

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Kentlands 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

## **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

### **Perky's**

- Nutty Flax Cereal
- Nutty Rice Cereal

### **Post**

- Grape Nuts Cereal

### **Us Mill**

- Uncle Sam Cereal

## **Chips, Pretzels and Snacks**

### **Glennys**

- 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**

### **Grey Poupon**

- Country Dijon Mustard
- Dijon Mustard

### **Organicville**

- Organic Ketchup
- Organic Original BBQ Sauce

## Condiments (Cont'd)

### Santa Barbara

Martini 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

### Kinnikinnick

KinniTOOS Chocolate 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

### Health Valley

Low Fat Sesame Crackers  
Low Fat Stoned Wheat Crackers

### Kashi

Honey Sesame Crackers  
Original Crackers

### Nejaimes

Original Crispbread

## Dairy

### Dannon

Vanilla Actimel

## Dairy (Cont'd)

### 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

### Lifeway

Low Fat Blueberry Kefir  
Low Fat Peach Kefir  
Low Fat Strawberry 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 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

## Dairy (Cont'd)

### 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™

Hibiscus Sorbet

Raspberry Sorbet

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

Organic Mocha Pudding

Organic Vanilla Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

Spaghetti Bolognese

## Ethnic Foods

### 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

Hibiscus Sorbet

Raspberry 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

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Raspberry Frozen Yogurt

Raspberry Sorbet

### Health Is Wealth

Spring Rolls

### Kashi

Blueberry Waffles

Original Waffles

### Perfect Additions

Unsalted Chicken Stock

### 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

## Frozen Foods (Cont'd)

### Stonyfield Farm

- 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, Peppered
- 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
- Organic Brown Rice Spirals
- Vegetable 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

### 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 Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

## Soups

### Health Valley

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