

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## West Vancouver 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).

### Beverages

#### 365 Every Day Value™

Club Soda

### Bread

#### 365 Organic Every Day Value™

Croutons, Caesar

Croutons, Seasoned

### Kinnikinnick

Italian White Tapioca Rice Bread

### Canned/Jarred Goods

#### 365 Every Day Value™

Large Ripe Olives, Pitted

Medium Ripe Olives, Pitted

### Canned/Jarred Goods (Cont'd)

#### 365 Every Day Value™

Sliced Olives

### Cheese

#### Soyco Foods

Mozzarella - Rice Singles

### Chips, Pretzels and Snacks

#### Good Health

Whole Wheat Peanut Butter Filled Pretzels

### Condiments

#### 365 Organic Every Day Value™

Chipotle Ranch Salad Dressing

Croutons, Caesar

## Condiments (Cont'd)

### 365 Organic Every Day Value™

Croutons, Seasoned  
Thousand Island Dressing

### Eat It Up

Organic Lemon Flavoured Agave Syrup

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette

## Cookies and Snack Bars

### Walkerscottish Cookies

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Saltine Crackers  
Unsalted Tops Saltines

### Ak-Mak

Armenian Cracker Bread

### Edward & Sons

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

### Nejaimes

Original Crispbread

## Dairy Alternatives

### Soyco Foods

Mozzarella - Rice Singles

## Entrees and Mixes

### Casbah

Couscous -Organic Nuted Crunch  
Couscous - Organic Lemon Spinach

## Entrees and Mixes (Cont'd)

### Casbah

Couscous - Organic Roasted Garlic with Olive Oil  
Couscous - Organic Wild Mushroom  
Nuted Pilaf  
Rice Pilaf  
Spanish Pilaf  
Tabouli

## Ethnic Foods

### Jyoti

Dal

## Frozen Foods

### 365 Organic Every Day Value™

Crinkle Cuts

### Kinnikinnick

Italian White Tapioca Rice Bread

## Jams and Nut Butters

### Eat It Up

Organic Blackberry Spread  
Organic Bumbleberry Spread  
Organic Raspberry Spread  
Organic Raspberry Spread - 500ml  
Organic Strawberry Spread  
Organic Strawberry Spread - 500 ml

## Meat Alternatives

### Yves

Fat Free Veggie Dog  
Just Like Ground  
Veggie Canadian Bacon  
Veggie Pepperoni Pizza

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Roasted Tomato Mild  
Salsa - Tomatillo

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

### **Jardines**

Texacante Salsa

## **Soups**

### **365 Every Day Value™**

Minestrone Soup

### **365 Organic Every Day Value™**

Cream of Mushroom Soup

Lentil Bean Soup

### **Nile Spice**

Chicken Flavored Vegetable Soup