

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Kahala Mall Oahu Store, Southern Pacific 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.

Baking Needs

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, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

- 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™

- Chipotle Ranch Salad Dressing
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

Divina

- Olives - Kalamata

Westbrae

- Unsweetened Un-Ketchup

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

Crackers (Cont'd)

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

- Macaroni & Cheese - Bunny Shape
- Macaroni & Cheese - Mild White Cheddar
- Macaroni & Cheese - Organic White Cheddar
- Macaroni & Cheese - Peace & Parmesan
- Shells - Organic Cheddar Alfredo
- Shells - Real Aged Cheddar
- White Cheddar Shells

Casbah

- Tabouli

Fantastic Foods

- Sloppy Joe Mix
- Taco Filling Mix

Near East

- Spanish Rice

Ethnic Foods

Whole Kitchen™

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

Frozen Foods

365 Every Day Value™

- Frozen Chopped Spinach
- Haricots Vert

Frozen Foods (Cont'd)

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

Cedar Lane

Low Fat Vegetable Lasagna

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Health Is Wealth

Spring Rolls

Whole Catch™

Lightly Breaded Fish Fillet

Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

Jams and Nut Butters

Divina

Kalamata Spread

Im Health

Crunchy Soy Nut Butter

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

Meat Alternatives (Cont'd)

Tofurky

Peppered Deli Slices

Yves

Fat Free Veggie Dog

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

Meat and Poultry

365 Every Day Value™

Mediterranean Rotisserie Seasoning

Health Is Wealth

Chicken Tenders

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Sauces/Salsas/Dips

Frontera Grill

Salsa - Tomatillo

Seafood

Whole Catch™

Lightly Breaded Fish Fillet

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

Olive & Garlic Pesto

Sun Dried Tomato with Rosemary Pesto

Nuovo Pasta

Tri Colored Tortellini

Spices and Seasonings

365 Every Day Value™

Mediterranean Seafood Seasoning