

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pasadena 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

Chatham Croutons

Croutons - Lightly Seasoned

Edward & Sons

Organic Bread Crumbs - Lightly Salted

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
Croutons, Seasoned
Tortilla Corn

Cedar Lane

Pesto & Mozzarella Bruschetta

Bread (Cont'd)

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

Wheatena

Wheat Cereal

Cheese

Han's

Sharp Cheddar Spread

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
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

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Newman's Own Organic

Organic Round Salted 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
Croutons, Seasoned
Honey Mustard
Thousand Island Dressing
Yellow Mustard

Edward & Sons

Premier Japan Sauce - Organic Wasabi Tamari

Newman's Own

Steak Sauce

Organicville

Organic Dressing, Miso Ginger Vinaigrette
Organic Dressing, Olive Oil & Balsamic Vinaigrette
Organic Dressing, Pomegranate Vinaigrette
Organic Dressing, Sundried Tomato & Garlic 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

Adrienne's Lavosh Hawaii

Peppercorn Crackers

Ten Grain Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Hain Pure Food

Wheat Crackers

Health Valley

Fat Free Vegetable Crackers

Fat Free Whole Wheat Crackers

Fat Free Whole Wheat, Herb Crackers

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

Crackers (Cont'd)

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

Entrees and Mixes

Annie's Homegrown

Alfredo Basil Shells

Macaroni & Cheese - Bunny Shape

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Couscous -Organic Nutted Crunch

Couscous - Organic Roasted Garlic with Olive Oil

Couscous - Organic Wild Mushroom

Couscous - Toasted

Lentil Pilaf

Rice Pilaf

Spanish Pilaf

Tabouli

Fantastic Foods

Sloppy Joe Mix

Taco Filling Mix

Whole Wheat Couscous

Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Spanish Rice

Ethnic Foods

Jyoti

Dal

Ethnic Foods (Cont'd)

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

Amy's

- Broccoli & Cheese Pocket
- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Pesto with Tomato & Broccoli Pizza
- Organic Soy Cheese Pizza

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

- Original Waffles

Kinnikinnick

- Italian White Tapioca Rice Bread

Frozen Foods (Cont'd)

Whole Catch™

- Lightly Breaded Fish Nuggets
- Lightly Breaded Fish Sticks

Whole Kitchen™

- Bean & Rice Burrito
- Bean, Rice & Cheese Burrito

Jams and Nut Butters

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

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

Meat and Poultry

365 Every Day Value™

- Toronto Steak & Chicken Seasoning

Health Is Wealth

- Chicken Tenders
- Whole Wheat - Chicken Nuggets

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

- Cashew Halves
- 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 - Roasted Tomato Mild

Green Mountain Gringo

- Chile Salsa
- Medium 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

- Artichoke Lemon Pesto
- Classic Basil Pesto
- Sun Dried Tomato with Rosemary Pesto

Spices and Seasonings

365 Every Day Value™

- Blackened Cajun Spice Seasoning
- Caribbean Barbeque Seasoning
- Mediterranean Seafood Seasoning