

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Bethesda Store, Mid-Atlantic 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

Beverages (Cont'd)

Apple & Eve

- Apple Juice

Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

Vruit

- Berry Veggie 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
- Rice Almond Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

French Meadow Bakery

- European Sourdough Rye Bread

Shiloh Farms

- 7 Grain Bread

Canned Goods

Eden Foods

- Black Beans
- Navy Beans
- Pinto 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

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
- Graham Cereal

Post

- Grape Nuts Cereal

Us Mill

- Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

- Tortilla Chips

Mothers

- Salt & Butter Popped Corn Cakes

Newman's Own Organic

- Organic Round Salted Pretzels

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

Colgin

- Liquid Smoke

Grey Poupon

- Country Dijon Mustard
- Dijon Mustard

Organicville

- Organic Ketchup

Terrapin Ridge

- Masters Mustard

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

Strawberry Cereal Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies

Midel

Honey Gram Crackers

Newman's Own Organic

Alphabet Cinnamon Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Unsalted Sesame
Organic Brown Rice Snaps, Black Sesame

Health Valley

Low Fat Sesame Crackers
Low Fat Stoned Wheat Crackers

Kashi

Honey Sesame Crackers
Original Crackers

Nejaimes

Original Crispbread

Dairy

Dannon

Vanilla Actimel

Friendship

1% Cottage Cheese
Light Sour Cream
No Salt Cottage Cheese

Dairy (Cont'd)

Friendship

Whipped Cottage Cheese

Horizon

Organic Low Fat Egg Nog
Organic Low Fat Sour Cream

Lactaid

1% Lactaid Milk
Non Fat Lactaid Milk

Liberte

6 Grain Peach Yogurt
6 Grain Raspberry Yogurt

Lifeway

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

Parmalat

1% Milk
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

Dairy (Cont'd)

White Wave

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™

Meyer Lemon Sorbet
Raspberry Sorbet

Ciao Bella

Chocolate Sorbetto

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding
Organic Mocha Pudding

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Food Merchants

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

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
Meyer Lemon Sorbet
Raspberry Sorbet

365 Organic Every Day Value™

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

Ciao Bella

Chocolate Sorbetto

Gardenburger

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

Haagen-Dazs

Mango Sorbet
Orchard Peach Sorbet
Raspberry Frozen Yogurt
Raspberry Sorbet

Health Is Wealth

Broccoli Tofu Munchees
Jalapeno Munchees
Meatless Buffalo Wings
Spring Rolls

Kashi

Blueberry Waffles
Original Waffles

Perfect Additions

Unsalted Veggie Stock

Quorn Foods

Meat Free Ground Beef

Frozen Foods (Cont'd)

Soy Boy

Tofu Ravioli

Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt
Fat Free Dutch Chocolate Frozen Yogurt
Fat Free Mint Chocolate Chip 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, Teriyaki

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti

DeBoles Foods

Fettucine Spinach Pasta

Dececco Pasta

Rigate Penne Pasta
Rigatoni
Whole Wheat Linguini Pasta

Tinkyada

Brown Rice Elbow
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Penne
Brown Rice Shells
Brown Rice Spaghetti
Brown Rice Spirals
Organic Brown Rice Spaghetti
Vegetable Brown Rice Spirals

Pasta (Cont'd)

Vita-Spelt

Vita Spelt White Angel Hair Pasta

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce
Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Spaghetti Sauce

Prepared Foods

Food Merchants

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

Sauces, Salsas and Dips

Organicville

Organic Sesame Teriyaki

Soups

Health Valley

Fat Free Vegetable Barley Soup
Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning