

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Charleston 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.

Baked Goods

Chatham Croutons

Croutons - Caesar

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

Cornbread Mix

Chatham Croutons

Croutons - Cheese N'Garlic

Croutons - Lightly Seasoned

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

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

Annie Chun's

- Shitake Mushroom Sauce

Organicville

- Organic Dressing, Herbs de Provence Vinaigrette

Condiments (Cont'd)

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
- Golden Rounds
- Herb and Garlic Water Crackers
- Seasame Seed Water Crackers

Ak-Mak

- Armenian Cracker Bread

Health Valley

- Low Fat Stoned Wheat Crackers

Nejaimes

- Original Crispbread

Dairy

Nasoya Foods

- Egg Roll Wrappers

Entrees and Mixes

Annie's Homegrown

- Macaroni & Cheese - Bunny Shape
- 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

Entrees and Mixes (Cont'd)

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 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
- Haricot Verts
- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Boca

- Boca Burger - All American Classic - Organic

Cascadian Farm

- Organic Broccoli
- Organic Chopped Spinach
- Organic Cut Green Beans
- Organic Winter Squash Puree

Cedar Lane

- Low Fat Vegetable Lasagna

Frozen Foods (Cont'd)

Gardenburger

- Fat Free Veggie 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

Maranatha

- Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Yves

- Just Like Ground
- 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 Tomato Mild

Green Mountain Gringo

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

Muir Glen

- Salsa - Organic Medium Chipotle

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
- Sun Dried Tomato with Rosemary Pesto

Nuovo Pasta

- Tri Colored Tortellini