

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Baseline 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

Multigrain Pancake Mix

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Strawberry Sparkling Water

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Canned Goods

Divina

Sweet Roasted Peppers

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Green Ripe Pitted Olives

Hearts of Palm Salad Cut

Jumbo Ripe Olives, Pitted

Large Ripe Olives, Pitted

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

- 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

Cereal

Weetabix

- Whole Wheat Cereal

Chips, Pretzels and Snacks

365 Organic Every Day Value™

- Tortilla Chips, Flax & Sesame Seed
- Tortilla Chips, Lime & Cilantro

Garden Of Eatin'

- Black Bean Chili Chips
- Blue Corn Sesame Chips
- Red Corn Salsa Chips
- Salted Blue Corn Chips

Good Health

- Whole Wheat Peanut Butter Filled Pretzels

Newman's Own Organic

- Pretzel - Bavarian - Organic

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Honey Mustard
- Yellow Mustard

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

- Shortbread Fingers

Crackers

365 Every Day Value™

- Entertainer Crackers with Wheat Germ
- Golden Stoneground Bite Size
- Saltine Crackers
- Unsalted Tops Saltines

365 Organic Every Day Value™

- Golden Rounds
- Herb and Garlic Water Crackers
- Sesame Seed Water Crackers

Ak-Mak

- Armenian Cracker Bread

Edward & Sons

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

Wasa Crispbread

- Fiber Plus Crispbread

Entrees and Mixes

Annie's Homegrown

- Macaroni & Cheese - Bunny Shape
- Macaroni & Cheese - Peace & Parmesan
- Shells - Organic Cheddar Alfredo
- White Cheddar Shells

Fantastic Foods

- Sloppy Joe Mix
- Taco Filling Mix

Near East

- Roasted Chicken & Garlic Pilaf
- Roasted Garlic & Onion Vermicelli
- Spanish Rice

Ethnic Foods

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 Pesto with Tomato & Broccoli Pizza
Organic Soy Cheese Pizza

Boca

Boca Burger - All American Classic - Organic

Gardenburger

Low Fat Mushroom Gardenburger

Whole Catch™

Lightly Breaded Fish Fillet
Lightly Breaded Fish Nuggets

Whole Kitchen™

Bean & Rice Burrito
Bean, Rice & Cheese Burrito

Jams and Nut Butters

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Tofurky

Peppered Deli Slices

Yves

The Good Dog

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Cashew Halves
Raw Pine Nuts

Sauces, Salsas and Dips

Frontera Grill

Salsa - Jalapeno
Salsa - Roasted Red Pepper & Garlic
Salsa - Tomatillo

Green Mountain Gringo

Chile Salsa
Hot Salsa
Medium Salsa
Mild Salsa

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
Vegetable Broth

Amy's

No Chicken Noodle Soup
Soup - Organic Cream of Mushroom

Nile Spice

Minestrone Soup