

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## South Beach 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
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water

### Beverages (Cont'd)

#### 365 Every Day Value™

- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

#### Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

## **Bread (Cont'd)**

### **Food For Life**

7 Grain English Muffins  
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**

Organic Woman's Bread

### **Nature's Path**

Carrot Raisin Bread

## **Canned Goods**

### **Eden Foods**

Navy Beans

### **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

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

### **365 Organic Every Day Value™**

Black Beans

## **Cereal**

### **365 Organic Every Day Value™**

High Fiber Cereal

### **Barbara's Bakery**

Honey Rice Puffins Cereal

### **Erewhon**

Maple Oatmeal

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Mothers**

Cocoa Bumpers Cereal  
Graham 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 Thin Salted Pretzels

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **Mediterranean Organics**

Organic Green Olives Stuffed with Almonds

### **Organicville**

Organic Ketchup

## Condiments (Cont'd)

### 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

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Edward & Sons

Organic Brown Rice Snaps, Black Sesame

### Kashi

Honey Sesame Crackers

Original Crackers

### Scand

Bran Crispbread

## Dairy

### Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

## Dairy (Cont'd)

### Lifeway

Fat Free Strawberry Banana Kefir

Low Fat Blueberry Kefir

Low Fat Peach Kefir

Low Fat Raspberry Kefir

Low Fat Strawberry Kefir

### Nulaid

Fat Free Egg Replacer

### 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 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

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 French Vanilla Creamer
- Soy Hazelnut Creamer

## Desserts

### Kozy Shack

- Chocolate Pudding
- Rice Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Food Merchants

- Organic Polenta, Traditional

## Frozen Foods

### 365 Every Day Value™

- Berry Medley
- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries
- 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
- Veggie Burger Pattie

### Health Is Wealth

- Meatless Buffalo Wings

## Frozen Foods (Cont'd)

### Ians

- Sweet Potato French Fries

### Quorn Foods

- Meat Free Ground Beef

### Stonyfield Farm

- 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

### Dececco Pasta

- Rigate Penne Pasta
- Rigatoni

### Tinkyada

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Shells
- Organic Brown Rice Spaghetti
- Vegetable Brown Rice Spirals

## **Pasta Sauce**

### **Muir Glen**

Organic Fat Free Italian Pasta Sauce

### **Walnut Acres**

Low Sodium Tomato Basil Pasta Sauce

## **Prepared Foods**

### **Food Merchants**

Organic Polenta, Traditional

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Medium Salsa

Organic Mild Salsa

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

Organic Hot Stuff

## **Soups**

### **Health Valley**

Organic Mushroom Barley Soup

Organic Potato & Leek Soup

Organic Split Pea Soup