

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Westminster 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

### 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

## **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  
Saltine Crackers  
Unsalted Tops Saltines

### **365 Organic Every Day Value™**

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**

White Cheddar Shells

### **Casbah**

Tabouli

### **Fantastic Foods**

Sloppy Joe Mix  
Taco Filling Mix  
Whole Wheat Couscous

### **Near East**

Herb Chicken Couscous  
Roasted Chicken & Garlic Pilaf  
Spanish Rice

## **Frozen Foods**

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

Cheese Tortellini

### **365 Organic Every Day Value™**

Crinkle Cuts  
Haricot Verts

### **Boca**

Boca Burger - All American Classic - Organic

### **Gardenburger**

Veggie Burger Pattie

## **Meat Alternatives**

### **Lightlife**

Fat Free Smart Dogs  
Jumbo Smart Dogs

### **Tofurky**

Peppered Deli Slices

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

### **Yves**

- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

## **Meat and Poultry**

### **Health Is Wealth**

- Whole Wheat - Chicken Nuggets

## **Nutritional Supplements**

### **Whole Foods Market™**

- Vanilla Soy Protein Powder

## **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
- Salsa - Tomatillo

### **Green Mountain Gringo**

- Chile Salsa
- Hot Salsa
- Medium 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)**

### **Health Valley**

- Fat Free Vegetable Barley Soup

### **Nile Spice**

- Chicken Flavored Vegetable Soup
- Minestrone Soup