

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Sarasota 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](mailto: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™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Fresh Squeezed Grapefruit Juice

### Beverages (Cont'd)

#### 365 Every Day Value™

- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

#### Apple & Eve

- Apple Juice

#### Ceres Fruit Juices

- Guava Juice

## **Beverages (Cont'd)**

### **Looza Fruit Juices**

- Mango Nectar Juice
- Pear Nectar Juice

## **Bread**

### **365 Organic Every Day Value™**

- Tortilla Corn

### **Berli**

- Sprouted Spelt Bread

### **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
- 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

### **Food for Life**

- Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### **French Meadow Bakery**

- European Sourdough Rye Bread

### **Kinnikinnick**

- Brown Sandwich Bread
- White Sandwich Bread

### **Nature's Path**

- Carrot Raisin Bread

## **Canned Goods**

### **Eden Foods**

- Black Beans
- Navy Beans
- Pinto Beans

## **Canned Goods (Cont'd)**

### **Pomi**

- Strained Tomatoes

### **Santa Cruz Organic**

- Organic Apricot Applesauce

## **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
- Pinto Beans

## **Cereal**

### **365 Organic Every Day Value™**

- High Fiber Cereal

### **Barbara's Bakery**

- Honey Rice Puffins Cereal

### **Kashi**

- Cinna-Raisin Crunch Cereal

### **Mothers**

- Cocoa Bumpers Cereal

### **Us Mill**

- Uncle Sam Cereal

## **Chips, Pretzels and Snacks**

### **Glennys**

- Barbeque Soy Crisps
- Garlic and Onion Soy Crisps
- Lightly Salted Soy Crisps

## **Chips, Pretzels and Snacks (Cont'd)**

### **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**

### **Colgin**

Liquid Smoke  
Mesquite Flavored Liquid Smoke

### **Mediterranean Organics**

Organic Green Olives Stuffed with Almonds

### **Organicville**

Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

### **Westbrae**

Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **365 Every Day Value™**

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

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Health Valley**

Fat Free Blueberry Cereal Bars  
Strawberry Cereal Bars

### **Kinnikinnick**

KinniKritters Animal Cookies  
S'moreables Graham Style Crackers

## **Cookies and Snack Bars (Cont'd)**

### **Newman's Own Organic**

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies

## **Crackers**

### **365 Every Day Value™**

Golden Stoneground Bite Size

### **Bisca**

Organic Water Crackers

### **Edward & Sons**

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

### **Kashi**

Honey Sesame Crackers  
Original Crackers

### **Scand**

Bran Crispbread

## **Dairy**

### **Horizon**

Organic Low Fat Sour Cream

### **Lactaid**

1% Lactaid Milk  
Non Fat Lactaid Milk

### **Liberte**

6 Grain Raspberry Yogurt

### **Lifeway**

Low Fat Blueberry Kefir  
Low Fat Peach Kefir  
Low Fat Raspberry Kefir  
Low Fat Strawberry Kefir

## Dairy (Cont'd)

### Organic Valley

- Organic 1% Low Fat Milk
- Organic Skim Milk

### Stonyfield Farm

- Organic Banana Berry Yogurt Smoothie, 10 oz
- Organic Fat Free Black Cherry Yogurt, Fruit on the Bottom, 6 oz
- Organic Fat Free Blueberry 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 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
- Peach 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 Hazelnut Creamer

## Desserts

### Kozy Shack

- Chocolate Pudding

## Desserts (Cont'd)

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

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

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional

### Organicville

- Organic Island Teriyaki
- 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

### Gardenburger

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

### Health Is Wealth

- Jalapeno Munchees
- Meatless Buffalo Wings

## Frozen Foods (Cont'd)

### Ians

Sweet Potato French Fries

### Kashi

Blueberry Waffles

### Kinnikinnick

Brown Sandwich Bread

White Sandwich Bread

### Quorn Foods

Meat Free Ground Beef

### Soy Boy

Tofu Ravioli

### Stonyfield Farm

Fat Free Mint Chocolate Chip 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

### DeBoles Foods

Fettucine Spinach Pasta

## Pasta (Cont'd)

### Dececco Pasta

Rigatoni

### Tinkyada

Brown Rice Elbow

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Lasagne

Brown Rice Penne

Brown Rice Shells

Brown Rice Spaghetti

Brown Rice Spirals

Organic Brown Rice Lasagne

Organic Brown Rice Spirals

Spinach Brown Rice Spaghetti

Vegetable Brown Rice Spirals

### Vita-Spelt

Vita Spelt Organic White Spaghetti

## Pasta Sauce

### Muir Glen

Organic Fat Free Italian Pasta Sauce

### Timpones

Spaghetti Sauce

### Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Roasted Garlic Pasta Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki

Organic Medium Salsa

Organic Sesame Teriyaki

## **Sauces, Salsas and Dips (Cont'd)**

### **The Wizard's Sauce**

Organic Hot Stuff

## **Soups**

### **Health Valley**

Organic Mushroom Barley Soup

Organic Potato & Leek Soup

Organic Split Pea Soup

Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning