

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Academy Store, Rocky Mountain 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.

Baked Goods

Chatham Croutons

Croutons - Caesar

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Cornbread Mix

Multigrain Pancake Mix

Chatham Croutons

Croutons - Lightly Seasoned

Baking Needs (Cont'd)

Edward & Sons

Organic Bread Crumbs - Italian Herb

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

Bread (Cont'd)

365 Organic Every Day Value™

Croutons, Seasoned
Tortilla Corn

Canned Goods

Divina

Sweet Roasted Peppers

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin
Baby Corn
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
Blue Tortilla Chips, Spicy
Thin Style Potato Chips, Sea Salt & Black Pepper
Tortilla Chips, Flax & Sesame Seed
Tortilla Chips, Lime & Cilantro
Tortilla Strips, Lightly Salted

Chips, Pretzels and Snacks (Cont'd)

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Newman's Own Organic

Organic Round Salted 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
Caesar (Fresh) Dressing
Chipotle Ranch Salad Dressing
Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Honey Mustard
Thousand Island Dressing
Yellow Mustard

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

Crackers (Cont'd)

365 Organic Every Day Value™

Cheese Square Crackers
Golden Rounds
Herb and Garlic Water Crackers
Sesame 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

Health Valley

Fat Free Whole Wheat, Herb Crackers
Low Fat Sesame Crackers
Low Fat Stoned Wheat Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Nasoya Foods

Egg Roll Wrappers

Entrees and Mixes

Annie's Homegrown

Alfredo Basil Shells
Macaroni & Cheese - Bunny Shape
Macaroni & Cheese - Organic White Cheddar
Macaroni & Cheese - Peace & Parmesan
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
Couscous - Toasted
Lentil Pilaf
Nutted Pilaf

Entrees and Mixes (Cont'd)

Casbah

Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix
Whole Wheat Couscous

Near East

Herb Chicken Couscous
Roasted Chicken & Garlic Pilaf
Spanish Rice

Ethnic Foods

Whole Kitchen™

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

Boca

Boca Burger - All American Classic - Organic

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Frozen Foods (Cont'd)

Health Is Wealth

Meatless Buffalo Wings

Kashi

Blueberry Waffles

Original Waffles

Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

Whole Kitchen™

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

Fat Free Veggie Dog

Just Like Ground

Veggie Canadian Bacon

Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Toronto Steak & Chicken Seasoning

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Cashew Halves

Raw Pine Nuts

Whole Cashews

Pasta

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 - Jalapeno

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Muir Glen

Salsa - Organic Medium Chipolte

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

Soups (Cont'd)

365 Organic Every Day Value™

Vegetable Broth

Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

Nile Spice

Chicken Flavored Vegetable Soup

Minestrone Soup