

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Yorkville 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
- Multigrain Pancake 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
- Rice Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas

Kinnikinnick

- Pizza Crusts, 7 Inch

Canned/Jarred Goods

365 Every Day Value™

- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted

Canned/Jarred Goods (Cont'd)

365 Organic Every Day Value™

Black Beans
Pinto Beans

Cereal

Nature's Path

Organic Puffed Rice Cereal
Shredded Oaty Bites Cereal

Perky's

Nutty Flax Cereal
Nutty Rice Cereal

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Organicville

Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
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, Tamari Sesame
Brown Rice Snaps, Unsalted Sesame

Desserts

365 Every Day Value™

Meyer Lemon Sorbet
Raspberry Sorbet
Tangerine Sorbet

Desserts (Cont'd)

Kozy Shack

Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame

Manishevitz

Matzo Ball Mix

Frozen Foods

365 Every Day Value™

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

Kinnikinnick

Pizza Crusts, 7 Inch

Pasta

Bionaturae

Organic Spaghetti

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Penne
Brown Rice Shells
Brown Rice Spaghetti
Organic Brown Rice Penne

Pasta (Cont'd)

Tinkyada

- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Spinach Brown Rice Spaghetti
- Vegetable Brown Rice Spirals

Vita-Spelt

- Vita Spelt Organic White Spaghetti
- Vita Spelt White Angel Hair Pasta

Sauces, Salsas and Dips

Organicville

- Organic Mild Salsa