

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Brighton 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

- Buttermilk Pancake Mix

No Pudge

- Fat Free Mint 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

Bread

365 Organic Every Day Value™

- Tortilla Corn

Bread (Cont'd)

Food For Life

- 7 Grain English Muffins
- Bran Bread
- Brown Rice Bread, Wheat & Gluten Free
- Cinnamon Raisin Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Rice Almond Bread, Wheat & Gluten Free
- Rice Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

Canned Goods

Eden Foods

- Black Beans
- Navy Beans

Pomi

- Strained Tomatoes

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

Cereal (Cont'd)

Barbara's Bakery

- Honey Rice Puffins Cereal

Health Valley

- Corn Crunch 'Ems

Kashi

- Cinna-Raisin Crunch Cereal

Mothers

- Cocoa Bumpers Cereal
- Graham Cereal

Nature's Path

- Organic Puffed Rice Cereal

Perky's

- Nutty Flax Cereal

Post

- Grape Nuts 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

Golds

- Dijon Mustard

Grey Poupon

- Country Dijon Mustard
- Dijon Mustard

Organicville

- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup
- 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

Blueberry Apple Fruit & Yogurt Bars

Health Valley

Apple Cobbler Cereal Bars
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, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame
Brown Rice Snaps, Unsalted Sesame
Organic Brown Rice Snaps, Black 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

Crackers (Cont'd)

Nejames

Original Crispbread

Scand

Bran Crispbread

Dairy

Calabro

Fat Free Ricotta

Dannon

Vanilla Actimel

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
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

Dairy (Cont'd)

Stonyfield Farm

- 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

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

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Desserts (Cont'd)

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Ethnic Foods

Edward & Sons

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

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

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
- Hibiscus Sorbet

365 Organic Every Day Value™

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

Gardenburger

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

Haagen-Dazs

- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Strawberry Sorbet

Frozen Foods (Cont'd)

Health Is Wealth

- Jalapeno Munchees
- Mexican Tofu Munchees

Ians

- Sweet Potato French Fries

Kashi

- Blueberry Waffles
- Original Waffles

Quorn Foods

- Meat Free Ground Beef

Soy Boy

- Tofu Ravioli

Stonyfield Farm

- Fat Free Decaf French Roast Frozen Yogurt
- 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, Peppered
- Beef Jerky, Teriyaki

Miscellaneous Grocery

Scand

- Bran Crispbread

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

Al Dente

- Fettucine and Egg Pasta

Barilla

- Linguini Pasta
- Rigatoni Pasta

Pasta (Cont'd)

Bionaturae

- Organic Fusilli Pasta
- Organic Spaghetti
- Organic Stelline Pasta

Dececco Pasta

- Orecchiette Pasta
- Rigatoni
- Whole Wheat Linguini Pasta

Tinkyada

- Brown Rice Elbow
- Brown Rice Lasagne
- Brown Rice Little Dreams
- Brown Rice Shells
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals

Vita-Spelt

- Vita Spelt Angel Hair Pasta
- Vita Spelt White Angel Hair Pasta

Pasta Sauce

Classico

- Onion and Garlic Pasta Sauce
- Tomato Basil 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

- Classic 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
- Organic Sesame Teriyaki

Soups

Health Valley

- Fat Free Vegetable Barley Soup

Spices and Seasonings

365 Every Day Value™

- Blackened Cajun Spice Seasoning