

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Glastonbury 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

#### 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

### Beverages (Cont'd)

#### 365 Every Day Value™

- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Apple & Eve

- Apple Juice

#### Ceres Fruit Juices

- Guava Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Berli

- Sprouted Spelt Bread

## **Bread (Cont'd)**

### **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  
Rice Almond Bread, Wheat & Gluten Free  
Rice Pecan Bread, Wheat & Gluten Free

### **Food for Life**

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Kinnikinnick**

Brown Sandwich Bread  
Yeast Free Tapioca Rice Bread

### **Nature's Path**

Carrot Raisin Bread

### **Nejames**

Crispbread

### **Rudolph's Bakery**

Organic Rye Flaxseed Bread

### **Shiloh Farms**

7 Grain Bread

## **Canned Goods**

### **Eden Foods**

Black Beans  
Navy Beans  
Pinto Beans

### **Natural Sea**

Natural Tuna with Salt

### **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**

Graham Cereal

### **Nature's Path**

Organic Puffed Rice Cereal

### **Post**

Grape Nuts Cereal

## Cereal (Cont'd)

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Butternut Mountain Farm

Barbeque Sauce

### Golds

Dijon Mustard

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Guldens

Spicy Brown Mustard

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

### Santa Barbara

Jalapeno Stuffed Olives

### Wild Thymes

Pineapple Peach Lime Chutney

Plum Currant Chutney

## Cookies and Snack Bars

### 365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Mixed Berry Cereal Bars

## Cookies and Snack Bars (Cont'd)

### 365 Every Day Value™

Strawberry Cereal Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars

Blueberry Apple Fruit & Yogurt Bars

Cherry Apple Fruit & Yogurt Bars

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Peanut Crunch Granola Bar

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 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)

### 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

### 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

## Dairy (Cont'd)

### Stonyfield Farm

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

Raspberry Sorbet

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

## Desserts (Cont'd)

### 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

### Manishevitz

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  
Raspberry Sorbet

### 365 Organic Every Day Value™

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

## Frozen Foods (Cont'd)

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Mexican Gardenburger

### Haagen-Dazs

Mango Sorbet  
Orchard Peach Sorbet  
Raspberry Frozen Yogurt  
Raspberry Sorbet  
Strawberry Sorbet

### Health Is Wealth

Jalapeno Munchees  
Meatless Buffalo Wings  
Spring Rolls

### Ians

Sweet Potato French Fries

### Kashi

Blueberry Waffles  
Original Waffles

### Kinnikinnick

Brown Sandwich Bread  
Yeast Free Tapioca Rice Bread

### 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, Peppered

## **Meat and Poultry (Cont'd)**

### **365 Organic Every Day Value™**

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

### **Dececco Pasta**

Rigate Penne Pasta

Whole Wheat Linguini Pasta

### **Tinkyada**

Brown Rice Elbow

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Grand Shells

Brown Rice Little Dreams

Brown Rice Penne

Brown Rice Shells

Brown Rice Spirals

Organic Brown Rice Elbow

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Organic Brown Rice Spirals

Spinach Brown Rice Spaghetti

Vegetable Brown Rice Spirals

## **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

### **Walnut Acres**

Marinara Pasta Sauce

## **Prepared Foods**

### **Food Merchants**

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

Minestrone Soup- Fat Free

Organic Potato & Leek Soup

Organic Vegetable Soup

Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning