

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Arroyo Store, Southern Pacific 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

Buckwheat Pancake and Waffle Mix
Cornbread Mix
Multigrain Pancake Mix

Edward & Sons

Organic Bread Crumbs - Italian Herb

Beverages

365 Every Day Value™

Club Soda
Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

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

Cedar Lane

Pesto & Mozzarella Bruschetta

Bread (Cont'd)

Kinnikinnick

Italian White Tapioca Rice Bread

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

Cereal

Weetabix

Whole Wheat Cereal

Wheatena

Wheat Cereal

Chips, Pretzels and Snacks

365 Organic Every Day Value™

Thin Style Potato Chip, Sea Salt
Thin Style Potato Chips, Sea Salt & Black Pepper
Tortilla Strips, Lightly Salted

Garden Of Eatin

Blue Corn Sesame Chips

Guiltless Gourmet

Organic Black Bean Tortilla Chips

Newman's Own Organic

Organic Round Salted Pretzels
Organic Thin Salt and Pepper Pretzels
Organic Thin Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Caesar (Fresh) Dressing
Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Honey Mustard
Thousand Island Dressing
Yellow Mustard

Newman's Own

Steak Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Sesame Tamari Vinaigrette
Organic Dressing, Sundried Tomato & Garlic Vinaigrette
Organic Dressing, Tarragon Dijon Vinaigrette

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

Health Valley

Oat Bran Graham Crackers

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

Crackers (Cont'd)

365 Organic Every Day Value™

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

Adrienne's Lavosh Hawaii

- Ten Grain 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
- Fat Free Whole Wheat, Herb Crackers
- Low Fat Cracked Pepper Crackers
- Low Fat Sesame Crackers

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Nasoya Foods

- Egg Roll Wrappers
- Won Ton Wrappers

Dairy Alternatives

Soya Kaas

- Soy Cream Cheese
- Soy Cream Cheese Garden Veggie

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

Entrees and Mixes (Cont'd)

Annie's Homegrown

- Whole Wheat Cheddar Cheese Shells

Casbah

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

Fantastic Foods

- Sloppy Joe Mix
- Taco Filling Mix

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 Chicago Veggie Burger

Frozen Foods (Cont'd)

Amy's

- Organic Pesto with Tomato & Broccoli Pizza
- Organic Soy Cheese Pizza
- 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
- Pizza Munchees
- Spring Rolls

Kinnikinnick

- Italian White Tapioca Rice Bread

Perfect Additions

- Unsalted Beef Stock

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

Meat Alternatives (Cont'd)

Tofurky

- Peppered Deli Slices

Yves

- Fat Free Veggie Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

Meat and Poultry

Health Is Wealth

- Whole Wheat - Chicken Patties

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

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

Vegetable Broth

Amy's

No Chicken Noodle Soup

Organic Vegetable Barley Soup

Soup - Organic Cream of Mushroom

Health Valley

Fat Free Vegetable Barley Soup

Lentil with Couscous

Zesty Black Bean with Rice

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™

Blackened Cajun Spice Seasoning

Caribbean Barbeque Seasoning

Southwestern Grill Seasoning

Sweeteners

Sun Crystals

Sweetener