

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Oakville 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

Buttermilk Pancake and Waffle Mix

Beverages

365 Every Day Value™

Fresh Squeezed Grapefruit Juice

Ceres Fruit Juices

Guava Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Bread (Cont'd)

Food For Life

Brown Rice Bread, Wheat & Gluten Free

Organic Ezekial Bread

Organic Ezekiel Bread

Rice Almond Bread, Wheat & Gluten Free

Sprouted Ezekiel Tortillas

White Rice Bread, Wheat & Gluten Free

Kinnikinnick

Cheese Tapioca Rice Bread

Robins Honey Brown Rice Bread

Nature's Path

Carrot Raisin Bread

Canned/Jarred Goods

365 Every Day Value™

- 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

Nature's Path

- Shredded Oaty Bites Cereal

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

Organicville

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

Cookies and Snack Bars

365 Organic Every Day Value™

- Fig Bar Cookies

Crackers

Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Unsalted Sesame

Venus

- Seed Overload Crackers

Desserts

365 Every Day Value™

- Meyer Lemon Sorbet
- Raspberry Sorbet

Oetker

- Organic Coconut Pudding

Ethnic Foods

Edward & Sons

- Brown Rice Snaps, Tamari Seaweed

Frozen Foods

365 Every Day Value™

- Meyer Lemon Sorbet
- Raspberry Sorbet

365 Organic Every Day Value™

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

Ians

- Sweet Potato French Fries

Kinnikinnick

- Cheese Tapioca Rice Bread
- Robins Honey Brown Rice Bread

Pasta

Tinkyada

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Shells
- Brown Rice Spaghetti
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Spinach Brown Rice Spaghetti
- Vegetable Brown Rice Spirals

Pasta (Cont'd)

Vita-Spelt

Vita Spelt Organic White Spaghetti