

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Naperville 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™

- 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

#### Ceres Fruit Juices

- Guava Juice
- Papaya Juice

#### Vruit

- Berry Veggie Juice

## Bread

### 365 Organic Every Day Value™

Tortilla Corn

### Berli

Sprouted Spelt Bread

### 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 Almond Bread, Wheat & Gluten Free

Sprouted Ezekiel Tortillas

White Rice Bread, Wheat & Gluten Free

### 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

### Health Valley

Rice Crunch 'Ems

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

Cocoa Bumpers 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

### Grey Poupon

Dijon Mustard

### Organicville

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

## Cookies and Snack Bars

### 365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Mixed Berry Cereal Bars

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

### **365 Every Day Value™**

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

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

### **Kashi**

Honey Sesame Crackers

Original Crackers

## **Dairy**

### **Friendship**

Light Sour Cream

No Salt Cottage Cheese

### **Horizon**

Organic Low Fat Sour Cream

### **Liberte**

6 Grain Peach Yogurt

6 Grain Raspberry 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 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™

Raspberry Sorbet

### 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

### 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

Raspberry Sorbet

### 365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Broccoli Tofu Munchees

Jalapeno Munchees

Meatless Buffalo Wings

## Frozen Foods (Cont'd)

### Kashi

Blueberry Waffles

### Perfect Additions

Unsalted Beef Stock

Unsalted Chicken Stock

Unsalted Veggie Stock

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt

Fat Free Mint Chocolate Chip 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

### Bionaturae

Organic Spaghetti

Organic Stelline Pasta

### Dececco Pasta

Orecchiette Pasta

Rigate Penne Pasta

### Tinkyada

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Grand Shells

Brown Rice Lasagne

Brown Rice Penne

Brown Rice Shells

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

### **Tinkyada**

- Brown Rice Spaghetti
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- 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

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

## **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 Split Pea Soup
- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning