

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Veterans 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](mailto: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

Cornbread Mix

Multigrain Pancake Mix

#### Chatham Croutons

Croutons - Cheese N'Garlic

Croutons - Lightly Seasoned

### Baking Needs (Cont'd)

#### Edward & Sons

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

## Bread (Cont'd)

### 365 Organic Every Day Value™

Croutons, Seasoned  
Tortilla Corn

## Canned/Jarred Goods

### 365 Every Day Value™

100% Pure Pumpkin  
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  
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 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

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

### Annie Chun's

Shitake Mushroom Sauce

## 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

## Crackers (Cont'd)

### 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

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

### Health Valley

- Fat Free Vegetable Crackers
- Fat Free Whole Wheat, Herb Crackers
- Low Fat Cracked Pepper Crackers
- Low Fat Sesame Crackers
- Low Fat Stoned Wheat Crackers

### Stacy's

- Simply Naked Bagel Chips

## Dairy

### Nasoya Foods

- Egg Roll Wrappers
- 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
- Penne Pasta with Alfredo
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### Casbah

- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil
- Couscous - Toasted

## Entrees and Mixes (Cont'd)

### Casbah

- Rice Pilaf
- Spanish Pilaf

### Near East

- Herb Chicken Couscous
- Roasted Chicken & Garlic Pilaf
- Roasted Garlic & Onion Vermicelli
- Spanish Rice

## Ethnic Foods

### Jyoti

- Dal

### 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
- Crinkle Cuts
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### American Flatbread

- Revolution Pizza

### 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

## Frozen Foods (Cont'd)

### Cedar Lane

Low Fat Vegetable Lasagna

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Kashi

Blueberry Waffles  
Original Waffles

### Natural Touch

Organic Veggie Medley Burger

### 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

### 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  
Veggie Pepperoni Pizza

## 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™

Raw Pine 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 - Roasted Red Pepper & Garlic  
Salsa - Roasted Tomato Mild  
Salsa - Tomatillo

### Green Mountain Gringo

Chile Salsa  
Hot Salsa  
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
- Vegetable Broth

### **Amy's**

- No Chicken Noodle Soup
- Organic Vegetable Barley Soup
- Soup - Organic Cream of Mushroom