

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Oracle 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

Buckwheat Pancake and Waffle Mix

Multigrain Pancake Mix

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Strawberry Sparkling Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Tortilla Corn

#### Kinnikinnick

Italian White Tapioca Rice Bread

## Canned/Jarred Goods

### 365 Every Day Value™

- 100% Pure Pumpkin
- 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

## Cheese

### Han's

- Sharp Cheddar Spread

## Chips, Pretzels and Snacks

### 365 Organic Every Day Value™

- Thin Style Potato Chip, Sea Salt
- Tortilla Strips, Lightly Salted

### Bearitos

- Organic Popcorn - 50% Less Oil

### Garden Of Eatin

- 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 Thin Salt and Pepper Pretzels
- Organic Thin Salted Pretzels

## Condiments

### 365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

### Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette

### Westbrae

- Unsweetened Un-Ketchup

## 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

### 365 Organic Every Day Value™

- Cheese Square Crackers
- Golden Rounds

### Ak-Mak

- Armenian Cracker Bread

### Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Organic Brown Rice Snaps, Unsalted Plain

### Health Valley

- Fat Free Whole Wheat Crackers
- Low Fat Cracked Pepper Crackers
- Low Fat Sesame Crackers
- Low Fat Stoned Wheat Crackers

## Dairy

### Nasoya Foods

- Won Ton Wrappers

## Dairy Alternatives

### Soya Kaas

Soy Cream Cheese

## Entrees and Mixes

### Annie's Homegrown

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

Lentil Pilaf

### Fantastic Foods

Whole Wheat Couscous

### Near East

Spanish Rice

## Ethnic Foods

### Whole Kitchen™

Bean & Rice Burrito  
Bean, Rice & Cheese Burrito

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach

### 365 Organic Every Day Value

Cheese Tortellini

### 365 Organic Every Day Value™

Cheese Ravioli  
Crinkle Cuts  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Amy's

Macaroni & Soy Cheese  
Organic Soy Cheese Pizza  
Organic Veggie Pot Pie with Whole Wheat Crust

## Frozen Foods (Cont'd)

### Boca

Boca Burger - All American Classic - Organic

### Gardenburger

Veggie Burger Pattie

### Kinnikinnick

Italian White Tapioca Rice Bread

### Whole Kitchen™

Bean & Rice Burrito  
Bean, Rice & Cheese Burrito

## 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  
Veggie Canadian Bacon  
Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Toronto Steak & Chicken Seasoning

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## **Sauces, Salsas and Dips**

### **Frontera Grill**

Salsa - Jalapeno

Salsa - Tomatillo

### **Green Mountain Gringo**

Hot Salsa

## **Soups**

### **365 Organic Every Day Value™**

Cream of Mushroom Soup

Lentil Bean Soup

### **Amy's**

No Chicken Noodle Soup

### **Health Valley**

Fat Free Vegetable Barley Soup

## **Specialty Foods**

### **Cibo Fresh Speciality**

Classic Basil Pesto

Sun Dried Tomato with Rosemary Pesto