

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Santa Monica 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

Cornbread Mix

Multigrain Pancake Mix

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, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

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

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

Tongol Tuna, with Salt

365 Organic Every Day Value™

Black Beans

Pinto Beans

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 Strips, Lightly Salted

Bearitos

Organic Popcorn - 50% Less Oil

Bostons Better Snacks

Sanck Mix

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

Organic Thin Salt and Pepper Pretzels

Organic Thin Salted Pretzels

Pretzel - Bavarian - Organic

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Condiments (Cont'd)

365 Organic Every Day Value™

Yellow Mustard

Divina

Olives - Greek Mix

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Organic Dressing, Miso Ginger Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers

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

Sesame Seed Water Crackers

Adrienne's Lavosh Hawaii

Peppercorn Crackers

Ten Grain 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

Crackers (Cont'd)

Hain Pure Food

Wheat Crackers

Health Valley

Fat Free Vegetable Crackers
Fat Free Whole Wheat Crackers
Fat Free Whole Wheat, Herb Crackers
Low Fat Cracked Pepper 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
Whole Wheat Cheddar Cheese Shells

Casbah

Couscous - Organic Lemon Spinach
Couscous - Organic Roasted Garlic with Olive Oil
Couscous - Organic Wild Mushroom
Nuttled Pilaf
Rice Pilaf
Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix
Taco Filling Mix

Near East

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

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
Organic Veggie Pot Pie with Whole Wheat Crust

Boca

Boca Burger - All American Classic - Organic

Cedar Lane

Low Fat Vegetable Lasagna

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger

Health Is Wealth

Pizza Munchees
Spring Rolls

Kashi

Blueberry Waffles
Original Waffles

Perfect Additions

Unsalted Beef Stock
Unsalted Chicken Stock

Whole Catch™

Lightly Breaded Fish Nuggets
Lightly Breaded Fish Sticks

Frozen Foods (Cont'd)

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

Meat and Poultry

365 Every Day Value™

- Mediterranean Rotisserie Seasoning
- Toronto Steak & Chicken Seasoning

Health Is Wealth

- Whole Wheat - Chicken Nuggets

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

Green Mountain Gringo

- Chile Salsa

Jardines

- Peach 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

Health Valley

- Fat Free Vegetable Barley Soup

Specialty Foods

Cibo Fresh Speciality

- Sun Dried Tomato with Rosemary Pesto

Nuovo Pasta

- Tri Colored Tortellini

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning

Caribbean Barbeque Seasoning

Spicy Shrimp Boil Seasoning