

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Paradise Valley 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, Butter & Garlic

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

## Cereal

### Wheatena

Wheat Cereal

## 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

### Guiltless Gourmet

Organic Black Bean Tortilla Chips

## Condiments

### 365 Organic Every Day Value™

Croutons, Butter & Garlic

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

### Health Valley

Oat Bran Graham Crackers

## Crackers

### 365 Every Day Value™

Assorted Crackers for Entertaining

Golden Stoneground Bite Size

Saltine Crackers

Unsalted Tops Saltines

## Crackers (Cont'd)

### 365 Organic Every Day Value™

Cheese Square Crackers

Golden Rounds

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

### 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

Whole Wheat Cheddar Cheese Shells

### Casbah

Couscous - Organic Lemon Spinach

Couscous - Organic Roasted Garlic with Olive Oil

Couscous - Toasted

Spanish Pilaf

### Fantastic Foods

Sloppy Joe Mix

### Near East

Roasted Chicken & Garlic Pilaf

Spanish Rice

## **Ethnic Foods**

### **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
- Haricot Verts

### **Boca**

- Boca Burger - All American Classic - Organic

### **Cedar Lane**

- Low Fat Vegetable Lasagna

### **Gardenburger**

- Low Fat Mushroom Gardenburger
- Veggie Burger Pattie

### **Health Is Wealth**

- Meatless Buffalo Wings

### **Whole Catch™**

- Lightly Breaded Fish Sticks

### **Whole Kitchen™**

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

## **Jams and Nut Butters**

### **Divina**

- Kalamata Spread

## **Meat Alternatives**

### **Lightlife**

- Fat Free Smart Dogs
- Jumbo Smart Dogs

## **Meat Alternatives (Cont'd)**

### **Tofurky**

- Peppered Deli Slices

### **Yves**

- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon
- Veggie Pepperoni Pizza

## **Meat and Poultry**

### **365 Every Day Value™**

- Toronto Steak & Chicken Seasoning

### **Health Is Wealth**

- Whole Wheat - Chicken Nuggets

## **Nutritional Supplements**

### **Whole Foods Market™**

- Vanilla Soy Protein Powder

## **Sauces/Salsas/Dips**

### **Frontera Grill**

- Salsa - Habanero
- Salsa - Tomatillo

## **Seafood**

### **Whole Catch™**

- Lightly Breaded Fish Sticks

## **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**

- Olive & Garlic Pesto

## **Specialty Foods (Cont'd)**

### **Nuovo Pasta**

Tri Colored Tortellini

## **Spices and Seasonings**

### **365 Every Day Value™**

Caribbean Barbeque Seasoning