

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sherman Oaks 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 - Italian Herb

Organic Bread Crumbs - Lightly Salted

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Strawberry Sparkling Water

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Cheese & Garlic

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

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

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

## 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  
Honey Mustard  
Thousand Island Dressing  
Yellow Mustard

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette

## Cookies and Snack Bars

### Health Valley

Oat Bran Graham Crackers

### 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  
Sesame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### England

Clotted Cream

### 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 - Toasted  
Rice Pilaf  
Spanish Pilaf  
Tabouli

### Fantastic Foods

Sloppy Joe Mix  
Taco Filling Mix  
Whole Wheat Couscous

## Entrees and Mixes (Cont'd)

### 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™

Crinkle Cuts  
Haricot Verts

### Boca

Boca Burger - All American Classic - Organic

### Gardenburger

Fat Free Veggie Gardenburger  
Veggie Burger Pattie

### Health Is Wealth

Meatless Buffalo Wings  
Pizza Munchees  
Spring Rolls

#### 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  
Jumbo Smart Dogs

## Meat Alternatives (Cont'd)

### Tofurky

Peppered Deli Slices

### Yves

Fat Free Veggie Dog  
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

Whole Wheat - Chicken Nuggets

### Nutritional Supplements

#### Whole Foods Market™

Vanilla Soy Protein Powder

### 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

Sun Dried Tomato with Rosemary Pesto

#### Nuovo Pasta

Tri Colored Tortellini

### Spices and Seasonings

#### 365 Every Day Value™

Blackened Cajun Spice Seasoning  
Mediterranean Seafood Seasoning  
Spicy Shrimp Boil Seasoning