

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Arlington Store, Mid-Atlantic 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
- Croutons - Fat Free Garlic and Onion

### Baking Needs

#### Arrowhead Mills

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

## Canned Goods

### Divina

Sweet Roasted Peppers

### Shari

Whole Organic Black Beans

Whole Organic Garbanzo Beans

## Canned/Jarred Goods

### 365 Every Day Value™

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

### 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

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

Caesar (Fresh) Dressing

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Yellow Mustard

## Condiments (Cont'd)

### Annie Chun's

Shitake Mushroom Sauce

### Westbrae

Unsweetened Un-Ketchup

## Crackers

### 365 Every Day Value™

Assorted Crackers for Entertaining

Golden Stoneground Bite Size

Saltine Crackers

Unsalted Tops Saltines

### 365 Organic Every Day Value™

Cheese Square Crackers

Golden Rounds

Herb and Garlic Water Crackers

Seesame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

## Dairy

### England

Clotted Cream

### Nasoya Foods

Egg Roll Wrappers

## Entrees and Mixes

### Annie's Homegrown

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Mild White Cheddar

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

### Fantastic Foods

Taco Filling Mix

### Near East

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

## Entrees and Mixes (Cont'd)

### Near East

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

Cheese & Herb Pizza

#### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

#### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

### Jams and Nut Butters

#### Divina

Kalamata Spread

#### 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

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

Chicken Tenders

Whole Wheat - Chicken Patties

## 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™

Caesar (Fresh) Dressing

## Sauces/Salsas/Dips

### Frontera Grill

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

## **Sauces/Salsas/Dips (Cont'd)**

### **Muir Glen**

Salsa - Organic Medium Chipolte

## **Soups**

### **365 Every Day Value™**

Minestrone Soup

### **365 Organic Every Day Value™**

Chicken Noodle Soup

Cream of Mushroom Soup

Lentil Bean Soup

## **Spices and Seasonings**

### **365 Every Day Value™**

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning