

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tamarac 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.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Cornbread Mix

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

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

Condiments

365 Organic Every Day Value™

Blue Cheese (Fresh) Dressing

Caesar (Fresh) Dressing

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Yellow Mustard

Divina

Olives - Greek Mix

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

365 Organic Every Day Value™

Cheese Square Crackers

Herb and Garlic Water Crackers

Seasame Seed Water Crackers

Crackers (Cont'd)

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 - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Couscous - Organic Lemon Spinach

Couscous - Toasted

Spanish Pilaf

Tabouli

Fantastic Foods

Sloppy Joe Mix

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
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

Yves

Fat Free Veggie Dog
The Good Dog
Veggie Canadian Bacon
Veggie Pepperoni Pizza

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

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 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

Seafood

Whole Catch™

Lightly Breaded Fish Fillet

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