

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Newton 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

- Buttermilk Pancake and Waffle Mix
- Multigrain 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

### Beverages (Cont'd)

#### 365 Every Day Value™

- Cola
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Raspberry Soda
- Root Beer Soda

#### Apple & Eve

- Apple Juice

#### Ceres Fruit Juices

- Guava Juice

## **Beverages (Cont'd)**

### **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
- Rice Almond Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas

### **Food for Life**

- Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

## **Canned Goods**

### **Eden Foods**

- Black Beans
- Navy Beans
- Pinto Beans

### **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

## **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

### **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

### **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

## **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

Organic Tangy 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

Blueberry Apple Fruit & Yogurt Bars

### Health Valley

Peanut Crunch Granola Bar

Strawberry Cereal Bars

### Kinnikinnick

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, 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

### Nejames

Original Crispbread

### Scand

Bran Crispbread

## Dairy

### Calabro

Fat Free Ricotta

### 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 Sour Cream

### Lactaid

1% Lactaid Milk

Lactaid Milk, 1% Low Fat

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

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

### Whole Soy

- Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Foods

- Oat Vanilla Beverage

### White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## Desserts

### Ciao Bella

- Chocolate Sorbetto

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Seaweed

### Manischewitz

- Matzo Ball Mix

### 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

### 365 Organic Every Day Value™

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

### Ciao Bella

- Chocolate Sorbetto

### Gardenburger

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

## Frozen Foods (Cont'd)

### Haagen-Dazs

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

### Health Is Wealth

- Meatless Buffalo Wings
- Spring Rolls

### 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
- 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

### Barilla

- Linguini Pasta
- Rigatoni Pasta
- Rotelle Pasta

### Bionaturae

- Organic Fusilli Pasta
- Organic Spaghetti
- Organic Stelline Pasta

## Pasta (Cont'd)

### Dececco Pasta

- Orecchiette Pasta
- Whole Wheat Linguini Pasta

### Tinkyada

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Penne
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Penne
- Vegetable Brown Rice Spirals

## Pasta Sauce

### Muir Glen

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

### Walnut Acres

- Low Sodium Tomato Basil Pasta Sauce

## Sauces, Salsas and Dips

### Organicville

- Organic Island Teriyaki
- Organic Mild Salsa

### The Wizard's Sauce

- Organic Hot Stuff

## Soups

### Health Valley

- Fat Free Vegetable Barley Soup
- Minestrone Soup- Fat Free
- Vegetable Soup - Fat Free

## Spices and Seasonings

### 365 Every Day Value™

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning
- Spicy Shrimp Boil Seasoning