

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Wellington 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
- 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
- Italian Strawberry Sparkling Water

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

Bread (Cont'd)

Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

French Meadow Bakery

European Sourdough Rye Bread
Organic Woman's Bread

Kinnikinnick

White Sandwich Bread

Nature's Path

Carrot Raisin Bread

Canned Goods

Eden Foods

Black Beans
Navy Beans
Pinto 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
Pinto Beans

Cereal

365 Organic Every Day Value™

High Fiber Cereal

Barbara's Bakery

Honey Rice Puffins Cereal

Cereal (Cont'd)

Kashi

Cinna-Raisin Crunch Cereal

Perky's

Nutty Rice 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

Newman's Own Organic

Organic Round Salted Pretzels

Condiments

Colgin

Mesquite Flavored Liquid Smoke

Organicville

Organic Ketchup

Santa Barbara

Jalapeno Stuffed Olives

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

Peanut Crunch Granola Bar
Strawberry Cereal Bars

Cookies and Snack Bars (Cont'd)

Kinnikinnick

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

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 Sesame
Brown Rice Snaps, Unsalted 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

Original Crackers

Scand

Bran Crispbread

Dairy

Dannon

Vanilla Actimel

Horizon

Organic Fat Free Plain Yogurt
Organic Low Fat Egg Nog
Organic Low Fat Sour Cream
Organic Strawberry Yogurt

Lactaid

1% Lactaid Milk
Non Fat Lactaid Milk

Dairy (Cont'd)

Liberte

6 Grain Raspberry Yogurt

Lifeway

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 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
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

365 Every Day Value™

- Raspberry Sorbet
- Tangerine Sorbet

Kozy Shack

- Rice Pudding

Oetker

- Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

- Spaghetti Bolognese

Ethnic Foods

Edward & Sons

- Brown Rice Snaps, Tamari Sesame

Food Merchants

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

Manishevitz

- Matzo Ball Mix

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
- Raspberry Sorbet
- Tangerine Sorbet

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

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

Haagen-Dazs

- Raspberry Sorbet

Health Is Wealth

- Jalapeno Munchees

Ians

- Sweet Potato French Fries

Kashi

- Blueberry Waffles
- Original Waffles

Kinnikinnick

- White Sandwich Bread

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

DeBoles Foods

Fettucine Spinach Pasta

Dececco Pasta

Rigate Penne Pasta

Rigatoni

Tinkyada

Brown Rice Elbow

Brown Rice Fusilli

Brown Rice Lasagne

Brown Rice Spaghetti

Organic Brown Rice Elbow

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Organic Brown Rice Spirals

Spinach Brown Rice Spaghetti

Vegetable Brown Rice Spirals

Vita-Spelt

Vita Spelt Angel Hair Pasta

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

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Medium Salsa

Organic Mild Salsa

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning