

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Sauganash 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

#### 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
- Cinnamon Raisin Bread
- 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  
Rice Pecan Bread, Wheat & Gluten Free  
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™

Baby Corn  
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

## Cereal (Cont'd)

### Barbara's Bakery

Honey Rice Puffins Cereal

### 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  
Organic Thin Salt and Pepper Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Grey Poupon

Dijon Mustard

### 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

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

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Health Valley**

Oat Bran Graham Crackers

### **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, Black 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  
Light Sour Cream  
No Salt Cottage Cheese  
Whipped Cottage Cheese

### **Horizon**

Organic Fat Free Blueberry Yogurt  
Organic Fat Free Plain Yogurt  
Organic Fat Free Vanilla Yogurt  
Organic Low Fat Egg Nog  
Organic Low Fat Sour Cream  
Organic Strawberry Yogurt

## **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

### Oetker

Organic Chocolate Pudding  
Organic Coconut 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, Basil & Garlic  
Organic Polenta, Traditional  
Organic Quinoa Polenta, Heirloom Red & Black

### Manishevitz

Matzo Ball Mix

### Organicville

Organic Island 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

### 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

Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Kashi

Blueberry Waffles  
Original Waffles

### Perfect Additions

Unsalted Beef Stock

### Quorn Foods

Meat Free Ground Beef

### 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  
Vanilla Fudge Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Teriyaki

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

Pasta, Capellini

### Bionaturae

Organic Fusilli Pasta  
Organic Spaghetti  
Organic Stelline Pasta

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

### **DeBoles Foods**

Fettucine Spinach Pasta

### **Dececco Pasta**

Orecchiette Pasta

Rigate Penne 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 Spirals

Spinach Brown Rice Spaghetti

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, Basil & Garlic

Organic Polenta, Traditional

Organic Quinoa Polenta, Heirloom Red & Black

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki

## **Sauces, Salsas and Dips (Cont'd)**

### **The Wizard's Sauce**

Organic Hot Stuff

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

Minestrone Soup- Fat Free

Organic Split Pea Soup

## **Spices and Seasonings**

### **365 Every Day Value™**

Caribbean Barbeque Seasoning