

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Las Vegas Blvd 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Edward & Sons

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, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### Canned/Jarred Goods

#### 365 Every Day Value™

100% Pure Pumpkin

Green Ripe Pitted Olives

Jumbo Ripe Olives, Pitted

Large Ripe Olives, Pitted

Medium Ripe Olives, Pitted

Sliced Olives

## Cheese

### Han's

Sharp Cheddar Spread

## 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'

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

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Walkerscottish Cookies

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Assorted Crackers for Entertaining  
Saltine Crackers  
Unsalted Tops Saltines

### 365 Organic Every Day Value™

Cheese Square Crackers  
Herb and Garlic Water Crackers  
Sesame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

### Health Valley

Fat Free Whole Wheat Crackers  
Low Fat Stoned Wheat Crackers

### 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  
Shells - Real Aged Cheddar  
White Cheddar Shells

### Casbah

Couscous -Organic Nutedd Crunch  
Couscous - Organic Lemon Spinach  
Couscous - Organic Roasted Garlic with Olive Oil  
Couscous - Toasted  
Lentil Pilaf  
Spanish Pilaf  
Tabouli

### Fantastic Foods

Sloppy Joe Mix  
Tabouli Salad Mix  
Taco Filling Mix

## Entrees and Mixes (Cont'd)

### Near East

Herb Chicken Couscous  
Roasted Chicken & Garlic Pilaf  
Spanish Rice

### Ethnic Foods

#### Whole Kitchen™

Bean, Rice & Cheese Burrito

### Frozen Foods

#### 365 Every Day Value™

Frozen Chopped Spinach

#### 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 Winter Squash Puree

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings  
Pizza Munchees  
Spring Rolls

#### Whole Kitchen™

Bean, Rice & Cheese Burrito

## Jams and Nut Butters

### 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

Fat Free Veggie Dog  
Just Like Ground  
The Good Dog  
Veggie Canadian Bacon  
Veggie Pepperoni Pizza

## Meat and Poultry

### Health Is Wealth

Chicken Tenders  
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

## Sauces/Salsas/Dips

### Frontera Grill

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

## **Sauces/Salsas/Dips (Cont'd)**

### **Green Mountain Gringo**

- Hot Salsa
- Medium Salsa
- Mild Salsa

## **Soups**

### **365 Every Day Value™**

- Minestrone Soup

### **365 Organic Every Day Value™**

- Chicken Noodle Soup
- Cream of Mushroom Soup
- Lentil Bean Soup

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning
- Spicy Shrimp Boil Seasoning