

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Palatine 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™

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

### Beverages (Cont'd)

#### Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar 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
- Cinnamon Raisin Bread
- Millet Bread, Wheat & Gluten Free
- Organic 7 Grain Bread
- Organic Ezekial Bread

## **Bread (Cont'd)**

### **Food For Life**

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

### **Kinnikinnick**

Robins Honey Brown Rice Bread

### **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

### **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**

### **Grey Poupon**

Dijon Mustard

### **Organicville**

Organic Ketchup  
Organic Original BBQ Sauce  
Organic Tangy BBQ Sauce

### **Santa Barbara**

Jalapeno Stuffed 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

- Oat Bran Graham Crackers

### Kinnikinnick

- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

### 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, Unsalted Sesame
- Organic Brown Rice Snaps, Toasted Onion
- Organic Brown Rice Snaps, Unsalted Plain
- Organic Brown Rice Snaps, Vegetable

### Kashi

- Honey Sesame Crackers
- Original Crackers

## Dairy

### Dannon

- Vanilla Actimel

### Friendship

- 1% Cottage Cheese
- Light Sour Cream
- No Salt Cottage Cheese
- Whipped Cottage Cheese

### Horizon

- Organic Fat Free Blueberry Yogurt
- Organic Fat Free Plain Yogurt
- Organic Fat Free Vanilla Yogurt
- Organic Low Fat Egg Nog

## Dairy (Cont'd)

### Horizon

- Organic Low Fat Sour Cream
- Organic Strawberry 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 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

## Dairy Alternatives (Cont'd)

### White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## Desserts

### 365 Every Day Value™

- Passionfruit Sorbet
- Raspberry Sorbet

### Ciao Bella

- Chocolate Sorbetto

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

- Spaghetti Bolognese

## Ethnic Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic
- Organic Quinoa Polenta, Heirloom Red & Black

### Manischewitz

- Matzo Ball Mix

### 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
- Passionfruit Sorbet

## Frozen Foods (Cont'd)

### 365 Every Day Value™

- Raspberry Sorbet

### 365 Organic Every Day Value™

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

### Ciao Bella

- Chocolate Sorbetto

### Gardenburger

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

### Health Is Wealth

- Meatless Buffalo Wings

### Kashi

- Blueberry Waffles
- Original Waffles

### Kinnikinnick

- Robins Honey Brown 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

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## **Pasta**

### **365 Every Day Value™**

Pasta, Capellini

### **Bionaturae**

Organic Fusilli Pasta  
Organic Spaghetti  
Organic Stelline Pasta

### **DeBoles Foods**

Fettucine Spinach Pasta

### **Dececco Pasta**

Rigate Penne Pasta  
Rigatoni

### **Tinkyada**

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

### **Vita-Spelt**

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, Basil & Garlic  
Organic Polenta, Sundried Tomato & Garlic  
Organic Quinoa Polenta, Heirloom Red & Black

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki  
Organic Medium Salsa  
Organic Mild Salsa  
Organic Sesame Teriyaki

## **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