

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Vancouver 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.

Beverages

Ceres Fruit Juices

- Guava Juice
- 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

Food for Life

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

Bread (Cont'd)

Kinnikinnick

- Cheese Tapioca Rice Bread
- Pizza Crusts, 7 Inch
- Raisin 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
Organic Original BBQ Sauce

Cookies and Snack Bars

Kinnikinnick

Ginger Snap Cookies
KinniTOOS Chocolate Sandwich Creme Cookies

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

Nejaimes

Original Crispbread

Desserts

Ciao Bella

Chocolate Sorbetto

Kozy Shack

Rice Pudding
Tapioca Pudding

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Frozen Foods

Ciao Bella

Chocolate Sorbetto

Ians

Sweet Potato French Fries

Kinnikinnick

Cheese Tapioca Rice Bread
Pizza Crusts, 7 Inch
Raisin 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 Spirals
Spinach Brown Rice Spaghetti