

# 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](mailto: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™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice

### Beverages (Cont'd)

#### 365 Every Day Value™

- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

#### Ceres Fruit Juices

- Guava Juice
- Papaya 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  
Raisin Pecan Bread, Wheat & Gluten Free  
Rice Pecan Bread, Wheat & Gluten Free  
Sprouted Ezekiel Tortillas  
White Rice Bread, Wheat & Gluten Free

### French Meadow Bakery

European Sourdough Rye Bread  
Organic Woman's 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

### 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

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Colgin

Liquid Smoke  
Mesquite Flavored Liquid Smoke

### Grey Poupon

Dijon Mustard

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce  
Organic Tangy BBQ Sauce

## Condiments (Cont'd)

### Santa Barbara

Martini Olives

### Sierra Nevada

Pale Ale Honey Mustard

### 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

Whipped Cottage Cheese

### Liberte

6 Grain Peach Yogurt

6 Grain Raspberry Yogurt

### 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 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
- Raspberry Sorbet

### Oetker

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

## 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
- Raspberry Sorbet

### 365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Wild Blueberries

### Gardenburger

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

### Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt

### Kashi

- Blueberry Waffles

### Perfect Additions

- Unsalted Chicken Stock

### Putney Pasta Co

- Butternut Squash Ravioli

### 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, Teriyaki

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### Al Dente

- Fettucine and Egg Pasta

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

### **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 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
- Minestrone Soup- Fat Free
- 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
- Southwestern Grill Seasoning