixes (Cont'd)

### Casbah

- Lentil Pilaf
- Nuted Pilaf
- Rice Pilaf
- Spanish Pilaf
- Tabouli

### Fantastic Foods

- Sloppy Joe Mix
- Taco Filling Mix
- Whole Wheat Couscous

### Near East

- Roasted Chicken & Garlic Pilaf
- Spanish Rice

## Ethnic Foods

### 365 Every Day Value™

- Bamboo Shoots, Sliced

### Jyoti

- Dal

### 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

### Amy's

- Broccoli & Cheese Pocket
- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Pesto with Tomato & Broccoli Pizza
- Organic Soy Cheese Pizza

## Frozen Foods (Cont'd)

### Amy's

Organic Veggie Pot Pie with Whole Wheat Crust

### Boca

Boca Burger - All American Classic - Organic

### Cedar Lane

Low Fat Vegetable Lasagna

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Kashi

Blueberry Waffles

Original Waffles

### Kinnikinnick

Italian White Tapioca Rice Bread

### 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

### Tofurky

Peppered Deli Slices

## Meat Alternatives (Cont'd)

### Yves

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

Whole Wheat - Chicken Nuggets

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

Cashew Halves

## Pasta

### 365 Organic Every Day Value™

Lasagne

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 - Roasted Tomato Mild

### Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

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

### **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
- Vegetable Broth

### **Amy's**

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

### **Health Valley**

- Fat Free Vegetable Barley Soup

### **Nile Spice**

- Chicken Flavored Vegetable Soup
- Minestrone Soup

## **Specialty Foods**

### **Cibo Fresh Speciality**

- Artichoke Lemon Pesto
- Classic Basil Pesto
- Olive & Garlic Pesto
- Sun Dried Tomato with Rosemary Pesto

## **Sweeteners**

### **Sun Crystals**

- Sweetener