

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Roseville Store, Northern California 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 - Cheese N'Garlic

Croutons - Lightly Seasoned

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

### 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/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
- Solid White Albacore Tuna

## Chips/Pretzels/Snacks

### 365 Organic Every Day Value™

- Thin Style Potato Chips, BBQ
- Thin Style Potato Chip, Sea Salt

### Bearitos

- Organic Popcorn - 50% Less Oil

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Good Health

- Whole Wheat Peanut Butter Filled Pretzels

### Newman's Own Organic

- Organic Round Salted Pretzels
- Organic Thin Salted Pretzels

## 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

## Condiments (Cont'd)

### Organicville

- Organic Dressing, Herbs de Provence Vinaigrette

### Westbrae

- Unsweetened Un-Ketchup

## 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
- Seasame Seed Water Crackers

### Ak-Mak

- Armenian Cracker Bread

### Nejames

- 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
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### Casbah

- Rice Pilaf
- Spanish Pilaf

## Entrees and Mixes (Cont'd)

### Fantastic Foods

Taco Filling Mix

### Near East

Herb Chicken Couscous

Spanish Rice

## Ethnic Foods

### Jyoti

Dal

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach

### 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

### Cedar Lane

Low Fat Vegetable Lasagna

### Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Pizza Munchees

## Jams and Nut Butters

### Maranatha

Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

### Yves

Just Like Ground

Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Toronto Steak & Chicken Seasoning

### 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 - Habanero

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

## **Soups**

### **365 Every Day Value™**

Minestrone Soup

### **365 Organic Every Day Value™**

Chicken Noodle Soup

Cream of Mushroom Soup

Lentil Bean Soup

## **Specialty Foods**

### **Cibo Fresh Speciality**

Sun Dried Tomato with Rosemary Pesto

## **Spices and Seasonings**

### **365 Every Day Value™**

Caribbean Barbeque Seasoning

Southwestern Grill Seasoning