

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Bowery 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

- 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

### **Berli**

Sprouted Spelt Bread

### **Food For Life**

7 Grain English Muffins

Bran Bread

Brown Rice Bread, Wheat & Gluten Free

Cinnamon Raisin Bread

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

### **French Meadow Bakery**

European Sourdough Rye Bread

Organic Woman's Bread

### **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

### **Natural Sea**

Natural Tuna with Salt

No Salt Tongol Tuna

### **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

### **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

### Colgin

Liquid Smoke

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Guldens

Spicy Brown Mustard

### Nathans New York

Deli Mustard

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Tangy BBQ Sauce

### Wild Thymes

Plum Currant Chutney

## 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

### 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

## Cookies and Snack Bars (Cont'd)

### 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 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

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

### Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

Lactaid Milk, 1% Low Fat

Non Fat Lactaid Milk

## Dairy (Cont'd)

### Liberte

- 6 Grain Peach Yogurt
- 6 Grain Raspberry Yogurt

### Lifeway

- Low Fat Blueberry Kefir
- Low Fat Raspberry Kefir
- Low Fat Strawberry Kefir

### Organic Valley

- Organic 1% Low Fat Milk
- Organic Skim Milk

### Parmalat

- 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 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

- Black Cherry Soy Yogurt
- Soy Strawberry Yogurt
- Vanilla Soy 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™

- Hibiscus Sorbet
- Raspberry 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

### Manischewitz

- Matzo Ball Mix

### Organicville

- Organic Sesame Teriyaki

## Frozen Foods

### 365 Every Day Value™

- Berry Medley
- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries

## Frozen Foods (Cont'd)

### 365 Every Day Value™

- Frozen Fruit Whole Strawberries
- Frozen Sliced Peaches
- Frozen Whole Blueberries
- Hibiscus Sorbet
- Raspberry 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
- Strawberry Sorbet

### Health Is Wealth

- Broccoli Tofu Munchees
- Meatless Buffalo Wings
- Spring Rolls

### Ians

- Sweet Potato French Fries

### Kashi

- Blueberry Waffles
- Original Waffles

### Quorn Foods

- Meat Free Ground Beef

## Frozen Foods (Cont'd)

### Soy Boy

- Tofu Ravioli

### 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
- 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

## 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

## **Pasta (Cont'd)**

### **Tinkyada**

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Little Dreams
- Brown Rice Penne
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Spinach Brown Rice Spaghetti
- Vegetable Brown Rice Spirals

### **Vita-Spelt**

- Vita Spelt Angel Hair Pasta
- Vita Spelt White Angel Hair Pasta

## **Pasta Sauce**

### **Enricos Sauces**

- Premium No Salt Traditional Pasta Sauce

### **Muir Glen**

- Organic Fat Free Tomato Basil Pasta Sauce

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Basil & Garlic

## **Sauces, Salsas and Dips**

### **Organicville**

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

### **Paul Prudhomme**

- Magic Pepper Sauce

### **The Wizard's Sauce**

- Organic Hot Stuff

## **Soups**

### **Health Valley**

- Fat Free Vegetable Barley Soup
- Minestrone Soup- Fat Free
- Organic Potato & Leek Soup
- Organic Split Pea Soup
- Organic Vegetable Soup
- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

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