

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

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

#### Ceres Fruit Juices

- Guava Juice
- Papaya 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

Sprouted Ezekiel Tortillas

### **Food for Life**

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### **French Meadow Bakery**

European Sourdough Rye Bread

Organic Woman's Bread

### **Nejames**

Crispbread

### **Shiloh Farms**

7 Grain Bread

## **Canned Goods**

### **Eden Foods**

Navy Beans

Pinto 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

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

### **365 Every Day Value™**

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

### **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**

### **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

### Colgin

Liquid Smoke

### Frenchs

Yellow Mustard

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Guldens

Spicy Brown Mustard

### Organicville

Organic Ketchup

### Santa Barbara

Martini Olives

## 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

### Health Valley

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

Wild Berry Granola Bar

### 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 Chocolate Cookies

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, 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

Natural Homogenized Skim Milk

## Dairy (Cont'd)

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

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

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

## Dairy (Cont'd)

### 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

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

Spaghetti Bolognese

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

### 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

### 365 Organic Every Day Value™

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

### Gardenburger

- Low Fat Mushroom Gardenburger
- Mexican Gardenburger

### Haagen-Dazs

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

### Health Is Wealth

- Broccoli Tofu Munchees
- Jalapeno Munchees
- Mexican Tofu Munchees
- Spring Rolls

### Ians

- Sweet Potato French Fries

### Kashi

- Blueberry Waffles
- Original Waffles

### Quorn Foods

- Meat Free Ground Beef

### 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

## Frozen Foods (Cont'd)

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

- 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

### 365 Every Day Value™

- Pasta, Capellini

### Al Dente

- Fettucine and Egg 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
- Whole Wheat Linguini Pasta

## **Pasta (Cont'd)**

### **Tinkyada**

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Grand Shells
- Brown Rice Lasagne
- 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**

### **Classico**

- Olive Mushroom Pasta Sauce
- Onion and Garlic 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

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional

## **Sauces, Salsas and Dips**

### **Organicville**

- Organic Island Teriyaki
- Organic Mild Salsa
- Organic Sesame Teriyaki

### **Paul Prudhomme**

- Magic Pepper Sauce

## **Soups**

### **Health Valley**

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

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning