

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Indian School Plaza 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baked Goods

#### Chatham Croutons

Croutons - Caesar

### Baking Needs

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix  
Cornbread Mix  
Multigrain Pancake Mix

#### Chatham Croutons

Croutons - Lightly Seasoned

#### Edward & Sons

Organic Bread Crumbs - Italian Herb  
Organic Croutons - Italian Herbs  
Organic Croutons - Onion Garlic

### Beverages

#### 365 Every Day Value™

Club Soda  
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

## Canned/Jarred Goods

### 365 Every Day Value™

- 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
- Tortilla Strips, Lightly Salted

### Garden Of Eatin

- Black Bean Chili Chips
- 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
- Pretzel - Bavarian - Organic

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

- 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

### Edward & Sons

- Premier Japan Sauce - Organic Wasabi Tamari

### Organicville

- Organic Dressing, Miso Ginger Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette

### Simply Delicious

- Lemon Tahini Dressing

## Cookies and Snack Bars

### Walkerscottish Cookies

- Shortbread Fingers

## Crackers

### 365 Every Day Value™

- Assorted Crackers for Entertaining
- Entertainer Crackers with Wheat Germ
- Saltine Crackers
- Unsalted Tops Saltines

### 365 Organic Every Day Value™

- Cheese Square Crackers
- Golden Rounds
- Herb and Garlic Water Crackers
- Seesame Seed Water Crackers

## Crackers (Cont'd)

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
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 - Organic White Cheddar  
Macaroni & Cheese - Peace & Parmesan  
Shells - Organic Cheddar Alfredo  
Shells - Real Aged Cheddar  
White Cheddar Shells  
Whole Wheat Cheddar Cheese Shells

### Casbah

Tabouli

### Fantastic Foods

Sloppy Joe Mix  
Taco Filling Mix  
Whole Wheat Couscous

### Near East

Herb Chicken Couscous  
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 Ravioli  
Crinkle Cuts

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Amy's

Broccoli & Cheese Pocket  
Cheese Pizza Snacks  
Macaroni & Soy Cheese  
Organic Soy Cheese Pizza  
Organic Veggie Pot Pie with Whole Wheat Crust

### Boca

Boca Burger - All American Classic - Organic

### Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings

### Whole Catch™

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

### Lightlife

Fat Free Smart Dogs  
Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

### Yves

Just Like Ground  
Veggie Canadian Bacon

## 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™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Produce

### 365 Organic Every Day Value™

Caesar (Fresh) Dressing

## Sauces, Salsas and Dips

### Frontera Grill

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

## 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

Lentil Bean Soup

Vegetable Broth

## Soups (Cont'd)

### Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

### Health Valley

Fat Free Vegetable Barley Soup

### Nile Spice

Chicken Flavored Vegetable Soup

## Spices and Seasonings

### 365 Every Day Value™

Blackened Cajun Spice Seasoning

Caribbean Barbeque Seasoning