

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Oakville 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.

Baking Needs

Edward & Sons

- Organic Bread Crumbs - Italian Herb
- Organic Bread Crumbs - Lightly Salted

Bread

365 Organic Every Day Value™

- Croutons, Caesar
- Croutons, Seasoned
- Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- Sliced Olives

Chips/Pretzels/Snacks

365 Organic Every Day Value™

- Thin Style Potato Chips, BBQ

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

- Chipotle Ranch Salad Dressing
- Croutons, Caesar
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing

Condiments (Cont'd)

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining

Saltine Crackers

Unsalted Tops Saltines

365 Organic Every Day Value™

Cheese Square Crackers

Cracked Pepper Water Crackers

Water Crackers

Entrees and Mixes

Casbah

Couscous - Organic Lemon Spinach

Couscous - Organic Roasted Garlic with Olive Oil

Spanish Pilaf

Near East

Spanish Rice

Ethnic Foods

Jyoti

Dal

Frozen Foods

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli

Crinkle Cuts

Whole Wheat Spinach & Cheese Ravioli w/ Soy

Ricotta

Cedar Lane

Low Fat Vegetable Lasagna

Meat Alternatives

Yves

Just Like Ground

Veggie Pepperoni Pizza

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy
Ricotta

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

Cream of Mushroom Soup

Lentil Bean Soup

Nile Spice

Minestrone Soup