

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Columbus 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

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
Organic Woman's Bread

Kinnikinnick

White Sandwich 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

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

Perky's

Nutty Rice Cereal

Post

Grape Nuts Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Organic Black Bean Tortilla Chips
Tortilla Chips

Mothers

Salt & Butter Popped Corn Cakes

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Charlie Beiggs

Maine Apple Barbeque Sauce

Colgin

Liquid Smoke

Condiments (Cont'd)

Grey Poupon

- Country Dijon Mustard
- Dijon Mustard

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

Kinnikinnick

- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

Midel

- Honey Gram Crackers

Newman's Own Organic

- Alphabet Chocolate 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, Unsalted Plain
- Organic Brown Rice Snaps, Vegetable

Health Valley

- Low Fat Sesame Crackers
- Low Fat Stoned Wheat Crackers

Crackers (Cont'd)

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

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

Dairy (Cont'd)

Stonyfield Farm

- 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

- 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

- 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

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

Manishevitz

- Matzo Ball Mix

Organicville

- Organic Island Teriyaki
- 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
- Hibiscus Sorbet
- 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

Frozen Foods (Cont'd)

Gardenburger

Low Fat Mushroom Gardenburger
Mexican Gardenburger
Veggie Burger Pattie

Haagen-Dazs

Orchard Peach Sorbet
Raspberry Frozen Yogurt

Health Is Wealth

Broccoli Tofu Munchees
Jalapeno Munchees
Meatless Buffalo Wings
Spring Rolls

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
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

Tinkyada

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

Vita-Spelt

Vita Spelt Angel Hair Pasta
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, Sundried Tomato & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki
Organic Mild Salsa
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
Spicy Shrimp Boil Seasoning