

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Santa Rosa 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
- Oat Bran Pancake Mix
- Spelt Organic Flour

No Pudge

- Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit 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
- 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)

Kinnikinnick

Brown Sandwich Bread
White Sandwich Bread

Nature's Path

Carrot Raisin Bread

Pacific Bakery

Kamut Bread

Canned Goods

Eden Foods

Black Beans
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

Cereal (Cont'd)

Nature's Path

Organic Puffed Rice Cereal
Shredded Oaty Bites Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Newman's Own Organic

Organic Round Salted Pretzels
Organic Thin Salt and Pepper Pretzels
Organic Thin Salted Pretzels

Condiments

Frenchs

Yellow Mustard

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Organicville

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

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

Cookies and Snack Bars (Cont'd)

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Amaranth Graham Crackers

Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate 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 Sesame

Organic Brown Rice Snaps, Black Sesame

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Kashi

Honey Sesame Crackers

Original Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Horizon

Organic Low Fat Sour Cream

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 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

Dairy (Cont'd)

Stonyfield Farm

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

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™

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

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

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

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

Frozen Foods (Cont'd)

Kashi

Blueberry Waffles

Kinnikinnick

Brown Sandwich Bread

White Sandwich Bread

Perfect Additions

Unsalted Chicken Stock

Unsalted Fish Stock

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

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Spaghetti

Dececco Pasta

Orecchiette Pasta

Rigate Penne Pasta

Rigatoni

Tinkyada

Brown Rice Fettucini

Brown Rice Lasagne

Brown Rice Penne

Brown Rice Shells

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 Island Teriyaki
- Organic Pineapple Salsa
- Organic Sesame Teriyaki