

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Beverly Hills 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Arrowhead Mills

- All Purpose Baking Mix
- Buckwheat Pancake and Waffle Mix
- Cornbread Mix
- Multigrain Pancake Mix

#### Edward & Sons

- Organic Bread Crumbs - Italian Herb
- Organic Bread Crumbs - Lightly Salted

### 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
- Croutons, Seasoned
- Tortilla Corn

## Canned Goods

### Divina

Sweet Roasted Peppers

## Canned/Jarred Goods

### 365 Every Day Value™

100% Pure Pumpkin  
Hearts of Palm Salad Cut  
Jumbo Ripe Olives, Pitted  
Large Ripe Olives, Pitted  
Medium Ripe Olives, Pitted  
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

## Cheese

### Han's

Sharp Cheddar Spread

## Chips, Pretzels and Snacks

### 365 Organic Every Day Value™

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

### Bearitos

Organic Popcorn - 50% Less Oil

### Bostons Better Snacks

Sanck Mix

## Chips, Pretzels and Snacks (Cont'd)

### 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

### Guiltless Gourmet

Organic Black Bean Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels  
Organic Thin Salted Pretzels

## 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

### Annie Chun's

Shitake Mushroom Sauce

### Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sesame Tamari Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette

### Simply Delicious

Lemon Tahini Dressing

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Health Valley

Oat Bran Graham Crackers

## Crackers

### 365 Every Day Value™

Assorted Crackers for Entertaining  
Entertainer Crackers with Wheat Germ  
Golden Stoneground Bite Size  
Saltine Crackers  
Unsalted Tops Saltines

### 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

### Hain Pure Food

Wheat Crackers

### Health Valley

Fat Free Whole Wheat Crackers  
Fat Free Whole Wheat, Herb Crackers  
Low Fat Cracked Pepper Crackers  
Low Fat Sesame Crackers  
Low Fat Stoned Wheat 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 - Real Aged Cheddar  
White Cheddar Shells  
Whole Wheat Cheddar Cheese Shells

### Casbah

Couscous - Toasted  
Tabouli

### Near East

Herb Chicken Couscous  
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™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### 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  
Organic Veggie Pot Pie with Whole Wheat Crust

## Frozen Foods (Cont'd)

### Boca

Boca Burger - All American Classic - Organic

### Cedar Lane

Low Fat Vegetable Lasagna

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings

### Kashi

Blueberry Waffles

Original Waffles

### So Delicious

Fudge Bar, Sugar Free

### Whole Catch™

Lightly Breaded Fish Nuggets

Lightly Breaded Fish Sticks

### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### Divina

Kalamata Spread

### Im Health

Crunchy Soy Nut Butter

### Maranatha

Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

## Meat Alternatives (Cont'd)

### Yves

Fat Free Veggie Dog

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

Chicken Tenders

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

### Frontera Grill

Salsa - Habanero

Salsa - Tomatillo

### Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

### Jardines

Peach Medium Salsa

## **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
- Sun Dried Tomato with Rosemary Pesto

### **Nuovo Pasta**

- Tri Colored Tortellini

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning