

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Green Hills 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).

### 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

### Baking Needs (Cont'd)

#### Edward & Sons

Organic Bread Crumbs - Italian Herb

Organic Bread Crumbs - Lightly Salted

### 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
- 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

## Condiments (Cont'd)

### 365 Organic Every Day Value™

- 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

### Westbrae

- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Walkerscottish Cookies

- 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

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

### Nejames

- 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 - Peace & Parmesan  
Shells - Real Aged Cheddar  
White Cheddar Shells

### Fantastic Foods

Sloppy Joe Mix  
Tabouli Salad 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  
Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

### Boca

Boca Burger - All American Classic - Organic

## Frozen Foods (Cont'd)

### Cascadian Farm

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

### 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

## **Meat and Poultry**

### **Health Is Wealth**

Whole Wheat - Chicken Nuggets

## **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

### **Health Valley**

Fat Free Vegetable Barley Soup

## **Specialty Foods**

### **Cibo Fresh Speciality**

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

### **Nuovo Pasta**

Tri Colored Tortellini