

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tenley Town 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

#### 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

### 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

## Bread (Cont'd)

### 365 Organic Every Day Value™

Croutons, Seasoned  
Tortilla Corn

### Kinnikinnick

Italian White Tapioca Rice Bread

## Canned Goods

### Divina

Sweet Roasted Peppers

### Shari

Whole Organic Black 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

## Cereal

### Wheatena

Wheat Cereal

## 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

### 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

### 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  
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

## Frozen Foods (Cont'd)

### 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

### 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

## 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 Tomato Mild
- Salsa - Tomatillo

### 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

## Soups (Cont'd)

### Health Valley

- Fat Free Vegetable Barley Soup

### Olde Cape Cod

- Clam Chowder

## Spices and Seasonings

### 365 Every Day Value™

- Spicy Shrimp Boil Seasoning