

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Greenwich Store, Northeast 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

- Buttermilk Pancake Mix

### Beverages

#### 365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Lemon Sparkling Water

### Beverages (Cont'd)

#### 365 Every Day Value™

- 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

## Bread (Cont'd)

### Berli

Sprouted Spelt Bread

### Food For Life

7 Grain English Muffins

Bran Bread

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

White Rice Bread, Wheat & Gluten Free

### Nature's Path

Carrot Raisin Bread

### Rudolph's Bakery

Organic Rye Flaxseed Bread

### Shiloh Farms

7 Grain Bread

## Canned Goods

### Eden Foods

Black Beans

Navy Beans

Pinto Beans

### 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

## Canned/Jarred Goods (Cont'd)

### 365 Organic Every Day Value™

Black Beans

Pinto Beans

## Cereal

### 365 Organic Every Day Value™

High Fiber Cereal

### Erewhon

Maple Oatmeal

### Health Valley

Rice Crunch 'Ems

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

Cocoa Bumpers Cereal

Graham Cereal

### Nature's Path

Organic Puffed Rice Cereal

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

Guiltless Gourmet - Baked Nacho Chips

### 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

## Condiments (Cont'd)

### Colgin

Liquid Smoke

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Guldens

Spicy Brown Mustard

### Mediterranean Organics

Organic Green Olives Stuffed with Almonds

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Tangy BBQ Sauce

### Santa Barbara

Jalapeno Stuffed 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

### Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

### Midel

Honey Gram Crackers

### Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Edward & Sons

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

Organic Brown Rice Snaps, Vegetable

### Kashi

Honey Sesame Crackers

Original Crackers

### 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

Low Fat Skinny One Milk

### Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

Non Fat Lactaid Milk

### Liberte

6 Grain Peach Yogurt

6 Grain Raspberry Yogurt

## Dairy (Cont'd)

### Lifeway

- Low Fat Blueberry 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 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

- Soy Strawberry Yogurt

### Whole Soy

- Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Foods

- Oat Vanilla Beverage
- Original Almond Milk Beverage

## Dairy Alternatives (Cont'd)

### White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## Desserts

### 365 Every Day Value™

- Tangerine Sorbet

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Sesame

### Food Merchants

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

### Organicville

- 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
- Tangerine 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

### Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Raspberry Sorbet

Strawberry Sorbet

### Health Is Wealth

Meatless Buffalo Wings

### Ians

Sweet Potato French Fries

### Kashi

Blueberry Waffles

Original Waffles

### Quorn Foods

Meat Free Ground Beef

### Soy Boy

Tofu Ravioli

### Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt

Fat Free Mint Chocolate Chip Frozen Yogurt

Non Fat Vanilla Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Original

Beef Jerky, Peppered

Beef Jerky, Teriyaki

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

### DeBoles Foods

Fettucine Spinach Pasta

### Dececco Pasta

Orecchiette Pasta

Rigate Penne Pasta

Rigatoni

Whole Wheat Linguini Pasta

### Tinkyada

Brown Rice Elbow

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

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Organic Brown Rice Spirals

Spinach Brown Rice Spaghetti

Vegetable Brown Rice Spirals

### Vita-Spelt

Vita Spelt Organic White Spaghetti

## 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

### Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

## **Prepared Foods**

### **Food Merchants**

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

## **Sauces, Salsas and Dips**

### **Organicville**

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

## **Soups**

### **Health Valley**

- Corn & Vegetable Soup- Fat Free
- Fat Free Vegetable Barley Soup
- Organic Split Pea Soup
- Organic Vegetable Soup

## **Spices and Seasonings**

### **365 Every Day Value™**

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning
- Spicy Shrimp Boil Seasoning