

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Coral Springs Store, Florida 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 3g of fat or fewer per serving. Check out our website for more information about low fat foods:

<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

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Oat Bran Pancake Mix
- Spelt Organic Flour

No Pudge

- Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water

Beverages (Cont'd)

Ceres Fruit Juices

- Guava Juice

Looza Fruit Juices

- Pear Nectar Juice

Bread

365 Organic Every Day Value™

- Tortilla Corn

Food For Life

- 7 Grain English Muffins
- Bran Bread
- Brown Rice Bread, Wheat & Gluten Free
- Cinnamon Raisin Bread
- Millet Bread, Wheat & Gluten Free
- Organic 7 Grain Bread
- Organic Ezekial Bread

Bread (Cont'd)

Food For Life

Organic Ezekiel Bread
Raisin Pecan Bread, Wheat & Gluten Free
Rice Almond Bread, Wheat & Gluten Free
Rice Pecan Bread, Wheat & Gluten Free
Sprouted Ezekiel Tortillas
White Rice Bread, Wheat & Gluten Free

French Meadow Bakery

European Sourdough Rye Bread
Organic Woman's Bread

Nature's Path

Carrot Raisin Bread

Canned Goods

Eden Foods

Black Beans
Navy Beans

Pomi

Strained Tomatoes

Canned/Jarred Goods

365 Every Day Value™

Green Ripe Pitted Olives
Jumbo Ripe Olives, Pitted
Large Ripe Olives, Pitted
Medium Ripe Olives, Pitted
Sliced Olives
Solid White Albacore Tuna
Solid White Albacore Tuna w/No Salt Added
Tongol Tuna, No Salt
Tongol Tuna, with Salt

365 Organic Every Day Value™

Black Beans

Cereal

365 Organic Every Day Value™

High Fiber Cereal

Barbara's Bakery

Honey Rice Puffins Cereal

Cereal (Cont'd)

Erewhon

Maple Oatmeal

Kashi

Cinna-Raisin Crunch Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Glennys

Garlic and Onion Soy Crisps
Lightly Salted Soy Crisps

Guiltless Gourmet

Organic Black Bean Tortilla Chips
Tortilla Chips

Newman's Own Organic

Organic Round Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Organicville

Organic Ketchup
Organic Original BBQ Sauce

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

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Apple Cereal Bars
Blueberry Cereal Bars
Mixed Berry Cereal Bars
Strawberry Cereal Bars

365 Organic Every Day Value™

Fig Bar Cookies

Cookies and Snack Bars (Cont'd)

Health Valley

Apple Cobbler Cereal Bars

Kinnikinnick

KinniKritters Animal Cookies
KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
S'moreables Graham Style Crackers

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Bisca

Organic Water Crackers

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Health Valley

Low Fat Stoned Wheat Crackers

Kashi

Honey Sesame Crackers
Original Crackers

Scand

Bran Crispbread

Dairy

Dannon

Vanilla Actimel

Horizon

Organic Low Fat Egg Nog
Organic Low Fat Sour Cream

Lactaid

1% Lactaid Milk

Lifeway

Low Fat Blueberry Kefir
Low Fat Peach Kefir

Dairy (Cont'd)

Lifeway

Low Fat Raspberry Kefir

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz
Organic Fat Free Black Cherry Yogurt, Fruit on the Bottom, 6 oz
Organic Fat Free Lotsa Lemon Yogurt, 6 oz
Organic Low Fat Blueberry Yogurt, 6 oz
Organic Low Fat Caramel Yogurt
Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Plain Yogurt, 32 oz
Organic Low Fat Plain Yogurt, 6 oz
Organic Low Fat Raspberry Yogurt, 6 oz
Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Vanilla Yogurt
Organic Peach Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothie, 10 oz

White Wave

Black Cherry Soy Yogurt
Soy Strawberry Yogurt
Vanilla Soy Yogurt

Whole Soy

Vanilla Soy Yogurt

Dairy Alternatives

Pacific Foods

Oat Vanilla Beverage
Original Almond Milk Beverage

White Wave

Non Dairy Vanilla Soy Beverage
Soy French Vanilla Creamer
Soy Hazelnut Creamer

Desserts

Kozy Shack

Rice Pudding

Desserts (Cont'd)

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

Spaghetti Bolognese

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame

Food Merchants

Organic Polenta, Basil & Garlic

Organicville

Organic Sesame Teriyaki

Frozen Foods

365 Every Day Value™

Berry Medley
Frozen Chopped Spinach
Frozen Fruit Whole Raspberries
Frozen Fruit Whole Strawberries
Frozen Sliced Peaches
Frozen Whole Blueberries

365 Organic Every Day Value™

Frozen Berry Blend
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries
Spaghetti Bolognese

Gardenburger

Fat Free Veggie Gardenburger
Low Fat Mushroom Gardenburger
Mexican Gardenburger
Veggie Burger Pattie

Frozen Foods (Cont'd)

Health Is Wealth

Jalapeno Munchees
Meatless Buffalo Wings

Ians

Sweet Potato French Fries

Kashi

Blueberry Waffles
Original Waffles

Quorn Foods

Meat Free Ground Beef

Soy Boy

Tofu Ravioli

Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt
Fat Free Dutch Chocolate Frozen Yogurt
Low Fat Creme Caramel Frozen Yogurt
Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Original
Beef Jerky, Peppered
Beef Jerky, Teriyaki

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti

Pasta (Cont'd)

DeBoles Foods

Fettucine Spinach Pasta

Dececco Pasta

Rigate Penne Pasta

Rigatoni

Tinkyada

Brown Rice Elbow

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Spaghetti

Brown Rice Spirals

Organic Brown Rice Spaghetti

Spinach Brown Rice Spaghetti

Vegetable Brown Rice Spirals

Vita-Spelt

Vita Spelt Angel Hair Pasta

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Sauces, Salsas and Dips

Organicville

Organic Sesame Teriyaki

Soups

Health Valley

Organic Mushroom Barley Soup

Organic Split Pea Soup

Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Mediterranean Seafood Seasoning

Southwestern Grill Seasoning