

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Oracle 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

365 Every Day Value™

100% Pure Pumpkin

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, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin
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

Condiments

365 Organic Every Day Value™

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Newman's Own

Steak Sauce

Westbrae

Unsweetened Un-Ketchup

Crackers

365 Every Day Value™

Assorted Crackers for Entertaining

Golden Stoneground Bite Size

Saltine Crackers

365 Organic Every Day Value™

Cheese Square Crackers

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

Wasa Crispbread

Fiber Plus 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 - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Rice Pilaf

Spanish Pilaf

Tabouli

Fantastic Foods

Tabouli Salad Mix

Taco Filling Mix

Whole Wheat Couscous

Near East

Herb Chicken Couscous

Spanish Rice

Ethnic Foods

Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

Frozen Foods

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli

Crinkle Cuts

Haricot Verts

Boca

Boca Burger - All American Classic - Organic

Whole Kitchen™

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

Jams and Nut Butters

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

Fat Free Smart Dogs

Tofurky

Peppered Deli Slices

Yves

Just Like Ground

Veggie Canadian Bacon

Veggie Pepperoni Pizza

Sauces/Salsas/Dips

Frontera Grill

Salsa - Tomatillo

Green Mountain Gringo

Medium Salsa

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

Sun Dried Tomato with Rosemary Pesto

Sweeteners

Sun Crystals

Sweetener