

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Cambie Store, Pacific Northwest 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).

### Beverages

#### 365 Every Day Value™

- Cola
- Ginger Ale
- Root Beer Soda

#### Ceres Fruit Juices

- Papaya Juice

### Bread

#### Food For Life

- Brown Rice Bread, Wheat & Gluten Free
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas

### Bread (Cont'd)

#### Food For Life

- White Rice Bread, Wheat & Gluten Free

#### Food for Life

- Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

#### Kinnikinnick

- Cheese Tapioca Rice Bread
- Robins Honey Brown Rice Bread
- White Sandwich Bread

#### Nature's Path

- Carrot Raisin Bread

## Canned/Jarred Goods

### 365 Every Day Value™

Large Ripe Olives, Pitted  
Medium Ripe Olives, Pitted  
Sliced Olives

## Cereal

### Nature's Path

Organic Puffed Rice Cereal  
Shredded Oaty Bites Cereal

## Condiments

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies  
S'moreables Graham Style Crackers

## Crackers

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed  
Organic Brown Rice Snaps, Black Sesame  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

## Desserts

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Rice Pudding  
Tapioca Pudding

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

### Organicville

Organic Sesame Teriyaki

## Frozen Foods

### Ciao Bella

Chocolate Sorbetto

### Kinnikinnick

Cheese Tapioca Rice Bread  
Robins Honey Brown Rice Bread  
White Sandwich Bread

## Pasta

### Al Dente

Fettucine and Egg Pasta

### Tinkyada

Brown Rice Elbow  
Brown Rice Fettucini  
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

## Sauces, Salsas and Dips

### Organicville

Organic Sesame Teriyaki