

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Kansas City 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.

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™

- Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

- Green Ripe Pitted Olives
- Medium Ripe Olives, Pitted
- Sliced Olives
- Solid White Albacore Tuna
- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt

Cereal

Weetabix

- Whole Wheat Cereal

Chips, Pretzels and Snacks

Good Health

- Whole Wheat Peanut Butter Filled Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining

Entertainer Crackers with Wheat Germ

Golden Stoneground Bite Size

Saltine Crackers

Unsalted Tops Saltines

365 Organic Every Day Value™

Golden Rounds

Herb and Garlic Water Crackers

Seasame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Entrees and Mixes

Annie's Homegrown

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Peace & Parmesan

Shells - Organic Cheddar Alfredo

White Cheddar Shells

Casbah

Couscous - Toasted

Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix

Taco Filling Mix

Frozen Foods

Amy's

Broccoli & Cheese Pocket

Macaroni & Soy Cheese

Organic Veggie Pot Pie with Whole Wheat Crust

Gardenburger

Veggie Burger Pattie

Meat Alternatives

Lightlife

Fat Free Smart Dogs

Tofurky

Peppered Deli Slices

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

Chicken Noodle Soup

Cream of Mushroom Soup

Lentil Bean Soup

Amy's

No Chicken Noodle Soup