

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Newtonville 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
- Spelt Organic Flour

#### Highland Sugar Works

- Blueberry Pancake Mix
- 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 Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Apple & Eve

- Apple Juice

#### Ceres Fruit Juices

- Guava Juice

#### Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

## **Bread**

### **365 Organic Every Day Value™**

Tortilla Corn

### **Berli**

Sprouted Spelt Bread

### **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

Raisin Pecan Bread, Wheat & Gluten Free

Rice Almond Bread, Wheat & Gluten Free

Rice Pecan Bread, Wheat & Gluten Free

Sprouted Ezekiel Tortillas

White Rice Bread, Wheat & Gluten Free

### **Food for Life**

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### **French Meadow Bakery**

European Sourdough Rye 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

### **Pomi**

Strained Tomatoes

## **Canned Goods (Cont'd)**

### **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

### **Barbara's Bakery**

Honey Rice Puffins Cereal

### **Erewhon**

Maple Oatmeal

### **Health Valley**

Rice 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

## **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

### **Santa Barbara**

Jalapeno Stuffed Olives

Martini Olives

### **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

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

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **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

### **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

Lactaid Milk, 1% Low Fat

Non Fat Lactaid Milk

### Liberte

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

## Dairy (Cont'd)

### Stonyfield Farm

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

### 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

### **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

### **Ciao Bella**

Chocolate Sorbetto

### **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

## **Frozen Foods (Cont'd)**

### **Health Is Wealth**

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

### **Ians**

Sweet Potato French Fries

### **Kashi**

Blueberry Waffles  
Original Waffles

### **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**

### **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 Spaghetti

### **Dececco Pasta**

Orecchiette Pasta  
Rigate Penne Pasta  
Rigatoni  
Whole Wheat Linguini Pasta

### **Tinkyada**

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

## **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**

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  
Minestrone Soup- Fat Free  
Organic Potato & Leek Soup  
Organic Vegetable Soup  
Vegetable Soup - Fat Free

### **Shelton's**

Chicken Tortilla Soup

## **Spices and Seasonings**

### **365 Every Day Value™**

Asian Seafood Seasoning