

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bridgeport 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.

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

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 Goods

Shari

Whole Organic Garbanzo Beans

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin
- Baby Corn
- Bamboo Shoots, Sliced
- Green Ripe Pitted Olives
- 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
- Water Chestnuts, Whole

365 Organic Every Day Value™

- Black 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

Bearitos

- Organic Popcorn - 50% Less Oil

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 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

Organicville

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette

Westbrae

- Unsweetened Un-Ketchup

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

Crackers (Cont'd)

365 Organic Every Day Value™

Herb and Garlic Water Crackers
Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Brown Rice Snaps, Onion Garlic

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 - Mild White Cheddar
Macaroni & Cheese - Peace & Parmesan
Penne Pasta with Alfredo
Shells - Organic Cheddar Alfredo
Shells - Real Aged Cheddar
White Cheddar Shells

Casbah

Couscous - Organic Wild Mushroom
Couscous - Toasted
Lentil Pilaf
Rice Pilaf
Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix
Tabouli Salad Mix
Taco Filling Mix
Whole Wheat Couscous

Near East

Herb Chicken Couscous
Spanish Rice

Ethnic Foods

365 Every Day Value™

Bamboo Shoots, Sliced
Water Chestnuts, Whole

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

Amy's

Broccoli & Cheese Pocket
Cheese Pizza Snacks
Macaroni & Soy Cheese
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

Cascadian Farm

Organic Winter Squash Puree

Cedar Lane

Low Fat Vegetable Lasagna

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Frozen Foods (Cont'd)

Kashi

- Blueberry Waffles
- Original Waffles

Kinnikinnick

- Italian White Tapioca Rice Bread

Whole Catch™

- Lightly Breaded Fish Fillet
- Lightly Breaded Fish Sticks

Whole Kitchen™

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

Jams and Nut Butters

Maranatha

- Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Yves

- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

- Cashew Halves
- Deluxe Mixed Nuts

Pasta

365 Organic Every Day Value™

- Lasagne

Produce

365 Organic Every Day Value™

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

Sauces, Salsas and Dips

Frontera Grill

- Salsa - Jalapeno
- Salsa - Roasted Tomato Mild
- Salsa - Tomatillo

Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

Seafood

Whole Catch™

- Lightly Breaded Fish Fillet
- 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

Health Valley

- Fat Free Vegetable Barley Soup

Nile Spice

- Minestrone Soup

Specialty Foods

Cibo Fresh Speciality

- Artichoke Lemon Pesto
- Classic Basil Pesto
- Olive & Garlic Pesto

Sweeteners

Sun Crystals

- Sweetener Packets