

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Belmar Store, Rocky Mountain 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 - 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

## **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

### **Newman's Own Organic**

Organic Round 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  
Croutons, Butter & Garlic  
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  
Shortbread Rounds

## **Crackers**

### **365 Every Day Value™**

Assorted Crackers for Entertaining  
Golden Stoneground Bite Size  
Saltine Crackers  
Unsalted Tops Saltines

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

### **365 Organic Every Day Value™**

Cheese Square Crackers  
Golden Rounds  
Herb and Garlic Water Crackers  
Sesame Seed Water Crackers

### **Ak-Mak**

Armenian Cracker Bread

### **Wasa Crispbread**

Fiber Plus Crispbread

## **Dairy**

### **England**

Clotted Cream

### **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

### **Casbah**

Couscous - Organic Lemon Spinach  
Couscous - Toasted  
Rice Pilaf  
Spanish Pilaf  
Tabouli

### **Fantastic Foods**

Sloppy Joe Mix  
Taco Filling Mix  
Whole Wheat Couscous

### **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
- Crinkle Cuts
- Haricot Verts
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Boca

- Boca Burger - All American Classic - Organic

## Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

## 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
- Jumbo Smart Dogs

### Tofurky

- Peppered Deli Slices

## Meat Alternatives (Cont'd)

### Yves

- Fat Free Veggie Dog
- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

## 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

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

### Muir Glen

- Salsa - Organic Medium Chipolte
- Salsa Organic Medium Garlic Cilantro

## Seafood

### Whole Catch™

- Lightly Breaded Fish Fillet

## Soups

### 365 Every Day Value™

- Minestrone Soup

## **Soups (Cont'd)**

### **365 Organic Every Day Value™**

Chicken Noodle Soup

Cream of Mushroom Soup

Lentil Bean Soup

### **Nile Spice**

Chicken Flavored Vegetable Soup

Minestrone Soup

## **Specialty Foods**

### **Nuovo Pasta**

Tri Colored Tortellini