

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Sonoma Store, Northern California 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

Buttermilk Pancake and Waffle Mix

No Pudge

Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

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

Rice Almond Bread, Wheat & Gluten Free

Rice 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

Bread (Cont'd)

Nature's Path

Carrot Raisin Bread

Canned Goods

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

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

Nature's Path

Shredded Oaty Bites Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Guldens

Spicy Brown Mustard

Organicville

Organic Ketchup

Santa Barbara

Martini Olives

Sierra Nevada

Pale Ale Honey Mustard

Westbrae

Unsweetened Un-Ketchup

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

KinniTOOS Chocolate Sandwich Creme Cookies

Midel

Honey Gram Crackers

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Bisca

Organic Water Crackers

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Organic Brown Rice Snaps, Unsalted Plain

Crackers (Cont'd)

Edward & Sons

Organic Brown Rice Snaps, Vegetable

Kashi

Honey Sesame Crackers

Original Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Dannon

Vanilla Actimel

Horizon

Organic Fat Free Plain Yogurt

Organic Low Fat Sour Cream

Organic Strawberry Yogurt

Stonyfield Farm

Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Caramel Yogurt

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz

Organic Strawberry Yogurt Smoothie, 10 oz

White Wave

Black Cherry Soy Yogurt

Peach Soy 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

Ciao Bella

Chocolate Sorbetto

Kozy Shack

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

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Organic Quinoa Polenta, Heirloom Red & Black

Frozen Foods

365 Every Day Value™

Berry Medley

Frozen Fruit Whole Raspberries

Frozen Fruit Whole Strawberries

Frozen Sliced Peaches

Frozen Whole Blueberries

Hibiscus Sorbet

Meyer Lemon Sorbet

Raspberry Sorbet

365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Frozen Wild Blueberries
Spaghetti Bolognese

Ciao Bella

Chocolate Sorbetto

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Haagen-Dazs

Mango Sorbet
Raspberry Frozen Yogurt
Raspberry Sorbet

Health Is Wealth

Meatless Buffalo Wings

Kashi

Blueberry Waffles
Original Waffles

Perfect Additions

Unsalted Beef Stock

Stonyfield Farm

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, Teriyaki

Pasta

Barilla

Rotelle Pasta

Bionaturae

Organic Spaghetti

Dececco Pasta

Orecchiette Pasta
Rigate Penne Pasta

Pasta (Cont'd)

Dececco Pasta

Rigatoni

Tinkyada

Brown Rice Elbow
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Penne
Brown Rice Shells
Brown Rice Spirals
Organic Brown Rice Penne
Organic Brown Rice Spaghetti
Organic Brown Rice Spirals
Vegetable Brown Rice Spirals

Pasta Sauce

Muir Glen

Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Classic Spaghetti Sauce
Spaghetti Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional
Organic Quinoa Polenta, Heirloom Red & Black

Sauces, Salsas and Dips

Organicville

Organic Mild Salsa