

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Symphony 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 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

#### 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

### Food For Life

7 Grain English Muffins  
Cinnamon Raisin Bread  
Millet Bread, Wheat & Gluten Free  
Organic 7 Grain Bread  
Organic Ezekial Bread  
Raisin Pecan Bread, Wheat & Gluten Free  
White Rice Bread, Wheat & Gluten Free

### Kinnikinnick

White Sandwich Bread

### Nature's Path

Carrot Raisin Bread

## Canned Goods

### Eden Foods

Navy Beans

### Pomi

Strained Tomatoes

### 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

### Mothers

Cocoa Bumpers Cereal  
Graham Cereal

### Nature's Path

Organic Puffed Rice Cereal

### Perky's

Nutty Rice Cereal

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Newman's Own Organic

Organic Round Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Colgin

Liquid Smoke

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Nathans New York

Deli Mustard

### Organicville

Organic Ketchup  
Organic Tangy BBQ Sauce

## 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

### Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

### Midel

- Honey Gram Crackers

### Newman's Own Organic

- Alphabet Chocolate 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

### Kashi

- Honey Sesame Crackers
- Original Crackers

## Dairy

### Dannon

- Vanilla Actimel

### Friendship

- 1% Cottage Cheese
- Light Sour Cream
- No Salt Cottage Cheese
- Whipped Cottage Cheese

## Dairy (Cont'd)

### 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
- Non Fat Lactaid Milk

### Lifeway

- Low Fat Peach Kefir
- Low Fat Raspberry Kefir
- Low Fat Strawberry Kefir

### Organic Valley

- Organic 1% Low Fat Milk
- Organic Skim Milk

### Parmalat

- 1% Milk
- Skim Milk

### Stonyfield Farm

- 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 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 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

### 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

### 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

### Haagen-Dazs

Mango Sorbet

Raspberry Sorbet

### Health Is Wealth

Jalapeno Munchees

### Kashi

Blueberry Waffles

### Kinnikinnick

White Sandwich Bread

### 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

Non Fat Vanilla Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Original

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Barilla

Linguini Pasta

Rigatoni Pasta

### Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

### Dececco Pasta

Orecchiette Pasta

Whole Wheat Linguini Pasta

### Tinkyada

Brown Rice Fettucini

Brown Rice Lasagne

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

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

### Timpones

Spaghetti Sauce

### Walnut Acres

Roasted Garlic 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 Mushroom Barley Soup

Organic Vegetable Soup

Vegetable Soup - Fat Free

## Spices and Seasonings

### 365 Every Day Value™

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning