

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Park 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](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

## **Chips/Pretzels/Snacks**

### **365 Organic Every Day Value™**

Thin Style Potato Chips, BBQ

### **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

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Yellow Mustard

### **Organicville**

Organic Dressing, Herbs de Provence Vinaigrette

## **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

### **365 Organic Every Day Value™**

Cheese Square Crackers

Golden Rounds

Herb and Garlic Water Crackers

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

### **365 Organic Every Day Value™**

Sesame Seed Water Crackers

### **Ak-Mak**

Armenian Cracker Bread

## **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 Nuted Crunch

Couscous - Organic Lemon Spinach

Couscous - Organic Wild Mushroom

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**

### **Jyoti**

Dal

### **Whole Kitchen™**

Bean, Rice & Cheese Burrito

## **Frozen Foods**

### **365 Every Day Value™**

Frozen Chopped Spinach

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

Cheese Tortellini

### **365 Organic Every Day Value™**

Cheese Ravioli

Crinkle Cuts

Haricot Verts

### **Boca**

Boca Burger - All American Classic - Organic

### **Gardenburger**

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### **Whole Kitchen™**

Bean, Rice & Cheese Burrito

## **Meat Alternatives**

### **Lightlife**

Fat Free Smart Dogs

Jumbo Smart Dogs

### **Tofurky**

Peppered Deli Slices

### **Yves**

Veggie Pepperoni Pizza

## **Produce**

### **365 Organic Every Day Value™**

Blue Cheese (Fresh) Dressing

## **Sauces/Salsas/Dips**

### **Frontera Grill**

Salsa - Habanero

Salsa - Jalapeno

Salsa - Roasted Red Pepper & Garlic

Salsa - Roasted Tomato Mild

### **Green Mountain Gringo**

Chile Salsa

Hot Salsa

Medium Salsa

Mild Salsa

### **Muir Glen**

Salsa - Organic Medium Chipolte

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