

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Chapel Hill Store, South 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 - Cheese N'Garlic

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, Seasoned

Bread (Cont'd)

365 Organic Every Day Value™

Tortilla Corn

Kinnikinnick

Italian White Tapioca Rice Bread

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

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

Chips, Pretzels and Snacks

365 Organic Every Day Value™

Thin Style Potato Chips, BBQ

Thin Style Potato Chip, Sea Salt

Thin Style Potato Chips, Sea Salt & Black Pepper

Tortilla Chips, Nacho Cheese

Tortilla Strips, Lightly Salted

Garden Of Eatin'

Blue Corn Sesame Chips

Salted Blue Corn Chips

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Chips, Pretzels and Snacks (Cont'd)

Guiltless Gourmet

Organic Black Bean Tortilla Chips

Newman's Own Organic

Organic Round Salted Pretzels

Organic Thin Salt and Pepper Pretzels

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Organicville

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Simply Delicious

Lemon Tahini Dressing

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
- Seasame Seed Water Crackers

Ak-Mak

- Armenian Cracker Bread

Edward & Sons

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

Health Valley

- Fat Free Whole Wheat Crackers
- Low Fat Sesame Crackers

Nejaimes

- Original Crispbread

Whole Pantry™

- Asiago Cheese Crackers

Dairy

Nasoya Foods

- Egg Roll Wrappers
- Won Ton Wrappers

Dairy Alternatives

Soya Kaas

- Soy Cream Cheese

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

Entrees and Mixes (Cont'd)

Casbah

- Couscous - Organic Lemon Spinach
- Couscous - Toasted
- Rice Pilaf

Fantastic Foods

- Sloppy Joe Mix
- Taco Filling Mix

Near East

- Roasted Chicken & Garlic Pilaf
- Spanish Rice

Ethnic Foods

Jyoti

- Dal

Tasty Bite

- TastyBite - Malabar Mixed Vegetables

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

American Flatbread

- Revolution Pizza

Amy's

- Broccoli & Cheese Pocket
- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Chicago Veggie Burger
- Organic Pesto with Tomato & Broccoli Pizza
- Organic Soy Cheese Pizza

Frozen Foods (Cont'd)

Amy's

Organic Veggie Pot Pie with Whole Wheat Crust

Boca

Boca Burger - All American Classic - Organic

Cedar Lane

Vegetarian Pizza Wrap

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Spring Rolls

Kashi

Blueberry Waffles

Original Waffles

Kinnikinnick

Italian White Tapioca Rice Bread

Putney Pasta Co

Tortellini - 3 Color Ricotta

Tortellini - Spinach Walnut

Whole Catch™

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

Jams and Nut Butters

365 Every Day Value™

Fruit Spread Imported Apricot

Fruit Spread Imported Black Cherry

Fruit Spread Imported Blackberry

Fruit Spread Imported Raspberry

Fruit Spread Imported Strawberry

Im Health

Crunchy Soy Nut Butter

Jams and Nut Butters (Cont'd)

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

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Mediterranean Rotisserie Seasoning

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™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Enricos Sauces

Hot Chunky Salsa

Frontera Grill

Salsa - Habanero

Salsa - Roasted Red Pepper & Garlic

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

Muir Glen

Salsa - Organic Medium Chipolte

Salsa Organic Medium Garlic Cilantro

Seafood

Whole Catch™

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

Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

Specialty Foods

Cibo Fresh Speciality

Artichoke Lemon Pesto

Classic Basil Pesto

Olive & Garlic Pesto

Sun Dried Tomato with Rosemary Pesto

Nuovo Pasta

Tri Colored Tortellini

Spices and Seasonings

365 Every Day Value™

Asian Seafood Seasoning

Caribbean Barbeque Seasoning

Mediterranean Seafood Seasoning

Southwestern Grill Seasoning