

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Mason 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

#### No Pudge

- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

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

#### Apple & Eve

- Apple Juice

### Beverages (Cont'd)

#### Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar 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
- Cinnamon Raisin Bread
- Millet Bread, Wheat & Gluten Free
- Organic 7 Grain Bread

## Bread (Cont'd)

### Food For Life

- Organic Ezekiel 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

### Kinnikinnick

- White Sandwich Bread

### Nature's Path

- Carrot Raisin Bread

## Canned Goods

### Eden Foods

- Black 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
- 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

## Cereal (Cont'd)

### 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

### Guiltless Gourmet

- Organic Black Bean Tortilla Chips
- Tortilla Chips

### Mothers

- Salt & Butter Popped Corn Cakes

### Newman's Own Organic

- Organic Round Salted Pretzels

## Condiments

### Charlie Beiggs

- Maine Apple Barbeque Sauce

### 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

## Cookies and Snack Bars (Cont'd)

### 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

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

### Kashi

Original Crackers

## Dairy

### Dannon

Vanilla Actimel

### 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

## Dairy (Cont'd)

### 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

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™

Hibiscus Sorbet

Meyer Lemon Sorbet

Passionfruit Sorbet

## Desserts (Cont'd)

### 365 Every Day Value™

Raspberry Sorbet  
Tangerine Sorbet

### Oetker

Organic Chocolate Pudding  
Organic Coconut Pudding  
Organic Vanilla Pudding

## 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  
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

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Mexican Gardenburger

### Haagen-Dazs

Mango Sorbet  
Orchard Peach Sorbet

## Frozen Foods (Cont'd)

### 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 Dutch Chocolate Frozen Yogurt  
Fat Free Mint Chocolate Chip Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Original

## Pasta

### 365 Every Day Value™

Pasta, Capellini

### Bionaturae

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

## **Pasta (Cont'd)**

### **Tinkyada**

- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Lasagne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Vegetable Brown Rice Spirals

### **Vita-Spelt**

- Vita Spelt Organic White Spaghetti

## **Pasta Sauce**

### **Enricos Sauces**

- Premium No Salt Traditional 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

## **Soups**

### **Health Valley**

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