

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cobb 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

All Purpose Baking Mix

Cornbread Mix

Chatham Croutons

Croutons - Cheese N'Garlic

Croutons - Lightly Seasoned

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 Goods

Divina

Sweet Roasted Peppers

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

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

Condiments (Cont'd)

Annie Chun's

Shitake Mushroom Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

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
Sesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Nejames

Original Crispbread

Dairy

England

Clotted Cream

Nasoya Foods

Egg Roll Wrappers

Entrees and Mixes

Annie's Homegrown

Macaroni & Cheese - Bunny Shape
Macaroni & Cheese - Mild White Cheddar

Entrees and Mixes (Cont'd)

Annie's Homegrown

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

Fantastic Foods

Sloppy Joe 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
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

Frozen Foods (Cont'd)

Cedar Lane

Low Fat Vegetable Lasagna

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

Im Health

Crunchy Soy Nut Butter

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Fat Free Smart Dogs
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

Enricos Sauces

Hot Chunky Salsa

Frontera Grill

Salsa - Habanero
Salsa - Jalapeno
Salsa - Roasted Tomato Mild
Salsa - Tomatillo

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

Specialty Foods

Cibo Fresh Speciality

Artichoke Lemon Pesto
Classic Basil Pesto
Olive & Garlic Pesto
Sun Dried Tomato with Rosemary Pesto

Specialty Foods (Cont'd)

Nuovo Pasta

Tri Colored Tortellini

Spices and Seasonings

365 Every Day Value™

Southwestern Grill Seasoning