

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



River Street 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.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Cornbread Mix

Edward & Sons

Organic Bread Crumbs - Italian Herb

Highland Sugar Works

Buttermilk Pancake Mix

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

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

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

Condiments (Cont'd)

365 Organic Every Day Value™

Yellow Mustard

Annie Chun's

Shitake Mushroom Sauce

Divina

Olives - Greek Mix
Olives - Kalamata

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

Nejaimes

Original Crispbread

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

Entrees and Mixes (Cont'd)

Annie's Homegrown

Shells - Organic Cheddar Alfredo
Shells - Real Aged Cheddar
White Cheddar Shells

Fantastic Foods

Taco Filling Mix

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
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

American Flatbread

Cheese & Herb Pizza
Revolution Pizza

Boca

Boca Burger - All American Classic - Organic

Cascadian Farm

Organic Winter Squash Puree

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger

Frozen Foods (Cont'd)

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

Tofurky

Peppered Deli Slices

Yves

Fat Free Veggie Dog
The Good Dog
Veggie Canadian Bacon
Veggie Pepperoni Pizza

Meat and Poultry

Health Is Wealth

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

Green Mountain Gringo

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

Jardines

- Peach Medium Salsa
- Texacante 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

Health Valley

- Fat Free Vegetable Barley Soup

Olde Cape Cod

- Clam Chowder

Specialty Foods

Nuovo Pasta

- Tri Colored Tortellini