

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Colfax 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

#### Arrowhead Mills

- Cornbread Mix

### 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 Chip, Sea Salt

### **Garden Of Eatin**

Salted Blue Corn Chips

## **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

### **Divina**

Olives - Greek Mix

### **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

Herb and Garlic Water Crackers

Seesame Seed Water Crackers

### **Ak-Mak**

Armenian Cracker Bread

## **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

### **Near East**

Herb Chicken Couscous

Roasted Chicken & Garlic Pilaf

Spanish Rice

## **Ethnic Foods**

### **Jyoti**

Dal

## **Frozen Foods**

### **365 Every Day Value™**

Frozen Chopped Spinach

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

Cheese Tortellini

### **Gardenburger**

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

## **Jams and Nut Butters**

### **Maranatha**

Almond Butter - Raw Organic No Salt

## **Meat Alternatives**

### **Lightlife**

Fat Free Smart Dogs

Jumbo Smart Dogs

## **Meat Alternatives (Cont'd)**

### **Tofurky**

Peppered Deli Slices

### **Yves**

The Good Dog

Veggie Pepperoni Pizza

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Produce**

### **365 Organic Every Day Value™**

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

## **Sauces/Salsas/Dips**

### **Frontera Grill**

Salsa - Habanero

Salsa - Jalapeno

Salsa - Roasted Red Pepper & Garlic

Salsa - Roasted Tomato Mild

Salsa - Tomatillo

### **Green Mountain Gringo**

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

### **Muir Glen**

Salsa Organic Medium Garlic Cilantro

## **Soups**

### **365 Every Day Value™**

Minestrone Soup

### **365 Organic Every Day Value™**

Chicken Noodle Soup

Cream of Mushroom Soup

Lentil Bean Soup

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

### **Nile Spice**

Chicken Flavored Vegetable Soup

Minestrone Soup