

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Briarcliff Store, South 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

### Canned/Jarred Goods

#### 365 Every Day Value™

100% Pure Pumpkin

Green Ripe Pitted Olives

Hearts of Palm Salad Cut

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
- Thin Style Potato Chips, Sea Salt & Black Pepper

### **Garden Of Eatin**

- Salted Blue Corn Chips

### **Good Health**

- Whole Wheat Peanut Butter Filled Pretzels

## **Coffee and Tea**

### **365 Every Day Value™**

- Ground Hazelnut Coffee

## **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
- Thousand Island Dressing
- Yellow Mustard

## **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
- Golden Rounds
- Herb and Garlic Water Crackers

### **Ak-Mak**

- Armenian Cracker Bread

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

### **Health Valley**

- Fat Free Whole Wheat Crackers
- Low Fat Stoned Wheat Crackers

## **Dairy**

### **England**

- Clotted Cream

### **Nasoya Foods**

- Egg Roll Wrappers

## **Entrees and Mixes**

### **Annie's Homegrown**

- Macaroni & Cheese - Mild White Cheddar
- Macaroni & Cheese - Organic White Cheddar
- Macaroni & Cheese - Peace & Parmesan
- Shells - Real Aged Cheddar
- White Cheddar Shells
- Whole Wheat Cheddar Cheese Shells

### **Casbah**

- Couscous - Toasted

### **Fantastic Foods**

- Sloppy Joe Mix
- Taco Filling Mix

### **Near East**

- Herb Chicken Couscous
- Roasted Chicken & Garlic Pilaf
- Spanish Rice

## **Ethnic Foods**

### **Jyoti**

- Dal

### **Whole Kitchen™**

- Bean & Rice Burrito
- Bean, Rice & Cheese Burrito

## **Frozen Foods**

### **365 Every Day Value™**

- Frozen Chopped Spinach

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value

Cheese Tortellini

### 365 Organic Every Day Value™

Crinkle Cuts  
Haricot Verts

### Boca

Boca Burger - All American Classic - Organic

### Cascadian Farm

Organic Winter Squash Puree

### Gardenburger

Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Whole Kitchen™

Bean & Rice Burrito  
Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### 365 Every Day Value™

Fruit Spread Imported Apricot  
Fruit Spread Imported Black Cherry  
Fruit Spread Imported Blackberry  
Fruit Spread Imported Raspberry

### Im Health

Crunchy Soy Nut Butter

### Maranatha

Almond Butter - Raw Organic No Salt

## Meat Alternatives

### Tofurky

Peppered Deli Slices

### Yves

Just Like Ground  
Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Mediterranean Rotisserie Seasoning  
Toronto Steak & Chicken Seasoning

## Meat and Poultry (Cont'd)

### 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  
Caesar (Fresh) Dressing

## Soups

### 365 Every Day Value™

Minestrone Soup

### 365 Organic Every Day Value™

Chicken Noodle Soup  
Cream of Mushroom Soup  
Lentil Bean Soup

### Health Valley

Fat Free Vegetable Barley Soup

## Specialty Foods

### Cibo Fresh Speciality

Artichoke Lemon Pesto  
Classic Basil Pesto  
Olive & Garlic Pesto

### Nuovo Pasta

Tri Colored Tortellini