

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Cambridge 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](mailto: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
- Buttermilk Pancake Mix

#### No Pudge

- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

#### Looza Fruit Juices

- Mango Nectar 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

Raisin Pecan Bread, Wheat & Gluten Free

Rice Almond Bread, Wheat & Gluten Free

Rice Pecan Bread, Wheat & Gluten Free

## Canned Goods

### Eden Foods

Navy Beans

Pinto Beans

### Pomi

Strained Tomatoes

### 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

### Mothers

Cocoa Bumpers Cereal

### Nature's Path

Organic Puffed Rice Cereal

## Chips, Pretzels and Snacks

### Newman's Own Organic

Organic Round Salted Pretzels

## Condiments

### Colgin

Liquid Smoke

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

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

### Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

### Midel

Honey Gram Crackers

## **Cookies and Snack Bars (Cont'd)**

### **Newman's Own Organic**

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**

Honey Sesame Crackers  
Original Crackers

### **Nejames**

Original Crispbread

### **Scand**

Bran Crispbread

## **Dairy**

### **Friendship**

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

### **Garelick Farms**

Buttermilk  
Natural Homogenized Skim Milk

### **Lactaid**

1% Lactaid Milk  
Non Fat Lactaid Milk

### **Liberte**

6 Grain Peach Yogurt  
6 Grain Raspberry Yogurt

## **Dairy (Cont'd)**

### **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  
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**

Original Almond Milk Beverage

## Dairy Alternatives (Cont'd)

### White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer

## Desserts

### Ciao Bella

- Chocolate Sorbetto

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

## Ethnic Foods

### Edward & Sons

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

### Food Merchants

- Organic Polenta, Basil & Garlic

### 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

### 365 Organic Every Day Value™

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

### Ciao Bella

- Chocolate Sorbetto

## Frozen Foods (Cont'd)

### 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
- Strawberry Sorbet

### Health Is Wealth

- Jalapeno Munchees
- Meatless Buffalo Wings

### Putney Pasta Co

- Butternut Squash Ravioli

### 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, Original
- Beef Jerky, Teriyaki

## 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  
Rigate Penne Pasta  
Rigatoni

### **Tinkyada**

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

## **Pasta Sauce**

### **Enricos Sauces**

Premium No Salt Traditional Pasta Sauce

### **Muir Glen**

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

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Medium Salsa  
Organic Sesame Teriyaki

### **The Wizard's Sauce**

Organic Hot Stuff

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

## **Spices and Seasonings**

### **365 Every Day Value™**

Blackened Cajun Spice Seasoning