

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fair Lakes 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.

Baked Goods

Chatham Croutons

- Croutons - Caesar
- Croutons - Fat Free Garlic and Onion

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Arrowhead Mills

- Cornbread Mix

Chatham Croutons

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

Baking Needs (Cont'd)

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

Kinnikinnick

- Italian White Tapioca Rice Bread

Canned Goods

Shari

- Whole Organic Black Beans
- Whole Organic Garbanzo Beans

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

Cheese

Han's

- Sharp Cheddar Spread

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

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

Crackers

365 Every Day Value™

- Assorted Crackers for Entertaining
- Saltine Crackers
- Unsalted Tops Saltines

365 Organic Every Day Value™

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

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

Entrees and Mixes (Cont'd)

Annie's Homegrown

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

Fantastic Foods

Sloppy Joe Mix
Taco Filling Mix

Near East

Herb Chicken Couscous
Roasted Chicken & Garlic Pilaf
Roasted Garlic & Onion Vermicelli
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
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

American Flatbread

Cheese & Herb Pizza

Boca

Boca Burger - All American Classic - Organic

Cascadian Farm

Organic Chopped Spinach

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Frozen Foods (Cont'd)

Kinnikinnick

Italian White Tapioca Rice Bread

Soy Boy

Tofu Ravioli

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

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 Tomato Mild
- Salsa - Tomatillo

Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

Muir Glen

- Salsa - Organic Medium Chipolte
- 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

Spices and Seasonings

365 Every Day Value™

- Mediterranean Seafood Seasoning
- Spicy Shrimp Boil Seasoning