

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Mill Plain Store, Pacific Northwest 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

#### Edward & Sons

Organic Bread Crumbs - Lightly Salted

### 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

## **Chips/Pretzels/Snacks**

### **365 Organic Every Day Value™**

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

### **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™**

Blue Cheese (Fresh) Dressing  
Chipotle Ranch Salad Dressing  
Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Honey Mustard  
Thousand Island Dressing  
Yellow Mustard

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette

### **Westbrae**

Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **Walkerscottish Cookies**

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™**

Golden Rounds  
Herb and Garlic Water Crackers  
Sesame Seed Water Crackers

## **Crackers (Cont'd)**

### **Ak-Mak**

Armenian Cracker Bread

## **Dairy**

### **Nasoya Foods**

Egg Roll Wrappers

## **Entrees and Mixes**

### **Annie's Homegrown**

Macaroni & Cheese - Bunny Shape  
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

### **Near East**

Herb Chicken Couscous  
Roasted Chicken & Garlic Pilaf  
Roasted Garlic & Onion Vermicelli  
Spanish Rice

## **Ethnic Foods**

### **Whole Kitchen™**

Bean, Rice & Cheese Burrito

## **Frozen Foods**

### **365 Every Day Value™**

Frozen Chopped Spinach  
Haricots Vert

### **365 Organic Every Day Value™**

Cheese Ravioli  
Crinkle Cuts  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### **Boca**

Boca Burger - All American Classic - Organic

## Frozen Foods (Cont'd)

### Cedar Lane

Low Fat Vegetable Lasagna

### Gardenburger

Fat Free Veggie Gardenburger

Veggie Burger Pattie

### Whole Catch™

Lightly Breaded Fish Fillet

### Whole Kitchen™

Bean, Rice & Cheese Burrito

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

### Yves

Just Like Ground

Veggie Canadian Bacon

Veggie Pepperoni Pizza

## 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

## Sauces/Salsas/Dips

### Frontera Grill

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

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

### Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

### Muir Glen

Salsa - Organic Medium Chipolte

## 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

Olive & Garlic Pesto