

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Hingham 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

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

Ceres Fruit Juices

- Papaya Juice

Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Food For Life

7 Grain English Muffins
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
Sprouted Ezekiel Tortillas
White Rice Bread, Wheat & Gluten Free

French Meadow Bakery

European Sourdough Rye Bread
Organic Woman's Bread

Kinnikinnick

Raisin Tapioca Rice Bread

Canned Goods

Eden Foods

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

Canned/Jarred Goods (Cont'd)

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

Kashi

Cinna-Raisin Crunch Cereal

Mothers

Cocoa Bumpers Cereal
Graham Cereal

Nature's Path

Organic Puffed Rice Cereal

Post

Grape Nuts Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Mothers

Salt & Butter Popped Corn Cakes

Newman's Own Organic

Organic Round Salted Pretzels
Organic Thin Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Butternut Mountain Farm

Barbeque Sauce

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Guldens

Spicy Brown Mustard

Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Wild Thymes

Cranberry Apricot Chutney

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

Apple Cinnamon Fruit & Yogurt Bars

Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal 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 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

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

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

Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

Lactaid

1% Lactaid Milk

Non Fat Lactaid Milk

Dairy (Cont'd)

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
- 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

- 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
- Meyer Lemon 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
- 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
- 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
- Spaghetti Bolognese

Ciao Bella

- Chocolate Sorbetto

Gardenburger

- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

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

Health Is Wealth

- Broccoli Tofu Munchees
- Jalapeno Munchees
- Meatless Buffalo Wings
- Mexican Tofu Munchees
- Spring Rolls

Ians

- Sweet Potato French Fries

Kashi

- Blueberry Waffles

Frozen Foods (Cont'd)

Kinnikinnick

- Raisin 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
- 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 Stelline Pasta

Pasta (Cont'd)

Dececco Pasta

Rigate Penne Pasta
Rigatoni
Whole Wheat Linguini Pasta

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Fusilli
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
Spinach Brown Rice Spaghetti
Vegetable Brown Rice Spirals

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
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 Sesame Teriyaki

Soups

Health Valley

Fat Free Lentil & Carrots Soup
Fat Free Vegetable Barley Soup
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