

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

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

Nature's Path

- Carrot Raisin 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

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

Health Valley

- Fiber 7 Flakes
- Organic Amaranth Flakes

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
- 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

Grey Poupon

- Country Dijon Mustard
- Dijon Mustard

Condiments (Cont'd)

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 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

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

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

Dairy (Cont'd)

White Wave

- Black Cherry Soy Yogurt
- Peach Soy Yogurt
- Soy Strawberry Yogurt
- Vanilla Soy Yogurt

Whole Soy

- Vanilla Soy Yogurt

Dairy Alternatives

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

Ethnic Foods

Edward & Sons

- 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
- Hibiscus 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 Sorbet

Health Is Wealth

- Broccoli Tofu Munchees
- 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
- Fat Free Mint Chocolate Chip Frozen Yogurt
- Low Fat Creme Caramel Frozen Yogurt

Frozen Foods (Cont'd)

Stonyfield Farm

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 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 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

Soups

Health Valley

Fat Free Vegetable Barley Soup
Vegetable Soup - Fat Free