

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Redmond 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

Cornbread Mix

Multigrain Pancake Mix

Edward & Sons

Organic Bread Crumbs - Italian Herb

Organic Bread Crumbs - Lightly Salted

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

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
- Water Chestnuts, Whole

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
- Tortilla Strips, Lightly Salted

Bearitos

- Organic Popcorn - 50% Less Oil

Bostons Better Snacks

- Sanck Mix

Garden Of Eatin

- Salted Blue Corn Chips

Good Health

- Whole Wheat Peanut Butter Filled Pretzels

Newman's Own Organic

- Organic Thin Salt and Pepper Pretzels
- Organic Thin Salted Pretzels

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

- Blue Cheese (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, Herbs de Provence 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

Walkerscottish Cookies

- Shortbread Fingers

Crackers

365 Every Day Value™

- Assorted Crackers for Entertaining
- Entertainer Crackers with Wheat Germ
- Golden Stoneground Bite Size

Crackers (Cont'd)

365 Every Day Value™

Saltine Crackers

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

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 - Organic White Cheddar

Macaroni & Cheese - Peace & Parmesan

Penne Pasta with Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Casbah

Couscous - Organic Lemon Spinach

Couscous - Organic Roasted Garlic with Olive Oil

Couscous - Toasted

Nuttled Pilaf

Rice Pilaf

Tabouli

Fantastic Foods

Sloppy Joe Mix

Entrees and Mixes (Cont'd)

Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

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

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Amy's

Cheese Pizza Snacks

Macaroni & Soy Cheese

Organic Chicago Veggie Burger

Organic Soy Cheese Pizza

Organic Veggie Pot Pie with Whole Wheat Crust

Boca

Boca Burger - All American Classic - Organic

Cedar Lane

Low Fat Vegetable Lasagna

Frozen Foods (Cont'd)

Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger

Kashi

- Blueberry Waffles
- Original Waffles

Kinnikinnick

- Italian White Tapioca Rice Bread

Whole Catch™

- Lightly Breaded Fish Nuggets

Whole Kitchen™

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

Jams and Nut Butters

Divina

- Kalamata Spread

Im Health

- Crunchy Soy Nut Butter

Maranatha

- Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

- Fat Free Smart Dogs

Tofurky

- Peppered Deli Slices

Yves

- Fat Free Veggie Dog
- Just Like Ground
- The Good Dog

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
- Raw Pine Nuts

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

Sauces, Salsas and Dips

Frontera Grill

- Salsa - Jalapeno
- Salsa - Tomatillo

Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

Muir Glen

- Salsa - Organic Medium Chipotle
- Salsa Organic Medium Garlic Cilantro

Seafood

Whole Catch™

- Lightly Breaded Fish Nuggets

Soups

365 Every Day Value™

- Minestrone Soup

365 Organic Every Day Value™

- Chicken Noodle Soup
- Cream of Mushroom Soup

Soups (Cont'd)

365 Organic Every Day Value™

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

Specialty Foods

Cibo Fresh Speciality

Classic Basil Pesto

Sweeteners

Sun Crystals

Sweetener