

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Lake Calhoun Store, Midwest 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

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

Cornbread Mix

#### Chatham Croutons

Croutons - Lightly Seasoned

#### Edward & Sons

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 Goods

### Divina

Sweet Roasted Peppers

## 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

### 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

## Condiments

### 365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing  
Chipotle Ranch Salad Dressing  
Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Honey Mustard  
Thousand Island Dressing  
Yellow Mustard

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Walkerscottish Cookies

Shortbread Fingers

## 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 - 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

Sloppy Joe Mix  
Taco Filling Mix  
Whole Wheat Couscous

### Near East

Roasted Chicken & Garlic Pilaf  
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

Haricot Verts

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### American Flatbread

Cheese & Herb Pizza

Revolution Pizza

### Boca

Boca Burger - All American Classic - Organic

### Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### Maranatha

Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

## Meat Alternatives (Cont'd)

### Tofurky

Peppered Deli Slices

### Yves

Just Like Ground

The Good Dog

Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Mediterranean Rotisserie Seasoning

Toronto Steak & Chicken Seasoning

## 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

## Sauces/Salsas/Dips

### Frontera Grill

Salsa - Habanero

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

Salsa - Salpica Mild Roasted

Salsa - Tomatillo

### Green Mountain Gringo

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

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

### **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

### **Nile Spice**

- Minestrone Soup

## **Specialty Foods**

### **Cibo Fresh Speciality**

- Artichoke Lemon Pesto
- Sun Dried Tomato with Rosemary Pesto

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning