

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bellaire Store, Southwest 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

Arrowhead Mills

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

Chatham Croutons

- Croutons - Cheese N'Garlic
- Croutons - Lightly Seasoned

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, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

- Baby Corn
- 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

Cereal

Weetabix

Whole Wheat Cereal

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 Chips, Flax & Sesame Seed

Tortilla Chips, Lime & Cilantro

Tortilla Chips, Nacho Cheese

Tortilla Strips, Lightly Salted

Garden Of Eatin'

Blue Corn Sesame Chips

Salted Blue Corn Chips

Good Health

Whole Wheat Peanut Butter Filled Pretzels

Guiltless Gourmet

Organic Black Bean Tortilla Chips

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

Chipotle Ranch Salad Dressing

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette

Organic Dressing, Pomegranate Vinaigrette

Organic Dressing, Sundried Tomato & Garlic 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

Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Crackers (Cont'd)

Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Organic Brown Rice Snaps, Toasted Onion
- Organic Brown Rice Snaps, Unsalted Plain

Health Valley

- Low Fat Sesame Crackers

Wasa Crispbread

- Fiber Plus Crispbread

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 - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

Casbah

- Couscous - Organic Roasted Garlic with Olive Oil
- Rice Pilaf
- Spanish Pilaf
- Tabouli

Fantastic Foods

- Sloppy Joe 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
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Amy's

- Broccoli & Cheese Pocket
- Cheese Pizza Snacks
- 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
- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

Kashi

- Blueberry Waffles
- Original Waffles

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

Im Health

- Crunchy Soy Nut Butter

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

Health Is Wealth

Whole Wheat - Chicken Nuggets

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

Deluxe Mixed Nuts

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 - Tomatillo

Green Mountain Gringo

Hot Salsa
Medium Salsa

Sauces, Salsas and Dips (Cont'd)

Green Mountain Gringo

Mild Salsa

Muir Glen

Salsa - Organic Medium Chipolte
Salsa Organic Medium Garlic Cilantro

Timpones

Salsa Muy Rica

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

Bean Cuisine

13 Bean Bouillabaise
Soup - Split Pea

Health Valley

Zesty Black Bean with Rice

Nile Spice

Chicken Flavored Vegetable Soup
Minestrone Soup

Spices and Seasonings

365 Every Day Value™

Asian Seafood Seasoning