

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Lexington 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 - Fat Free Garlic and Onion

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Cornbread Mix

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

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™

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

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™

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Yellow Mustard

Condiments (Cont'd)

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

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

Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Dairy

Nasoya Foods

Egg Roll Wrappers

Entrees and Mixes

Annie's Homegrown

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Mild White Cheddar

Macaroni & Cheese - Peace & Parmesan

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

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
- Haricot Verts
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Boca

- Boca Burger - All American Classic - Organic

Cascadian Farm

- Organic Chopped Spinach

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

Im Health

- Crunchy Soy Nut Butter

Meat Alternatives

Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Meat Alternatives (Cont'd)

Yves

- Just Like Ground
- 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

Sauces/Salsas/Dips

Frontera Grill

- Salsa - Jalapeno
- Salsa - Roasted Tomato Mild

Green Mountain Gringo

- Chile Salsa
- 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