

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Princeton 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
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

### French Meadow Bakery

- European Sourdough Rye Bread
- Organic Woman's 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
- 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

## Condiments (Cont'd)

### Organicville

Organic Original BBQ Sauce

### 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

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 Sesame

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Toasted Onion

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

## 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 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

## 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

- 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™

- Meyer Lemon Sorbet
- Raspberry Sorbet

### Ciao Bella

- Chocolate Sorbetto

### Kozy Shack

- Chocolate Pudding
- Rice Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Mocha Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Sesame

### Food Merchants

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

### 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
- Meyer Lemon Sorbet
- 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

### Haagen-Dazs

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

### Health Is Wealth

- Broccoli Tofu Munchees
- Jalapeno Munchees

## Frozen Foods (Cont'd)

### Health Is Wealth

Meatless Buffalo Wings  
Spring Rolls

### Kashi

Blueberry Waffles  
Original Waffles

### Perfect Additions

Unsalted Veggie 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  
Fat Free Mint Chocolate Chip Frozen Yogurt  
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  
Beef Jerky, Teriyaki

### Health Is Wealth

Chicken Tenders

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta  
Organic Spaghetti

### DeBoles Foods

Fettucine Spinach Pasta

## Pasta (Cont'd)

### Dececco Pasta

Rigate Penne Pasta  
Rigatoni  
Whole Wheat Linguini Pasta

### 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  
Spinach Brown Rice Spaghetti  
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

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki  
Organic Medium Salsa  
Organic Sesame Teriyaki

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning

Spicy Shrimp Boil Seasoning