

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Redondo Beach 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

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, 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

Hearts of Palm Salad Cut

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

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

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Chipotle Ranch Salad Dressing

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Honey Mustard

Newman's Own

Steak Sauce

Organicville

Organic Dressing, Herbs de Provence Vinaigrette

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

Crackers (Cont'd)

365 Organic Every Day Value™

Seesame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Entrees and Mixes

Annie's Homegrown

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Organic White Cheddar

Macaroni & Cheese - Peace & Parmesan

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix

Taco Filling Mix

Near East

Herb Chicken Couscous

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

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

Frozen Foods (Cont'd)

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Health Is Wealth

Pizza Munchees

Whole Kitchen™

Bean & Rice Burrito
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

Just Like Ground
The Good Dog
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

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 - Habanero
Salsa - Roasted Tomato Mild
Salsa - Tomatillo

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

Artichoke Lemon Pesto
Olive & Garlic Pesto
Sun Dried Tomato with Rosemary Pesto

Nuovo Pasta

Tri Colored Tortellini