

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Lake Calhoun Store, Midwest 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™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Ceres Fruit Juices

- Guava Juice
- Papaya Juice

#### Vruit

- Berry Veggie Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Food For Life

- 7 Grain English Muffins
- Brown Rice Bread, Wheat & Gluten Free
- Millet Bread, Wheat & Gluten Free
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread

## Bread (Cont'd)

### Food For Life

Raisin Pecan Bread, Wheat & Gluten Free  
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

## Cereal (Cont'd)

### Erewhon

Maple Oatmeal

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

Cocoa Bumpers Cereal  
Graham Cereal

### Nature's Path

Organic Puffed Rice Cereal

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

Organic Black Bean Tortilla Chips  
Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels

## Condiments

### Grey Poupon

Dijon Mustard

### Organicville

Organic Ketchup  
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

## **Cookies and Snack Bars (Cont'd)**

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Health Valley**

Amaranth Graham Crackers

Oat Bran Graham Crackers

### **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, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

### **Kashi**

Honey Sesame Crackers

Original Crackers

## **Dairy**

### **Dannon**

Vanilla Actimel

### **Friendship**

1% Cottage Cheese

No Salt Cottage Cheese

Whipped Cottage Cheese

### **Horizon**

Organic Low Fat Sour Cream

## **Dairy (Cont'd)**

### **Lifeway**

Low Fat Blueberry Kefir

Low Fat Peach Kefir

Low Fat Raspberry Kefir

Low Fat Strawberry Kefir

### **Organic Valley**

Organic 1% Low Fat Milk

Organic 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 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

## **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
- Raspberry Sorbet
- Tangerine Sorbet

### 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 Sesame

### Food Merchants

- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

### 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 Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Spaghetti Bolognese

### Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

### Health Is Wealth

- Meatless Buffalo Wings

### Kashi

- Blueberry Waffles
- Original Waffles

### Quorn Foods

- Meat Free Ground Beef

### Stonyfield Farm

- 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, Peppered
- Beef Jerky, Teriyaki

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

- Pasta, Capellini

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

### **Bionaturae**

- Organic Fusilli Pasta
- Organic Spaghetti
- Organic Stelline Pasta

### **Tinkyada**

- Brown Rice Elbow
- Brown Rice Fusilli
- Brown Rice Lasagne
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Vegetable Brown Rice Spirals

### **Vita-Spelt**

- Vita Spelt White Angel Hair Pasta

## **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, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

## **Sauces, Salsas and Dips**

### **Organicville**

- Organic Island Teriyaki
- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

## **Soups**

### **Health Valley**

- Organic Potato & Leek Soup
- Organic Split Pea Soup
- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning
- Caribbean Barbeque Seasoning
- Mediterranean Seafood Seasoning