

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Cincinnati 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Spelt Organic Flour

### Beverages

#### 365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Apple & Eve

- Apple Juice

### Beverages (Cont'd)

#### 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

#### Food For Life

- 7 Grain English Muffins
- Bran Bread
- Brown Rice Bread, Wheat & Gluten Free

## Bread (Cont'd)

### Food For Life

- Cinnamon Raisin Bread
- Millet Bread, Wheat & Gluten Free
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Rice Almond Bread, Wheat & Gluten Free
- Rice Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas

### French Meadow Bakery

- European Sourdough Rye Bread

### Kinnikinnick

- White Sandwich Bread
- Yeast Free Tapioca Rice Bread

### Nature's Path

- Carrot Raisin Bread

## Canned Goods

### Eden Foods

- Black Beans
- Navy Beans
- Pinto Beans

### 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

## 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

### 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

### Mothers

- Salt & Butter Popped Corn Cakes

### Newman's Own Organic

- Organic Round Salted Pretzels

## Condiments

### Colgin

- Liquid Smoke

### Grey Poupon

- Country Dijon Mustard
- Dijon Mustard

### Organicville

- 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

### 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, Unsalted Sesame
- Organic Brown Rice Snaps, Toasted Onion
- Organic Brown Rice Snaps, Unsalted Plain
- Organic Brown Rice Snaps, Vegetable

### Kashi

- Honey Sesame Crackers
- Original Crackers

### Nejaimes

- Original Crispbread

## Dairy

### Dannon

- Vanilla Actimel

### Friendship

- 1% Cottage Cheese
- No Salt Cottage Cheese
- Whipped Cottage Cheese

### Horizon

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

## Dairy (Cont'd)

### Liberte

- 6 Grain Peach Yogurt
- 6 Grain Raspberry Yogurt

### Lifeway

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

### 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

## Dairy Alternatives (Cont'd)

### White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## Desserts

### 365 Every Day Value™

- Hibiscus Sorbet
- Meyer Lemon Sorbet
- Passionfruit Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

### Ciao Bella

- Chocolate Sorbetto

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

- Spaghetti Bolognese

## Ethnic Foods

### Food Merchants

- Organic Polenta, Basil & 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
- Hibiscus Sorbet

## Frozen Foods (Cont'd)

### 365 Every Day Value™

- Meyer Lemon Sorbet
- Passionfruit Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

### 365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Spaghetti Bolognese

### Ciao Bella

- Chocolate Sorbetto

### Gardenburger

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

### Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet

### Health Is Wealth

- Meatless Buffalo Wings

### Kashi

- Blueberry Waffles
- Original Waffles

### Kinnikinnick

- White Sandwich Bread
- Yeast Free Tapioca Rice 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
- Fat Free Mint Chocolate Chip Frozen Yogurt

## Frozen Foods (Cont'd)

### Stonyfield Farm

- Low Fat Creme Caramel Frozen Yogurt
- Non Fat Vanilla Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

- Beef Jerky, Original
- Beef Jerky, Peppered

## 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 Fusilli
- Brown Rice Lasagne
- Brown Rice Penne
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Lasagne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals

### Vita-Spelt

- Vita Spelt Angel Hair Pasta
- Vita Spelt Organic White Spaghetti
- Vita Spelt White Angel Hair Pasta

## Pasta Sauce

### Muir Glen

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

## Prepared Foods

### Food Merchants

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

## Sauces, Salsas and Dips

### Organicville

- Organic Mild Salsa

## Soups

### Health Valley

- Fat Free Vegetable Barley Soup
- Vegetable Soup - Fat Free