

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Porter Ranch 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

#### Arrowhead Mills

All Purpose Baking Mix

#### 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, Butter & Garlic

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### Canned/Jarred Goods

#### 365 Every Day Value™

100% Pure Pumpkin

Hearts of Palm Salad Cut

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

## **Chips/Pretzels/Snacks (Cont'd)**

### **365 Organic Every Day Value™**

Thin Style Potato Chips, Sea Salt & Black Pepper

### **Garden Of Eatin**

Blue Corn Sesame Chips

Salted Blue Corn Chips

### **Newman's Own Organic**

Organic Round Salted Pretzels

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **365 Organic Every Day Value™**

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Thousand Island Dressing

Yellow Mustard

### **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

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

## **Dairy**

### **Nasoya Foods**

Egg Roll Wrappers

## **Entrees and Mixes**

### **Annie's Homegrown**

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Mild White Cheddar

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

### **Casbah**

Tabouli

### **Fantastic Foods**

Sloppy Joe Mix

Tabouli Salad Mix

### **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

## Frozen Foods (Cont'd)

### Cedar Lane

Low Fat Vegetable Lasagna

### Gardenburger

Fat Free Veggie Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Spring Rolls

### Whole Kitchen™

Bean, Rice & Cheese Burrito

## Meat Alternatives

### Lightlife

Fat Free Smart Dogs

Jumbo Smart Dogs

### Tofurky

Peppered Deli Slices

### Yves

Fat Free Veggie Dog

Just Like Ground

Veggie Canadian Bacon

Veggie Pepperoni Pizza

## Meat and Poultry

### 365 Every Day Value™

Mediterranean Rotisserie Seasoning

Toronto Steak & Chicken Seasoning

### Health Is Wealth

Chicken Tenders

Whole Wheat - Chicken Nuggets

## Pasta

### 365 Organic Every Day Value™

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

## Sauces/Salsas/Dips

### Frontera Grill

Salsa - Jalapeno

Salsa - Tomatillo

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

### Green Mountain Gringo

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

### Health Valley

Fat Free Vegetable Barley Soup

## Specialty Foods

### Nuovo Pasta

Tri Colored Tortellini

## Spices and Seasonings

### 365 Every Day Value™

Blackened Cajun Spice Seasoning

Southwestern Grill Seasoning