

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Wilshire Blvd 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

#### 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™

- 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

Yellow Mustard

## 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

## Crackers (Cont'd)

### 365 Organic Every Day Value™

Seesame Seed Water Crackers

### Ak-Mak

Armenian Cracker Bread

### Health Valley

Fat Free Whole Wheat Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Entrees and Mixes

### Annie's Homegrown

Alfredo Basil Shells

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Mild White Cheddar

Macaroni & Cheese - Peace & Parmesan

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

### Casbah

Couscous - Organic Lemon Spinach

Spanish Pilaf

Tabouli

## Ethnic Foods

### Whole Kitchen™

Bean & Rice Burrito

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach

### 365 Organic Every Day Value

Cheese Tortellini

### 365 Organic Every Day Value™

Cheese Ravioli

Haricot Verts

### Boca

Boca Burger - All American Classic - Organic

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

### **Cedar Lane**

Low Fat Vegetable Lasagna

### **Gardenburger**

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### **Whole Kitchen™**

Bean & Rice Burrito

## **Jams and Nut Butters**

### **Im Health**

Crunchy Soy Nut Butter

## **Meat Alternatives**

### **Lightlife**

Fat Free Smart Dogs

Jumbo Smart Dogs

## **Meat and Poultry**

### **365 Every Day Value™**

Mediterranean Rotisserie Seasoning

Toronto Steak & Chicken Seasoning

## **Sauces/Salsas/Dips**

### **Frontera Grill**

Salsa - Habanero

### **Green Mountain Gringo**

Hot Salsa

Medium Salsa

Mild Salsa

## **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**

Artichoke Lemon Pesto

Olive & Garlic Pesto

## **Spices and Seasonings**

### **365 Every Day Value™**

Spicy Shrimp Boil Seasoning