

# Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Little Rock Store, Southwest 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

Cornbread Mix

#### Chatham Croutons

Croutons - Lightly Seasoned

### 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, Caesar

Croutons, Seasoned

Tortilla Corn

### Canned/Jarred Goods

#### 365 Every Day Value™

100% Pure Pumpkin

Hearts of Palm Salad Cut

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

### **Garden Of Eatin**

Blue Corn Sesame Chips

Salted Blue Corn Chips

### **Good Health**

Whole Wheat Peanut Butter Filled Pretzels

### **Guiltless Gourmet**

Organic Black Bean Tortilla Chips

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **365 Organic Every Day Value™**

Chipotle Ranch Salad Dressing

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

## **Crackers (Cont'd)**

### **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

### **Near East**

Herb Chicken Couscous

Spanish Rice

## **Ethnic Foods**

### **Whole Kitchen™**

Bean & Rice Burrito

Bean, Rice & Cheese Burrito

## **Frozen Foods**

### **365 Every Day Value™**

Frozen Chopped Spinach

Haricots Vert

### **365 Organic Every Day Value**

Cheese Tortellini

### **365 Organic Every Day Value™**

Cheese Ravioli

Haricot Verts

Whole Wheat Spinach & Cheese Ravioli w/ Soy

Ricotta

### **Boca**

Boca Burger - All American Classic - Organic

### **Gardenburger**

Veggie Burger Pattie

### **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**

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**

### **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