

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Middletown 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

#### No Pudge

- Fat Free Cappucino Fudge Brownie Mix
- Fat Free Mint Brownie Mix
- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda

### Beverages (Cont'd)

#### 365 Every Day Value™

- Cola
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

#### Apple & Eve

- Apple Juice

## **Beverages (Cont'd)**

### **Ceres Fruit Juices**

Guava Juice

### **Looza Fruit Juices**

Mango 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

White Rice Bread, Wheat & Gluten Free

### **French Meadow Bakery**

European Sourdough Rye Bread

Organic Woman's Bread

### **Nejames**

Crispbread

### **Shiloh Farms**

7 Grain Bread

## **Canned Goods**

### **Eden Foods**

Black Beans

Navy Beans

Pinto Beans

### **Natural Sea**

No Salt Tongol Tuna

## **Canned Goods (Cont'd)**

### **Pomi**

Strained Tomatoes

### **Santa Cruz Organic**

Organic Apricot Applesauce

## **Canned/Jarred Goods**

### **365 Every Day Value™**

Green Ripe Pitted Olives

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

### **Health Valley**

Cranberry Crunch Cereal

Rice Crunch 'Ems

### **Mothers**

Cocoa Bumpers Cereal

Graham Cereal

### **Nature's Path**

Organic Puffed Rice Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips, Pretzels and Snacks**

### **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

### **Colgin**

Liquid Smoke

### **Frenchs**

Yellow Mustard

### **Grey Poupon**

Country Dijon Mustard

Dijon Mustard

### **Guldens**

Spicy Brown Mustard

### **Mediterranean Organics**

Organic Green Olives Stuffed with Almonds

### **Nathans New York**

Deli Mustard

### **Organicville**

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

### **Wild Thymes**

Cranberry Apricot Chutney

## **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

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola 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 Seaweed

Brown Rice Snaps, Tamari 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

### **Nejames**

Original Crispbread

### **Scand**

Bran Crispbread

## **Dairy**

### **Calabro**

Fat Free Ricotta

## Dairy (Cont'd)

### Friendship

- 1% Cottage Cheese
- Light Sour Cream
- No Salt Cottage Cheese
- Whipped Cottage Cheese

### Horizon

- Organic Low Fat Sour Cream

### Lactaid

- 1% Lactaid Milk
- Lactaid Milk, 1% Low Fat
- Non Fat Lactaid Milk

### 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

- 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

## Dairy (Cont'd)

### Stonyfield Farm

- Organic Peach Yogurt Smoothie, 10 oz
- Organic Strawberry Yogurt Smoothie, 10 oz

### White Wave

- Soy Strawberry 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

### Ciao Bella

- Chocolate Sorbetto

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Tamari Sesame

### Manishevitz

- Matzo Ball Mix

### 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

### 365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### 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 Sorbet
- Strawberry Sorbet

### Health Is Wealth

- Broccoli Tofu Munchees
- Meatless Buffalo Wings
- Spring Rolls

### Ians

- Sweet Potato French Fries

### 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
- 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

### 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

### 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

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

### **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

### **Walnut Acres**

- Low Sodium Tomato Basil Pasta Sauce

## **Sauces, Salsas and Dips**

### **Organicville**

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

### **Paul Prudhomme**

- Magic Pepper Sauce

## **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™**

- Mediterranean Seafood Seasoning