

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Raintree 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

Edward & Sons

Organic Bread Crumbs - Lightly Salted

Beverages

365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

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

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

Bearitos

- Organic Popcorn - 50% Less Oil

Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

Organicville

- Organic Dressing, Herbs de Provence Vinaigrette

Cookies and Snack Bars

Walkerscottish Cookies

- Shortbread Fingers

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
- Seasame Seed Water Crackers

Ak-Mak

- Armenian Cracker Bread

Dairy

Nasoya Foods

- Egg Roll Wrappers

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

Casbah

- Couscous - Organic Lemon Spinach
- Couscous - Organic Roasted Garlic with Olive Oil

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
- Haricots Vert

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

Gardenburger

- Fat Free Veggie Gardenburger

Health Is Wealth

- Pizza Munchees
- Spring Rolls

Frozen Foods (Cont'd)

Whole Catch™

Lightly Breaded Fish Fillet
Lightly Breaded Fish Sticks

Whole Kitchen™

Bean, Rice & Cheese Burrito

Jams and Nut Butters

Maranatha

Almond Butter - Raw Organic No Salt

Meat Alternatives

Tofurky

Peppered Deli Slices

Yves

Fat Free Veggie Dog
Just Like Ground
Veggie Pepperoni Pizza

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 - Jalapeno

Green Mountain Gringo

Hot Salsa
Medium Salsa
Mild Salsa

Seafood

Whole Catch™

Lightly Breaded Fish Fillet
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