

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Union Square 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.

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 Mint Brownie Mix
- 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

Rice Almond Bread, Wheat & Gluten Free

Sprouted Ezekiel Tortillas

White Rice Bread, Wheat & Gluten Free

French Meadow Bakery

Organic Woman's Bread

Nature's Path

Carrot Raisin Bread

Nejames

Crispbread

Rudolph's Bakery

Organic Rye Flaxseed Bread

Canned Goods

Eden Foods

Black Beans

Navy Beans

Pinto 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

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

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

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

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

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Mixed Berry Cereal Bars

Strawberry Cereal Bars

Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

Health Valley

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

Cookies and Snack Bars (Cont'd)

Midel

Honey Gram Crackers

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Real Torino

Ladyfingers

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

Nejames

Original Crispbread

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

Dairy (Cont'd)

Horizon

- Organic Low Fat Egg Nog
- Organic Low Fat Sour Cream

Lactaid

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

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

Dairy (Cont'd)

White Wave

- 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™

- Hibiscus Sorbet
- Raspberry Sorbet

Ciao Bella

- Chocolate Sorbetto

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Ethnic Foods

Edward & Sons

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

Food Merchants

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

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
- Hibiscus Sorbet
- Raspberry Sorbet

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 Frozen Yogurt
- Raspberry Sorbet
- Strawberry Sorbet

Health Is Wealth

- Meatless Buffalo Wings
- Spring Rolls

Kashi

- Blueberry Waffles
- Original Waffles

Quorn Foods

- Meat Free Ground Beef

Soy Boy

- Tofu Ravioli

Stonyfield Farm

- Fat Free Decaf French Roast Frozen Yogurt
- Fat Free Dutch Chocolate Frozen Yogurt

Frozen Foods (Cont'd)

Stonyfield Farm

- 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
- Rigatoni
- Whole Wheat Linguini Pasta

Tinkyada

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Lasagne
- Brown Rice Little Dreams
- Brown Rice Shells
- Brown Rice Spaghetti

Pasta (Cont'd)

Tinkyada

- Organic Brown Rice Penne
- 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 Organic White Spaghetti
- Vita Spelt White Angel Hair Pasta

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 Island Teriyaki
- 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

Spices and Seasonings

365 Every Day Value™

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