

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Westlake 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

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 Goods

Divina

Sweet Roasted Peppers

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™

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

Blue Corn Sesame Chips

Salted Blue Corn Chips

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Guiltless Gourmet

Organic Black Bean Tortilla Chips

Chips, Pretzels and Snacks (Cont'd)

Newman's Own Organic

Organic Round Salted 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, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining

Entertainer Crackers with Wheat Germ

Golden Stoneground Bite Size

Saltine Crackers

Crackers (Cont'd)

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

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 - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

Casbah

- Couscous -Organic Nutted Crunch
- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil
- Couscous - Organic Wild Mushroom
- Lentil Pilaf
- Rice Pilaf
- Spanish Pilaf
- Tabouli

Entrees and Mixes (Cont'd)

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

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 Pesto with Tomato & Broccoli 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

Frozen Foods (Cont'd)

Kashi

Blueberry Waffles
Original Waffles

Kinnikinnick

Italian White Tapioca Rice Bread

Whole Catch™

Lightly Breaded Fish Fillet
Lightly Breaded Fish Nuggets

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

Fat Free Veggie Dog
Just Like Ground
The Good Dog
Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Toronto Steak & Chicken Seasoning

Health Is Wealth

Whole Wheat - Chicken Nuggets

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Organic Every Day Value™

Lasagne

Pasta (Cont'd)

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

Green Mountain Gringo

Hot Salsa
Medium Salsa
Mild Salsa

Muir Glen

Salsa Organic Medium Garlic Cilantro

Seafood

Whole Catch™

Lightly Breaded Fish Fillet
Lightly Breaded Fish Nuggets

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

Soups (Cont'd)

Health Valley

Fat Free Vegetable Barley Soup

Nile Spice

Chicken Flavored Vegetable Soup

Minestrone Soup

Specialty Foods

Cibo Fresh Speciality

Classic Basil Pesto

Spices and Seasonings

365 Every Day Value™

Southwestern Grill Seasoning

Sweeteners

Sun Crystals

Sweetener