

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Vancouver 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.

Beverages

365 Every Day Value™

Club Soda

Bread

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Seasoned

Canned/Jarred Goods

365 Every Day Value™

Large Ripe Olives, Pitted

Medium Ripe Olives, Pitted

Sliced Olives

Condiments

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Seasoned

Honey Mustard

Eat It Up

Organic Blue Light Agave Nectar

Cookies and Snack Bars

Walkerscottish Cookies

Shortbread Fingers

Shortbread Tails

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining

Saltine Crackers

Crackers (Cont'd)

365 Every Day Value™

Unsalted Tops Saltines

365 Organic Every Day Value™

Cheese Square Crackers
Cracked Pepper Water Crackers
Golden Rounds
Water Crackers

Ak-Mak

Armenian Cracker Bread

Entrees and Mixes

Casbah

Couscous -Organic Nuted Crunch
Couscous - Organic Lemon Spinach
Couscous - Organic Roasted Garlic with Olive Oil
Couscous - Organic Wild Mushroom
Lentil Pilaf
Nuted Pilaf
Rice Pilaf
Spanish Pilaf
Tabouli

Ethnic Foods

Jyoti

Dal

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach

365 Organic Every Day Value™

Crinkle Cuts

Whole Catch™

Lightly Breaded Fish Fillet
Lightly Breaded Fish Sticks

Jams and Nut Butters

Eat It Up

Organic Blackberry Spread
Organic Bumbleberry Spread

Jams and Nut Butters (Cont'd)

Eat It Up

Organic Raspberry Spread
Organic Raspberry Spread - 500ml
Organic Strawberry Spread

Meat Alternatives

Yves

Fat Free Veggie Dog
Just Like Ground
Veggie Canadian Bacon
Veggie Pepperoni Pizza

Sauces/Salsas/Dips

Jardines

Pineapple Salsa

Seafood

Whole Catch™

Lightly Breaded Fish Fillet
Lightly Breaded Fish Sticks

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

Cream of Mushroom Soup
Lentil Bean Soup

Nile Spice

Minestrone Soup