

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Wheaton 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™

- Fresh Squeezed Grapefruit Juice
- 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

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
- Cinnamon Raisin Bread
- Millet Bread, Wheat & Gluten Free

Bread (Cont'd)

Food For Life

- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free
- White Rice Bread, Wheat & Gluten Free

French Meadow Bakery

- European Sourdough Rye Bread
- Organic Woman's 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

Cereal (Cont'd)

Barbara's Bakery

- Honey Rice Puffins Cereal

Erewhon

- Maple Oatmeal

Kashi

- Cinna-Raisin Crunch Cereal

Mothers

- Cocoa Bumpers Cereal

Nature's Path

- Organic Puffed Rice Cereal

Perky's

- Nutty Flax 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

Colgin

- Liquid Smoke
- Mesquite Flavored Liquid Smoke

Grey Poupon

- Dijon Mustard

Organicville

- Organic Ketchup
- Organic Original BBQ Sauce
- Organic Tangy BBQ Sauce

Condiments (Cont'd)

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

Oat Bran Graham Crackers

Kinnikinnick

KinniTOOS Chocolate 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, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Kashi

Honey Sesame Crackers

Original Crackers

Dairy

Dannon

Vanilla Actimel

Dairy (Cont'd)

Friendship

1% Cottage Cheese

No Salt Cottage Cheese

Horizon

Organic Fat Free Blueberry Yogurt

Organic Fat Free Plain Yogurt

Organic Fat Free Vanilla Yogurt

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

Organic Strawberry Yogurt

Lifeway

Low Fat Blueberry 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

White Wave

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

Desserts

365 Every Day Value™

- Hibiscus Sorbet
- Meyer Lemon Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

Oetker

- Organic Chocolate 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
- Organic Quinoa Polenta, Heirloom Red & Black

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 Foods (Cont'd)

365 Every Day Value™

- Frozen Whole Blueberries
- Hibiscus Sorbet
- Meyer Lemon Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

365 Organic Every Day Value™

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

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

- Meatless Buffalo Wings

Kashi

- Blueberry Waffles
- Original Waffles

Perfect Additions

- Unsalted Veggie Stock

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
Organic Stelline Pasta

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Penne
Brown Rice Shells
Organic Brown Rice Penne
Organic Brown Rice Spaghetti
Organic Brown Rice Spirals
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 Island Teriyaki
Organic Sesame Teriyaki

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

Fat Free Vegetable Barley Soup
Organic Split Pea Soup
Organic Vegetable Soup
Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning
Mediterranean Seafood Seasoning