

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Woodland Hills 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

Arrowhead Mills

- Cornbread 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

- 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™

- 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 Chips, Sea Salt & Black Pepper

Bearitos

Organic Popcorn - 50% Less Oil

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

Thousand Island Dressing

Yellow Mustard

Newman's Own

Steak Sauce

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

365 Organic Every Day Value™

Cheese Square Crackers

Golden Rounds

Herb and Garlic Water Crackers

Seesame 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

Dairy Alternatives

Soya Kaas

Soy Cream Cheese

Entrees and Mixes

Annie's Homegrown

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Mild White Cheddar

Macaroni & Cheese - Organic White Cheddar

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Couscous -Organic Nutedd Crunch

Couscous - Organic Lemon Spinach

Couscous - Organic Roasted Garlic with Olive Oil

Couscous - Toasted

Rice Pilaf

Entrees and Mixes (Cont'd)

Casbah

Spanish Pilaf

Fantastic Foods

Sloppy Joe Mix

Taco Filling Mix

Whole Wheat Couscous

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 Ravioli

Crinkle Cuts

Haricot Verts

Boca

Boca Burger - All American Classic - Organic

Cedar Lane

Low Fat Vegetable Lasagna

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Health Is Wealth

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

Tofurky

Peppered Deli Slices

Yves

Fat Free Veggie Dog

Just Like Ground

The Good Dog

Veggie Canadian Bacon

Veggie Pepperoni Pizza

Meat and Poultry

Health Is Wealth

Chicken Tenders

Whole Wheat - Chicken Nuggets

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Sauces/Salsas/Dips

Frontera Grill

Salsa - Habanero

Salsa - Jalapeno

Salsa - Tomatillo

Green Mountain Gringo

Hot Salsa

Medium Salsa

Soups

365 Every Day Value™

Minestrone Soup

365 Organic Every Day Value™

Chicken Noodle Soup

Cream of Mushroom Soup

Soups (Cont'd)

365 Organic Every Day Value™

Lentil Bean Soup

Specialty Foods

Cibo Fresh Speciality

Artichoke Lemon Pesto

Olive & Garlic Pesto

Sun Dried Tomato with Rosemary Pesto

Spices and Seasonings

365 Every Day Value™

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning

Spicy Shrimp Boil Seasoning