

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Andover Store, North Atlantic 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
- Oat Bran Pancake Mix
- Spelt Organic Flour

Highland Sugar Works

- Blueberry Pancake Mix

No Pudge

- Fat Free Cappucino Fudge Brownie Mix
- 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
- Italian Strawberry Sparkling Water

Apple & Eve

- Apple Juice

Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Berli

Sprouted Spelt Bread

Food For Life

7 Grain English Muffins

Bran Bread

Brown Rice Bread, Wheat & Gluten Free

Cinnamon Raisin Bread

Millet Bread, Wheat & Gluten Free

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Raisin Pecan Bread, Wheat & Gluten Free

Rice Almond Bread, Wheat & Gluten Free

Rice Pecan Bread, Wheat & Gluten Free

Sprouted Ezekiel Tortillas

White Rice Bread, Wheat & Gluten Free

Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

French Meadow Bakery

European Sourdough Rye Bread

Organic Woman's Bread

Kinnikinnick

Brown Sandwich Bread

Raisin Tapioca Rice Bread

White Sandwich Bread

Yeast Free Tapioca Rice Bread

Canned Goods

Eden Foods

Black Beans

Navy Beans

Pinto Beans

Natural Sea

Natural Tuna with Salt

No Salt Tongol Tuna

Pomi

Strained Tomatoes

Canned Goods (Cont'd)

Santa Cruz Organic

Organic Apricot Applesauce

Canned/Jarred Goods

365 Every Day Value™

Baby Corn

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

Erewhon

Maple Oatmeal

Health Valley

Corn Crunch 'Ems

Rice Crunch 'Ems

Kashi

Cinna-Raisin Crunch Cereal

Mothers

Cocoa Bumpers Cereal

Graham Cereal

Nature's Path

Organic Puffed Rice Cereal

Perky's

Nutty Rice Cereal

Cereal (Cont'd)

Post

Grape Nuts Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Mothers

Salt & Butter Popped Corn Cakes

Newman's Own Organic

Organic Round Salted Pretzels

Condiments

Butternut Mountain Farm

Barbeque Sauce

Charlie Beiggs

Maine Apple Barbeque Sauce

Grey Poupon

Country Dijon Mustard

Guldens

Spicy Brown Mustard

Nathans New York

Deli Mustard

Organicville

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

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

Barbara's Bakery

Cherry Apple Fruit & Yogurt Bars

Cookies and Snack Bars (Cont'd)

Health Valley

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

Midel

Honey Gram Crackers

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

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

Original Crackers

Partners

Light Salt All American Crackers

Scand

Bran Crispbread

Dairy

Calabro

Fat Free Ricotta

Dannon

Vanilla Actimel

Dairy (Cont'd)

Friendship

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

Garelick Farms

- Buttermilk
- Low Fat Skinny One Milk
- Natural Homogenized Skim Milk

Horizon

- Organic Low Fat Egg Nog
- Organic Low Fat Sour Cream

Lactaid

- 1% Lactaid Milk
- Lactaid Milk, 1% Low Fat
- Non Fat Lactaid Milk

Liberte

- 6 Grain Peach Yogurt
- 6 Grain Raspberry 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

Dairy (Cont'd)

Stonyfield Farm

- 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

- Peach Soy Yogurt
- Soy Strawberry Yogurt
- Vanilla Soy Yogurt

Whole Soy

- 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
- Raspberry Sorbet
- Tangerine Sorbet

Ciao Bella

- Chocolate Sorbetto

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

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 Seaweed

Brown Rice Snaps, Tamari Sesame

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Organicville

Organic Island 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

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

Ciao Bella

Chocolate Sorbetto

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

Frozen Foods (Cont'd)

Haagen-Dazs

Mango Sorbet

Raspberry Sorbet

Strawberry Sorbet

Health Is Wealth

Meatless Buffalo Wings

Ians

Sweet Potato French Fries

Kashi

Blueberry Waffles

Kinnikinnick

Brown Sandwich Bread

Raisin Tapioca Rice Bread

White Sandwich Bread

Yeast Free Tapioca Rice Bread

Quorn Foods

Meat Free Ground Beef

Soy Boy

Tofu Ravioli

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

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Beef Jerky, Peppered

Beef Jerky, Teriyaki

Health Is Wealth

Chicken Tenders

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Barilla

Linguini Pasta
Rigatoni Pasta
Rotelle Pasta

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti
Organic Stelline Pasta

Dececco Pasta

Orecchiette Pasta
Rigatoni
Whole Wheat Linguini Pasta

Tinkyada

Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Grand Shells
Brown Rice Lasagne
Brown Rice Little Dreams
Brown Rice Penne
Brown Rice Shells
Brown Rice Spaghetti
Brown Rice Spirals
Organic Brown Rice Elbow
Organic Brown Rice Penne
Organic Brown Rice Spaghetti
Organic Brown Rice Spirals
Vegetable Brown Rice Spirals

Vita-Spelt

Vita Spelt White Angel Hair Pasta

Pasta Sauce

Classico

Onion and Garlic Pasta Sauce

Enricos Sauces

Premium No Salt Traditional Pasta Sauce

Pasta Sauce (Cont'd)

Muir Glen

Organic Fat Free Italian Pasta Sauce
Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Spaghetti Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

Fat Free Vegetable Barley Soup
Minestrone Soup- Fat Free
Organic Potato & Leek Soup

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning