

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Santa Cruz 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).

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Arrowhead Mills

Cornbread Mix

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Bread

#### 365 Organic Every Day Value™

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

## **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

### **Good Health**

- Whole Wheat Peanut Butter Filled Pretzels

## **Condiments**

### **365 Organic Every Day Value™**

- Chipotle Ranch Salad Dressing
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

### **Westbrae**

- Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **Walkerscottish Cookies**

- Shortbread Fingers

## **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

## **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 - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### **Casbah**

- Rice Pilaf
- Spanish Pilaf

### **Fantastic Foods**

- Sloppy Joe Mix

### **Near East**

- Spanish Rice

## **Ethnic Foods**

### **Whole Kitchen™**

- Bean & Rice Burrito
- Bean, Rice & Cheese Burrito

## **Frozen Foods**

### **365 Every Day Value™**

- Haricots Vert

### **365 Organic Every Day Value**

- Cheese Tortellini

### **365 Organic Every Day Value™**

- Cheese Ravioli
- Crinkle Cuts
- Haricot Verts

### **Boca**

- Boca Burger - All American Classic - Organic

### **Gardenburger**

- Veggie Burger Pattie

## **Frozen Foods (Cont'd)**

### **Whole Catch™**

Lightly Breaded Fish Fillet

### **Whole Kitchen™**

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## **Jams and Nut Butters**

### **Maranatha**

Almond Butter - Raw Organic No Salt

## **Meat Alternatives**

### **Lightlife**

Fat Free Smart Dogs

### **Tofurky**

Peppered Deli Slices

### **Yves**

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

## **Meat and Poultry**

### **Health Is Wealth**

Chicken Tenders

Whole Wheat - Chicken Nuggets

## **Sauces/Salsas/Dips**

### **Frontera Grill**

Salsa - Jalapeno

Salsa - Roasted Tomato Mild

### **Green Mountain Gringo**

Hot Salsa

Mild Salsa

## **Seafood**

### **Whole Catch™**

Lightly Breaded Fish Fillet

## **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**

Artichoke Lemon Pesto