

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Woodway 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).

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix  
Multigrain Pancake Mix

### 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, Cheese & Garlic  
Croutons, Seasoned  
Tortilla Corn

### Canned/Jarred Goods

#### 365 Every Day Value™

100% Pure Pumpkin  
Baby Corn  
Bamboo Shoots, Sliced  
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

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

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, Nacho Cheese  
Tortilla Strips, Lightly Salted

### Bearitos

Organic Popcorn - 50% Less Oil

### 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

## 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, Cheese & Garlic  
Croutons, Seasoned  
Honey Mustard  
Yellow Mustard

### Annie Chun's

Shitake Mushroom Sauce

### Organicville

Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic  
Vinaigrette

### Westbrae

Unsweetened Un-Ketchup

## 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

Brown Rice Snaps, Onion Garlic  
Organic Brown Rice Snaps, Toasted Onion

### Hain Pure Food

Wheat Crackers

### Health Valley

Fat Free Whole Wheat, Herb Crackers  
Low Fat Sesame Crackers

## Entrees and Mixes

### Annie's Homegrown

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

### Casbah

- Couscous - Toasted
- Spanish Pilaf

### Fantastic Foods

- Taco Filling Mix

### Near East

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

## Ethnic Foods

### 365 Every Day Value™

- Bamboo Shoots, Sliced

### 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

### Amy's

- Broccoli & Cheese Pocket
- Cheese Pizza Snacks
- Organic Soy Cheese Pizza

## Frozen Foods (Cont'd)

### Amy's

- Organic Veggie Pot Pie with Whole Wheat Crust

### 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

### Maranatha

- Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

### Tofurky

- Peppered Deli Slices

## Meat and Poultry

### 365 Every Day Value™

- Mediterranean Rotisserie Seasoning
- Toronto Steak & Chicken Seasoning

## 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 Red Pepper & Garlic

### **Green Mountain Gringo**

Hot Salsa  
Medium Salsa  
Mild Salsa

### **Muir Glen**

Salsa Organic Medium Garlic Cilantro

## **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

### **Health Valley**

Zesty Black Bean with Rice