

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tampa 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™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

- Italian Sparkling Orange/Lime/Pink Grapefruit Water

Ceres Fruit Juices

- Guava Juice

Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

Bread

365 Organic Every Day Value™

- Tortilla Corn

Berli

- Sprouted Spelt Bread

Bread (Cont'd)

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

Canned Goods

Eden Foods

- Navy Beans
- Pinto Beans

Pomi

- Strained Tomatoes

Santa Cruz Organic

- Organic Apricot Applesauce

Canned/Jarred Goods

365 Every Day Value™

- Baby Corn
- Green Ripe Pitted Olives
- Jumbo Ripe Olives, Pitted
- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- Sliced Olives
- Solid White Albacore Tuna

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

- 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

Erewhon

- Maple Oatmeal

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

Guiltless Gourmet

- Organic Black Bean Tortilla Chips
- Tortilla Chips

Newman's Own Organic

- Organic Thin Salted Pretzels

Condiments

Colgin

- Liquid Smoke

Mediterranean Organics

- Organic Green Olives Stuffed with Almonds

Condiments (Cont'd)

Organicville

- Organic Ketchup
- Organic Original BBQ Sauce

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

Kinnikinnick

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

Newman's Own Organic

- Alphabet Cinnamon Cookies

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

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

Health Valley

- Low Fat Sesame Crackers

Kashi

- Original Crackers

Crackers (Cont'd)

Scand

- Bran Crispbread

Dairy

Dannon

- Vanilla Actimel

Horizon

- Organic Low Fat Egg Nog
- Organic Low Fat Sour Cream

Lifeway

- Low Fat Blueberry Kefir
- Low Fat Peach Kefir
- Low Fat Raspberry Kefir

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 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

White Wave

- Black Cherry Soy Yogurt
- Peach Soy Yogurt
- Soy Strawberry Yogurt
- Vanilla Soy Yogurt

Dairy (Cont'd)

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

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

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

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

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Spaghetti Bolognese

Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

Health Is Wealth

Jalapeno Munchees

Spring Rolls

Ians

Sweet Potato French Fries

Kashi

Blueberry Waffles

Original Waffles

Kinnikinnick

Brown Sandwich Bread

White Sandwich Bread

Quorn Foods

Meat Free Ground Beef

Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt

Fat Free Mint Chocolate Chip Frozen Yogurt

Fat Free Raspberry 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

DeBoles Foods

Fettucine Spinach Pasta

Dececco Pasta

Orecchiette Pasta

Tinkyada

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Little Dreams

Brown Rice Shells

Brown Rice Spirals

Organic Brown Rice Elbow

Organic Brown Rice Lasagne

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Spinach Brown Rice Spaghetti

Vegetable Brown Rice Spirals

Vita-Spelt

Vita Spelt White Angel Hair Pasta

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta 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

Soups

Health Valley

Organic Potato & Leek Soup

Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Asian Seafood Seasoning

Mediterranean Seafood Seasoning