

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

St Paul 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

No Pudge

- Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

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

Beverages (Cont'd)

365 Every Day Value™

- Italian Strawberry Sparkling Water

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
- Millet Bread, Wheat & Gluten Free
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread

Bread (Cont'd)

Food For Life

Raisin Pecan Bread, Wheat & Gluten Free
Rice Almond 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

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

Cereal (Cont'd)

Mothers

Cocoa Bumpers Cereal
Graham Cereal

Nature's Path

Organic Puffed Rice Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Newman's Own Organic

Organic Round 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
Organic Tangy BBQ Sauce

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

Cookies and Snack Bars (Cont'd)

365 Organic Every Day Value™

Fig Bar Cookies

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, Tamari Sesame

Brown Rice Snaps, Unsalted 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

Dannon

Vanilla Actimel

Friendship

1% Cottage Cheese

Light Sour Cream

No Salt Cottage Cheese

Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

Lifeway

Low Fat Blueberry Kefir

Low Fat Peach Kefir

Low Fat Raspberry Kefir

Low Fat Strawberry Kefir

Dairy (Cont'd)

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

White Wave

Non Dairy Vanilla Soy Beverage

Soy French Vanilla Creamer

Soy Hazelnut Creamer

Desserts

365 Every Day Value™

Hibiscus Sorbet

Meyer Lemon Sorbet

Desserts (Cont'd)

365 Every Day Value™

Passionfruit Sorbet
Raspberry Sorbet
Tangerine Sorbet

Oetker

Organic Chocolate Pudding
Organic Coconut Pudding
Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

Spaghetti Bolognese

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Sesame

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Organicville

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
Meyer Lemon Sorbet
Passionfruit Sorbet
Raspberry Sorbet
Tangerine 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
Spaghetti Bolognese

Gardenburger

Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Kashi

Blueberry Waffles
Original Waffles

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

365 Every Day Value™

Pasta, Capellini

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti

Dececco Pasta

Rigate Penne Pasta

Pasta (Cont'd)

Tinkyada

- Brown Rice Fusilli
- Brown Rice Penne
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Spirals
- Vegetable Brown Rice Spirals

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 Medium Salsa
- Organic Sesame Teriyaki

Soups

Health Valley

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

Spices and Seasonings

365 Every Day Value™

- Asian Seafood Seasoning