

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Madison 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.

Baking Needs

Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Spelt Organic Flour

No Pudge

- Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

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

Beverages (Cont'd)

365 Every Day Value™

- Italian Strawberry Sparkling Water

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

Bread (Cont'd)

Food For Life

- Organic 7 Grain Bread
- Organic Ezekiel Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

French Meadow Bakery

- European Sourdough Rye 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

Cereal

365 Organic Every Day Value™

- High Fiber Cereal

Barbara's Bakery

- Honey Rice Puffins Cereal

Cereal (Cont'd)

Health Valley

- Oat Bran Flakes Cereal

Kashi

- Cinna-Raisin Crunch Cereal

Mothers

- Cocoa Bumpers Cereal
- Graham Cereal

Nature's Path

- Organic Puffed Rice Cereal

Perky's

- Nutty 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

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

Grey Poupon

- Dijon Mustard

Organicville

- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup

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

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
- 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

Friendship

- 1% Cottage Cheese
- No Salt Cottage Cheese

Horizon

- Organic Low Fat Egg Nog
- 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 Coconut Pudding
- Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

- Spaghetti Bolognese

Ethnic Foods

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 Sliced Peaches

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- Frozen Strawberries
- Frozen Wild Blueberries
- Spaghetti Bolognese

Gardenburger

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

Kashi

- Blueberry Waffles
- Original Waffles

Perfect Additions

- Unsalted Beef Stock
- Unsalted Chicken Stock
- Unsalted Fish 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, 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)

Al Dente

Fettucine and Egg Pasta

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti
Organic Stelline 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 Spaghetti
Organic Brown Rice Spirals
Vegetable Brown Rice Spirals

Vita-Spelt

Vita Spelt Organic White Spaghetti
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

Timpones

Spaghetti 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

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

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

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning
Mediterranean Seafood Seasoning