

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Milwaukee 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

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Ginger Ale
- Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

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

Vruit

- Berry Veggie Juice

Bread

365 Organic Every Day Value™

- Tortilla Corn

Bread (Cont'd)

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
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

Kinnikinnick

Cheese Tapioca Rice Bread

Nature's Path

Carrot Raisin Bread

Canned Goods

Eden Foods

Black Beans
Navy 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

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 Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Colgin

Liquid Smoke

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

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Amaranth Graham Crackers

Kinnikinnick

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, 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
Light Sour Cream
No Salt Cottage Cheese

Horizon

Organic Low Fat Sour Cream

Dairy (Cont'd)

Liberte

6 Grain Peach Yogurt
6 Grain Raspberry Yogurt

Lifeway

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 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

Ciao Bella

Chocolate Sorbetto

Oetker

Organic Chocolate Pudding
Organic Coconut Pudding
Organic Vanilla Pudding

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

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

Frozen Foods (Cont'd)

Gardenburger

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

Haagen-Dazs

Mango Sorbet
Orchard Peach Sorbet
Raspberry Frozen Yogurt
Raspberry Sorbet

Health Is Wealth

Broccoli Tofu Munchees
Meatless Buffalo Wings

Kashi

Blueberry Waffles

Kinnikinnick

Cheese Tapioca Rice Bread

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

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti

Pasta (Cont'd)

Dececco Pasta

Orecchiette Pasta
Rigate Penne Pasta

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Lasagne
Brown Rice Shells
Brown Rice Spaghetti
Brown Rice Spirals
Organic Brown Rice Spaghetti
Spinach Brown Rice Spaghetti
Vegetable Brown Rice Spirals

Vita-Spelt

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, Traditional
Organic Quinoa Polenta, Heirloom Red & Black

Sauces, Salsas and Dips

Organicville

Organic Medium Salsa
Organic Mild Salsa

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

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

Shelton's

Chicken Tortilla Soup

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning
Southwestern Grill Seasoning