

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Glendale 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 Organic Bread 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

### 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 Goods

### Shari

Whole Organic Black Beans

Whole Organic Garbanzo Beans

## Canned/Jarred Goods

### 365 Every Day Value™

100% Pure Pumpkin

Hearts of Palm Salad Cut

Jumbo 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

Blue Tortilla Chips, Spicy

Thin Style Potato Chip, Sea Salt

Thin Style Potato Chips, Sea Salt & Black Pepper

Tortilla Chips, Nacho Cheese

Tortilla Strips, Lightly Salted

### Bearitos

Organic Popcorn - 50% Less Oil

### Garden Of Eatin'

Black Bean Chili Chips

Blue Corn Sesame Chips

Salted Blue Corn Chips

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

### Good Health

Whole Wheat Peanut Butter Filled Pretzels

### Newman's Own Organic

Organic Round Salted Pretzels

Organic Thin Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## 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

### Divina

Olives - Greek Mix

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Orange Cranberry Vinaigrette

Organic Dressing, Tarragon Dijon 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

Seasame 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

## **Entrees and Mixes**

### **Annie's Homegrown**

Alfredo Basil Shells

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Mild White Cheddar

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

### **Casbah**

Couscous -Organic Nuted Crunch

Couscous - Organic Lemon Spinach

Couscous - Organic Wild Mushroom

Couscous - Toasted

Lentil Pilaf

Nuted Pilaf

Rice Pilaf

Spanish Pilaf

Tabouli

### **Fantastic Foods**

Sloppy Joe Mix

### **Near East**

Herb Chicken Couscous

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

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Frozen Foods (Cont'd)

### 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

### Boca

- Boca Burger - All American Classic - Organic

### Cedar Lane

- Low Fat Vegetable Lasagna
- Vegetarian Pizza Wrap

### Gardenburger

- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

### Health Is Wealth

- Meatless Buffalo Wings

### Kashi

- Blueberry Waffles
- Original Waffles

### Kinnikinnick

- Italian White Tapioca Rice Bread

### 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

### Maranatha

- Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

### Tofurky

- Peppered Deli Slices

### Yves

- Fat Free Veggie Dog
- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

- Mediterranean Rotisserie Seasoning

### Health Is Wealth

- Chicken Tenders
- Whole Wheat - Chicken Nuggets
- Whole Wheat - Chicken Patties

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

- Cashew Halves
- Deluxe Mixed Nuts

## 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 - Roasted Tomato Mild
- Salsa - Tomatillo

### **Green Mountain Gringo**

- Mild Salsa

### **Muir Glen**

- 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
- Vegetable Broth

### **Amy's**

- No Chicken Noodle Soup
- Organic Vegetable Barley Soup
- Soup - Organic Cream of Mushroom

### **Health Valley**

- Fat Free Vegetable Barley Soup

## **Specialty Foods**

### **Nuovo Pasta**

- Tri Colored Tortellini

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning
- Caribbean Barbeque Seasoning
- Spicy Shrimp Boil Seasoning