

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Portland 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).

### Baking Needs

#### Arrowhead Mills

- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Spelt Organic Flour

#### No Pudge

- Fat Free Mint Brownie Mix
- 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

### Beverages (Cont'd)

#### Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Food For Life

- 7 Grain English Muffins
- Brown Rice Bread, Wheat & Gluten Free
- 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

## Bread (Cont'd)

### Food For Life

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

### Nature's Path

Carrot Raisin 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™

Baby Corn  
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

## Cereal (Cont'd)

### Barbara's Bakery

Honey Rice Puffins Cereal

### Health Valley

Corn Crunch ´Ems  
Rice Crunch ´Ems

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

Graham 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

### Guiltless Gourmet

Guiltless Gourmet - Baked Nacho Chips  
Organic Black Bean Tortilla Chips  
Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Organicville

Organic Ketchup

### Santa Barbara

Martini Olives

### Sierra Nevada

Pale Ale Honey Mustard

## Condiments (Cont'd)

### Westbrae

Unsweetened Un-Ketchup

## 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

Strawberry Cereal Bars

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

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

Original Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

### Lactaid

Non Fat Lactaid Milk

### Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

### Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 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 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

Peach Soy Yogurt

Soy Strawberry Yogurt

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™

Meyer Lemon Sorbet

## Desserts (Cont'd)

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

Organic Coconut Pudding

Organic Vanilla Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

Spaghetti Bolognese

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

### Food Merchants

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

### 365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Spaghetti Bolognese

## Frozen Foods (Cont'd)

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Fat Free Veggie Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Strawberry Sorbet

### Kashi

Blueberry Waffles

Original Waffles

### Quorn Foods

Meat Free Ground Beef

### 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

Beef Jerky, Peppered

Beef Jerky, Teriyaki

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta

### Dececco Pasta

Orecchiette Pasta

Rigate Penne Pasta

Rigatoni

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

### **Tinkyada**

- Brown Rice Fettucini
- Brown Rice Little Dreams
- Brown Rice Penne
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic 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, Sundried Tomato & Garlic
- Organic Polenta, Traditional

## **Sauces, Salsas and Dips**

### **Organicville**

- Organic Mild Salsa

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

- Organic Hot Stuff

## **Soups**

### **Health Valley**

- Fat Free Vegetable Barley Soup
- Organic Potato & Leek Soup
- Organic Vegetable Soup
- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

- Southwestern Grill Seasoning