

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Speedway 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.

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

Chatham Croutons

Croutons - Lightly Seasoned

Edward & Sons

Organic Croutons - Italian Herbs

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

Kinnikinnick

Italian White Tapioca Rice Bread

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin
- Green Ripe Pitted Olives
- 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

Chips, Pretzels and Snacks

365 Organic Every Day Value™

- Thin Style Potato Chips, BBQ
- Blue Tortilla Chips, Spicy
- Thin Style Potato Chip, Sea Salt
- Thin Style Potato Chips, Sea Salt & Black Pepper
- Tortilla Strips, Lightly Salted

Bostons Better Snacks

- Sanck Mix

Garden Of Eatin

- 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

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

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

Condiments (Cont'd)

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Honey Mustard
- Yellow Mustard

Organicville

- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

Health Valley

- Oat Bran Graham Crackers

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
- Herb and Garlic 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

Hain Pure Food

- Wheat Crackers

Health Valley

- Low Fat Cracked Pepper Crackers

Dairy

Nasoya Foods

Won Ton Wrappers

Entrees and Mixes

Annie's Homegrown

Alfredo Basil Shells

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Organic White Cheddar

Macaroni & Cheese - Peace & Parmesan

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Lentil Pilaf

Rice Pilaf

Fantastic Foods

Sloppy Joe Mix

Tabouli Salad Mix

Whole Wheat Couscous

Near East

Spanish Rice

Frozen Foods

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli

Crinkle Cuts

Amy's

Broccoli & Cheese Pocket

Macaroni & Soy Cheese

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

Gardenburger

Fat Free Veggie Gardenburger

Veggie Burger Pattie

Frozen Foods (Cont'd)

Kashi

Blueberry Waffles

Original Waffles

Kinnikinnick

Italian White Tapioca Rice Bread

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

Just Like Ground

Veggie Canadian Bacon

Veggie Pepperoni Pizza

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Deluxe Mixed Nuts

Whole Cashews

Produce

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

Salsa - Roasted Tomato Mild

Sauces, Salsas and Dips (Cont'd)

Green Mountain Gringo

Medium Salsa

Mild Salsa

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

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

Nile Spice

Chicken Flavored Vegetable Soup

Specialty Foods

Cibo Fresh Speciality

Classic Basil Pesto

Olive & Garlic Pesto

Sun Dried Tomato with Rosemary Pesto

Nuovo Pasta

Tri Colored Tortellini

Sweeteners

Sun Crystals

Sweetener Packets