

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Boca Raton Store, Florida 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

#### 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

### 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

## **Chips/Pretzels/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

### **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

## **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

### **Organicville**

- Organic Dressing, Herbs de Provence Vinaigrette

### **Westbrae**

- Unsweetened Un-Ketchup

## **Crackers**

### **365 Every Day Value™**

- Assorted Crackers for Entertaining
- Golden Stoneground Bite Size

## **Crackers (Cont'd)**

### **365 Every Day Value™**

- Saltine Crackers
- Unsalted Tops Saltines

### **365 Organic Every Day Value™**

- Cheese Square Crackers
- Golden Rounds
- Herb and Garlic Water Crackers
- Seasame Seed Water Crackers

### **Ak-Mak**

- Armenian Cracker Bread

## **Dairy**

### **England**

- Clotted Cream

### **Nasoya Foods**

- Egg Roll Wrappers

## **Dairy Alternatives**

### **Soya Kaas**

- Soy Cream Cheese

## **Entrees and Mixes**

### **Annie's Homegrown**

- Macaroni & Cheese - Bunny Shape
- Macaroni & Cheese - Organic White Cheddar
- Penne Pasta with Alfredo
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells

### **Casbah**

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

### **Fantastic Foods**

- Tabouli Salad Mix
- Taco Filling Mix

## Entrees and Mixes (Cont'd)

### Near East

Herb Chicken Couscous  
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  
Crinkle Cuts  
Haricot Verts  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

#### American Flatbread

Cheese & Herb Pizza  
Revolution Pizza

#### Boca

Boca Burger - All American Classic - Organic

#### Cedar Lane

Low Fat Vegetable Lasagna

#### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

#### Health Is Wealth

Meatless Buffalo Wings  
Spring Rolls

#### Soy Boy

Tofu Ravioli

## Frozen Foods (Cont'd)

### 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

### 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/Dips**

### **Frontera Grill**

- Salsa - Jalapeno
- Salsa - Roasted Red Pepper & Garlic
- Salsa - Roasted Tomato Mild
- Salsa - Tomatillo

### **Green Mountain Gringo**

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

### **Muir Glen**

- Salsa Organic Medium Garlic Cilantro

## **Soups**

### **365 Every Day Value™**

- Minestrone Soup

### **365 Organic Every Day Value™**

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

### **Olde Cape Cod**

- Clam Chowder
- Lobster Bisque

## **Spices and Seasonings**

### **365 Every Day Value™**

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning