

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Newtonville Store, North 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).

### Baking Needs

#### Arrowhead Mills

Cornbread Mix

#### Highland Sugar Works

Buttermilk Pancake Mix

### 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

#### Nejames

Crispbread

### Canned Goods

#### Divina

Sweet Roasted Peppers

Yellow Roasted Peppers

## Canned/Jarred Goods

### 365 Every Day Value™

- Green Ripe Pitted Olives
- Hearts of Palm Salad Cut
- Jumbo Ripe Olives, Pitted
- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- Sliced Olives

## Cheese

### Han's

- Sharp Cheddar Spread

## 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

## 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

## 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

### Nejames

- Original Crispbread

## 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
- Penne Pasta with Alfredo
- 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
- 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

### American Flatbread

- Cheese & Herb Pizza
- Revolution Pizza

### Boca

- Boca Burger - All American Classic - Organic

### Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

### Perfect Additions

- Unsalted Chicken Stock
- Unsalted Fish Stock
- Unsalted Veggie Stock

### Putney Pasta Co

- Tortellini - Spinach Walnut

### 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

## Meat Alternatives

### Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

### Tofurky

- Peppered Deli Slices

## Meat and Poultry

### Health Is Wealth

- Chicken Tenders
- Whole Wheat - Chicken Nuggets

## 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 - Habanero
- Salsa - Jalapeno
- Salsa - Roasted Red Pepper & Garlic
- Salsa - Roasted Tomato Mild
- Salsa - Tomatillo

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

### **Green Mountain Gringo**

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

### **Jardines**

- Texacante Salsa

### **Muir Glen**

- 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

### **Health Valley**

- Fat Free Vegetable Barley Soup