

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

San Rafael 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

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Spelt Organic Flour

No Pudge

- Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

Bread

365 Organic Every Day Value™

- Tortilla Corn

Food For Life

- 7 Grain English Muffins
- Brown Rice Bread, Wheat & Gluten Free
- 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

Bread (Cont'd)

French Meadow Bakery

European Sourdough Rye Bread
Organic Woman's Bread

Nature's Path

Carrot Raisin Bread

Pacific Bakery

Kamut Bread

Canned Goods

Eden Foods

Black 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

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

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Organic Puffed Rice Cereal
Shredded Oaty Bites Cereal

Cereal (Cont'd)

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Newman's Own Organic

Organic Thin Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Frenchs

Yellow Mustard

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Guldens

Spicy Brown Mustard

Organicville

Organic Dressing, Tarragon Dijon Vinaigrette
Organic Ketchup
Organic Tangy BBQ Sauce

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

Cookies and Snack Bars (Cont'd)

365 Organic Every Day Value™

Fig Bar 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 Sesame

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Kashi

Original Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Dannon

Vanilla Actimel

Horizon

Organic Low Fat Sour Cream

Lactaid

Non Fat Lactaid Milk

Stonyfield Farm

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

Organic Low Fat Blueberry Yogurt, 6 oz

Organic Low Fat Plain Yogurt, 32 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

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

Meyer Lemon 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 Sesame

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

Organic Quinoa Polenta, Heirloom Red & Black

Ethnic Foods (Cont'd)

Manishevitz

Matzo Ball Mix

Organicville

Organic Sesame Teriyaki

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

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

Mexican Gardenburger
Veggie Burger Pattie

Haagen-Dazs

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

Kashi

Blueberry Waffles
Original Waffles

Perfect Additions

Unsalted Chicken Stock
Unsalted Fish Stock

Frozen Foods (Cont'd)

Quorn Foods

Meat Free Ground Beef

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, Peppered
Beef Jerky, Teriyaki

Health Is Wealth

Chicken Tenders

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Barilla

Rotelle Pasta

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti

Dececco Pasta

Orecchiette Pasta
Rigate Penne Pasta
Rigatoni

Tinkyada

Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Little Dreams
Brown Rice Penne
Brown Rice Shells
Brown Rice Spaghetti
Brown Rice Spirals

Pasta (Cont'd)

Tinkyada

- Organic Brown Rice Elbow
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Vegetable Brown Rice Spirals

Vita-Spelt

- Vita Spelt Organic White Spaghetti

Pasta Sauce

Muir Glen

- Organic Fat Free Italian Pasta Sauce
- 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 Medium Salsa
- Organic Mild Salsa
- Organic Pineapple Salsa
- Organic Sesame Teriyaki

Soups

Health Valley

- Organic Potato & Leek Soup

Spices and Seasonings

365 Every Day Value™

- Caribbean Barbeque Seasoning
- Southwestern Grill Seasoning