

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Montana Avenue 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

All Purpose Baking Mix

Buckwheat Pancake and Waffle 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

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, Seasoned

Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Baby Corn

Green Ripe Pitted Olives

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

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

Chips, Pretzels and Snacks

365 Organic Every Day Value™

Thin Style Potato Chips, BBQ
Thin Style Potato Chip, Sea Salt
Thin Style Potato Chips, Sea Salt & Black Pepper

Bearitos

Organic Popcorn - 50% Less Oil

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

Newman's Own Organic

Organic Round 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, Seasoned
Yellow Mustard

Divina

Olives - Greek Mix

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

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™

Golden Rounds
Herb and Garlic Water Crackers
Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Unsalted Plain

Wasa Crispbread

Fiber Plus Crispbread

Entrees and Mixes

Annie's Homegrown

- Alfredo Basil Shells
- Macaroni & Cheese - Bunny Shape
- Macaroni & Cheese - Mild White Cheddar
- Macaroni & Cheese - Organic White Cheddar
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

Casbah

- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil

Near East

- Herb Chicken Couscous
- Spanish Rice

Frozen Foods

365 Every Day Value™

- Frozen Chopped Spinach

365 Organic Every Day Value™

- Crinkle Cuts

Amy's

- 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

- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

Kashi

- Blueberry Waffles
- Original Waffles

Frozen Foods (Cont'd)

Whole Catch™

- Lightly Breaded Fish Sticks

Jams and Nut Butters

Maranatha

- Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

- Deluxe Mixed Nuts

Produce

365 Organic Every Day Value™

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

Sauces, Salsas and Dips

Green Mountain Gringo

- Hot Salsa

Seafood

Whole Catch™

- Lightly Breaded Fish Sticks

Soups

365 Every Day Value™

- Minestrone Soup

Soups (Cont'd)

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