

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Mill Plain 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.

Baking Needs

No Pudge

Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

Italian Lemon Sparkling Water
Italian Sparkling Orange/Lime/Pink Grapefruit Water
Italian Strawberry Sparkling Water

Looza Fruit Juices

Mango Nectar Juice
Pear Nectar Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Food For Life

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
Sprouted Ezekiel Tortillas
White Rice Bread, Wheat & Gluten Free

Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

Bread (Cont'd)

French Meadow Bakery

European Sourdough Rye Bread
Organic Woman's Bread

Kinnikinnick

Brown Sandwich Bread
Robins Honey Brown Rice Bread

Nature's Path

Carrot Raisin Bread

Canned Goods

Eden Foods

Black Beans
Navy Beans
Pinto Beans

Pomi

Strained Tomatoes

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

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

Cereal (Cont'd)

Health Valley

Corn Crunch ´Ems
Rice Crunch ´Ems

Mothers

Cocoa Bumpers Cereal

Nature's Path

Organic Puffed Rice Cereal
Shredded Oaty Bites Cereal

Perky's

Nutty Flax Cereal
Nutty Rice Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Newman's Own Organic

Organic Round Salted Pretzels
Organic Thin Salted Pretzels

Condiments

Organicville

Organic Ketchup

Santa Barbara

Martini Olives

Sierra Nevada

Pale Ale Honey Mustard

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars
Blueberry Cereal Bars
Mixed Berry Cereal Bars
Strawberry Cereal Bars

Health Valley

Apple Cobbler Cereal Bars
Strawberry Cereal Bars

Kinnikinnick

KinniKritters Animal Cookies
KinniTOOS Chocolate Sandwich Creme Cookies

Cookies and Snack Bars (Cont'd)

Kinnikinnick

KinniTOOS Vanilla Sandwich Creme Cookies

Midel

Honey Gram Crackers

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Brown Rice Snaps, Unsalted 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

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

Stonyfield Farm

Organic Low Fat Blueberry Yogurt, 6 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Raspberry Yogurt, 6 oz

Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Vanilla Yogurt

White Wave

Black Cherry Soy Yogurt

Peach Soy Yogurt

Dairy (Cont'd)

White Wave

Soy Strawberry Yogurt

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™

Meyer Lemon Sorbet

Passionfruit Sorbet

Kozy Shack

Rice Pudding

Tapioca Pudding

Oetker

Organic Coconut 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

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

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
- Meyer Lemon Sorbet
- Passionfruit Sorbet

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Wild Blueberries
- Spaghetti Bolognese

Gardenburger

- Fat Free Veggie Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Kashi

- Blueberry Waffles
- Original Waffles

Kinnikinnick

- Brown Sandwich Bread
- Robins Honey Brown Rice Bread

Quorn Foods

- Meat Free Ground Beef

Stonyfield Farm

- Fat Free Dutch Chocolate Frozen Yogurt
- Fat Free Mint Chocolate Chip 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

Pasta

Bionaturae

- Organic Fusilli Pasta
- Organic Spaghetti

DeBoles Foods

- Fettucine Spinach Pasta

Tinkyada

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

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, Sundried Tomato & Garlic
- Organic Polenta, Traditional

Soups

Health Valley

- Fat Free Vegetable Barley Soup
- Minestrone Soup- Fat Free