

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Scottsdale 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

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix  
Cornbread Mix  
Multigrain Pancake Mix

#### Chatham Croutons

Croutons - Cheese N'Garlic  
Croutons - Lightly Seasoned

#### Edward & Sons

Organic Croutons - Italian Herbs  
Organic Croutons - Onion Garlic

### 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™

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 Chips, BBQ

### 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

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

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

### Newman's Own

Steak Sauce

### Organicville

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sesame Tamari Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Walkerscottish Cookies

Shortbread Fingers

## 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 Crackers
- Fat Free Whole Wheat, Herb Crackers
- Low Fat Sesame Crackers
- Low Fat Stoned Wheat Crackers

### 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
- 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

## Entrees and Mixes (Cont'd)

### Casbah

- Couscous -Organic Nuted Crunch
- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil
- Couscous - Organic Wild Mushroom
- Couscous - Toasted
- Nuted Pilaf
- Rice Pilaf
- Spanish Pilaf

### Fantastic Foods

- Tabouli Salad 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
- 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

## Frozen Foods (Cont'd)

### Amy's

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

### Health Is Wealth

Meatless Buffalo Wings

Pizza Munchees

Spring Rolls

### Kinnikinnick

Italian White Tapioca Rice Bread

### So Delicious

Fudge Bar, Sugar Free

### Whole Catch™

Lightly Breaded Fish Fillet

Lightly Breaded Fish Nuggets

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

The Good Dog

## 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

## 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

Salsa - Tomatillo

## **Sauces, Salsas and Dips (Cont'd)**

### **Green Mountain Gringo**

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

## **Seafood**

### **Whole Catch™**

- Lightly Breaded Fish Fillet
- 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

### **Health Valley**

- Fat Free Vegetable Barley Soup
- Lentil with Couscous

## **Specialty Foods**

### **Cibo Fresh Speciality**

- Classic Basil Pesto

## **Spices and Seasonings**

### **365 Every Day Value™**

- Asian Seafood Seasoning
- Caribbean Barbeque Seasoning