

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Hollywood 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

Tortilla Corn

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
- 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 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 Salt and Pepper Pretzels
- Organic Thin Salted Pretzels
- Pretzel - Bavarian - Organic

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
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

Annie Chun's

- Shitake Mushroom Sauce

Newman's Own

- Steak Sauce

Organicville

- Organic Dressing, Sesame Tamari Vinaigrette

Westbrae

- Unsweetened Un-Ketchup

Cookies and Snack Bars

Health Valley

- Oat Bran Graham Crackers

Walkerscottish Cookies

- 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

365 Organic Every Day Value™

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

Ak-Mak

- Armenian Cracker Bread

Crackers (Cont'd)

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, Herb Crackers
Low Fat Cracked Pepper Crackers
Low Fat Stoned Wheat Crackers

Wasa Crispbread

Fiber Plus Crispbread

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

Casbah

Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix
Tabouli Salad Mix
Taco Filling Mix
Whole Wheat Couscous

Near East

Spanish Rice

Frozen Foods

365 Organic Every Day Value™

Crinkle Cuts

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

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings
Pizza Munchees

Kashi

Blueberry Waffles
Original Waffles

Perfect Additions

Unsalted Beef Stock
Unsalted Fish Stock

Whole Catch™

Lightly Breaded Fish Nuggets
Lightly Breaded Fish Sticks

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

- 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
- Toronto Steak & Chicken Seasoning

Health Is Wealth

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

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Produce

365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing
- Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

- Salsa - Jalapeno
- Salsa - Roasted Tomato Mild

Green Mountain Gringo

- Chile Salsa
- Hot 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

- Classic Basil Pesto

Spices and Seasonings

365 Every Day Value™

- Blackened Cajun Spice Seasoning
- Caribbean Barbeque Seasoning
- Mediterranean Seafood Seasoning
- Southwestern Grill Seasoning
- Spicy Shrimp Boil Seasoning