

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Charlottesville 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)

#### Ceres Fruit Juices

- Guava 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
- Rice Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

### **French Meadow Bakery**

- European Sourdough Rye Bread

### **Nature's Path**

- Carrot Raisin 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

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

### **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**

### **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

## **Coffee and Tea**

### **365 Every Day Value™**

- Ground Hazelnut Coffee

## Condiments

### Charlie Beiggs

Maine Apple Barbeque Sauce

### Colgin

Liquid Smoke

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Organicville

Organic Ketchup

### 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 Chocolate Cookies

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, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

## Crackers (Cont'd)

### Edward & Sons

Organic Brown Rice Snaps, Vegetable

### Health Valley

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

### Kashi

Honey Sesame Crackers

Original Crackers

### Nejames

Original Crispbread

## Dairy

### Dannon

Vanilla Actimel

### Friendship

1% Cottage Cheese

Light Sour Cream

No Salt Cottage Cheese

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 Peach Kefir

Low Fat Raspberry Kefir

Low Fat Strawberry Kefir

### Parmalat

1% Milk

Skim Milk

### Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz

## Dairy (Cont'd)

### Stonyfield Farm

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

### 365 Every Day Value™

Raspberry Sorbet

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding  
Rice Pudding

## Desserts (Cont'd)

### Kozy Shack

Tapioca Pudding

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

## 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  
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

## Frozen Foods (Cont'd)

### Health Is Wealth

Spring Rolls

### Kashi

Blueberry Waffles

Original Waffles

### 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, 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 Fettucini

Brown Rice Fusilli

## Pasta (Cont'd)

### Tinkyada

Brown Rice Lasagne

Brown Rice Penne

Brown Rice Shells

Brown Rice Spaghetti

Brown Rice Spirals

Organic Brown Rice Lasagne

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Organic Brown Rice Spirals

Vegetable 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

### Timpones

Spaghetti Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

## Spices and Seasonings

### 365 Every Day Value™

Mediterranean Seafood Seasoning

Spicy Shrimp Boil Seasoning