

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Westwood 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

- Buckwheat Pancake and Waffle Mix
- Cornbread Mix
- Multigrain Pancake Mix

#### Chatham Croutons

- Croutons - Lightly Seasoned

#### Edward & Sons

- Organic Bread Crumbs - Italian Herb
- 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

#### 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

## **Cheese**

### **Han's**

Sharp Cheddar Spread

## **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

### **Bearitos**

Organic Popcorn - 50% Less Oil

### **Bostons Better Snacks**

Sanck Mix

### **Garden Of Eatin**

Black Bean Chili Chips  
Blue Corn Sesame Chips  
Salted Blue Corn Chips

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

### **Good Health**

Whole Wheat Peanut Butter Filled Pretzels

### **Guiltless Gourmet**

Organic Black Bean Tortilla Chips

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

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette

### **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

### 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

### Health Valley

Fat Free Whole Wheat Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Nasoya Foods

Egg Roll Wrappers

## Dairy Alternatives

### Soya Kaas

Soy Cream Cheese

## Entrees and Mixes

### Annie's Homegrown

Alfredo Basil Shells  
Macaroni & Cheese - Organic White Cheddar  
Macaroni & Cheese - Peace & Parmesan  
Shells - Real Aged Cheddar  
White Cheddar Shells  
Whole Wheat Cheddar Cheese Shells

### Casbah

Couscous - Toasted  
Tabouli

## Entrees and Mixes (Cont'd)

### Fantastic Foods

Taco Filling Mix  
Whole Wheat Couscous

### Near East

Herb Chicken Couscous  
Spanish Rice

## Ethnic Foods

### Jyoti

Dal

### Whole Kitchen™

Bean & Rice Burrito  
Bean, Rice & Cheese Burrito

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach

### 365 Organic Every Day Value

Cheese Tortellini

### 365 Organic Every Day Value™

Cheese Ravioli  
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

### Cedar Lane

Low Fat Vegetable Lasagna

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

## Frozen Foods (Cont'd)

### Health Is Wealth

Meatless Buffalo Wings  
Spring Rolls

### Kashi

Blueberry Waffles  
Original Waffles

### Kinnikinnick

Italian White Tapioca Rice Bread

### 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

### Yves

Fat Free Veggie Dog  
Just Like Ground

## Meat and Poultry

### Health Is Wealth

Chicken Tenders  
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 - Roasted Tomato Mild

### Green Mountain Gringo

Hot Salsa  
Medium Salsa

### Muir Glen

Salsa Organic Medium Garlic Cilantro

## 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**

Artichoke Lemon Pesto

Classic Basil Pesto

Sun Dried Tomato with Rosemary Pesto