

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Jamboree 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).

### Baked Goods

#### Chatham Croutons

Croutons - Caesar

### 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

#### 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, Cheese & Garlic

## Bread (Cont'd)

### 365 Organic Every Day Value™

Croutons, Seasoned  
Tortilla Corn

### Cedar Lane

Pesto & Mozzarella Bruschetta

### Kinnikinnick

Italian White Tapioca Rice Bread

## Canned/Jarred Goods

### 365 Every Day Value™

100% Pure Pumpkin  
Baby Corn  
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 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

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

### Bearitos

Organic Popcorn - 50% Less Oil

### Garden Of Eatin

Black Bean Chili Chips  
Blue Corn Sesame 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 Salt and Pepper 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

### Divina

Olives - Greek Mix

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette

## Condiments (Cont'd)

### 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

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

### Health Valley

Fat Free Whole Wheat, Herb 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

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

Couscous - Organic Roasted Garlic with Olive Oil

Couscous - Organic Wild Mushroom

Spanish Pilaf

Tabouli

### Fantastic Foods

Taco Filling Mix

### Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

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

## Frozen Foods (Cont'd)

### 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

### Boca

Boca Burger - All American Classic - Organic

### Cedar Lane

Vegetarian Pizza Wrap

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Kashi

Blueberry Waffles  
Original Waffles

### Kinnikinnick

Italian White Tapioca Rice Bread

### Perfect Additions

Unsalted Beef Stock  
Unsalted Chicken Stock

### So Delicious

Fudge Bar, Sugar Free

### Whole Catch™

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

### Yves

Just Like Ground  
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

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

Whole Cashews

## 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 - Jalapeno
- Salsa - Tomatillo

### Green Mountain Gringo

- Medium Salsa

## Seafood

### Whole Catch™

- 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

### Shelton's

- Chicken Vegetable Soup

## Specialty Foods

### Cibo Fresh Speciality

- Artichoke Lemon Pesto
- Classic Basil Pesto
- Olive & Garlic Pesto
- Sun Dried Tomato with Rosemary Pesto

## Spices and Seasonings

### 365 Every Day Value™

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

## Sweeteners

### Sun Crystals

- Sweetener
- Sweetener Packets