

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Wilshire Blvd 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).

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

Cornbread Mix

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

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™

Pinto Beans

## Cereal

### Weetabix

Whole Wheat Cereal

## 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

### Garden Of Eatin'

Blue Corn Sesame Chips

Salted Blue Corn Chips

### 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

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Honey Mustard

Yellow Mustard

### 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

Unsalted Tops Saltines

### 365 Organic Every Day Value™

Cheese Square Crackers

Golden Rounds

Herb and Garlic Water Crackers

Sesame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

### Edward & Sons

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

### Wasa Crispbread

Fiber Plus Crispbread

### Whole Pantry™

Cheddar Dill Crackers

## Dairy

### Nasoya Foods

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 - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

## Entrees and Mixes (Cont'd)

### Casbah

- Couscous -Organic Nutedd Crunch
- Couscous - Organic Lemon Spinach
- Couscous - Toasted
- Rice Pilaf
- Spanish Pilaf

### Fantastic Foods

- Tabouli Salad Mix
- Taco Filling Mix
- Whole Wheat Couscous

### Near East

- Herb Chicken Couscous
- Spanish Rice

## Frozen Foods

### 365 Every Day Value™

- Frozen Chopped Spinach

### 365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Amy's

- Cheese Pizza Snacks
- Macaroni & Soy Cheese
- Organic Chicago Veggie Burger
- Organic Soy Cheese Pizza

### Boca

- Boca Burger - All American Classic - Organic

### Cedar Lane

- Low Fat Vegetable Lasagna

### Kashi

- Blueberry Waffles
- Original Waffles

### So Delicious

- Fudge Bar, Sugar Free

## Jams and Nut Butters

### Im Health

- Crunchy Soy Nut Butter

## Meat Alternatives

### Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

### Yves

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

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Every Day Value™

- Cashew Halves

## Pasta

### 365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Produce

### 365 Organic Every Day Value™

- Blue Cheese (Fresh) Dressing

## Sauces, Salsas and Dips

### Frontera Grill

- Salsa - Tomatillo

### Green Mountain Gringo

- Mild Salsa

## Soups

### 365 Every Day Value™

- Minestrone Soup

## **Soups (Cont'd)**

### **365 Organic Every Day Value™**

- Chicken Noodle Soup
- Cream of Mushroom Soup
- Lentil Bean Soup
- Vegetable Broth

### **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
- Olive & Garlic Pesto
- Sun Dried Tomato with Rosemary Pesto

### **Nuovo Pasta**

- Tri Colored Tortellini

## **Sweeteners**

### **Sun Crystals**

- Sweetener