

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Yorkville 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 - Lightly Salted

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned

Canned/Jarred Goods

365 Every Day Value™

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

Cheese

Soyco Foods

American - Rice Singles
Mozzarella - Rice Singles

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

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing

Organicville

- Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

- Shortbread Tails

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
- Golden Rounds
- Water Crackers

Dairy Alternatives

Soyco Foods

- American - Rice Singles
- Mozzarella - Rice Singles

Entrees and Mixes

Casbah

- Couscous -Organic Nutedd Crunch
- Couscous - Organic Lemon Spinach
- Rice Pilaf
- 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/ Ricotta

Cedar Lane

- Low Fat Vegetable Lasagna

Meat Alternatives

Yves

- Fat Free Veggie Dog
- 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