

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Academy Store, Rocky Mountain 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

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Oat Bran Pancake Mix
- Spelt Organic Flour

#### No Pudge

- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale

### Beverages (Cont'd)

#### 365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

#### Ceres Fruit Juices

- Guava Juice

#### Looza Fruit Juices

- Pear Nectar Juice

## **Bread**

### **365 Organic Every Day Value™**

Tortilla Corn

### **Food For Life**

7 Grain English Muffins  
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  
Rice Almond Bread, Wheat & Gluten Free  
Rice Pecan Bread, Wheat & Gluten Free  
White Rice Bread, Wheat & Gluten Free

### **Nature's Path**

Carrot Raisin Bread

## **Canned Goods**

### **Eden Foods**

Black Beans  
Pinto Beans

### **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  
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

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Mothers**

Cocoa Bumpers Cereal

### **Nature's Path**

Shredded Oaty Bites Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips, Pretzels and Snacks**

### **Guiltless Gourmet**

Guiltless Gourmet - Baked Nacho Chips  
Tortilla Chips

### **Mothers**

Salt & Butter Popped Corn Cakes

### **Newman's Own Organic**

Organic Round Salted Pretzels  
Organic Thin Salted Pretzels

## **Condiments**

### **Frenchs**

Yellow Mustard

### **Grey Poupon**

Dijon Mustard

### **Organicville**

Organic Ketchup  
Organic Original BBQ Sauce

### **Santa Barbara**

Martini Olives

### **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

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies

### **Midel**

Honey Gram Crackers

### **Newman's Own Organic**

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies

## **Crackers**

### **365 Every Day Value™**

Golden Stoneground Bite Size

### **Bisca**

Organic Water Crackers

### **Edward & Sons**

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

### **Health Valley**

Fat Free Whole Wheat, Herb Crackers  
Low Fat Sesame Crackers  
Low Fat Stoned Wheat Crackers

### **Kashi**

Honey Sesame Crackers  
Original Crackers

### **Wasa Crispbread**

Fiber Plus Crispbread

## **Dairy**

### **Horizon**

Organic Low Fat Sour Cream

### **Lactaid**

1% Lactaid Milk

### **Lifeway**

Low Fat Blueberry Kefir  
Low Fat Peach Kefir  
Low Fat Raspberry Kefir  
Low Fat Strawberry Kefir

### **Organic Valley**

Organic 1% Low Fat Milk  
Organic 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

### **White Wave**

Black Cherry Soy Yogurt  
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™

- Passionfruit Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Sesame

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic

## 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
- Passionfruit Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

### 365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### Gardenburger

- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

### Haagen-Dazs

- Raspberry Frozen Yogurt
- Raspberry Sorbet

### Quorn Foods

- Meat Free Ground Beef

### Stonyfield Farm

- Fat Free Mint Chocolate Chip Frozen Yogurt
- Low Fat Creme Caramel 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
- Organic Spaghetti

### DeBoles Foods

- Fettucine Spinach Pasta

### Dececco Pasta

- Orecchiette Pasta
- Rigate Penne Pasta

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

### **Tinkyada**

- Brown Rice Elbow
- Brown Rice Fettucini
- Brown Rice Fusilli
- Brown Rice Spaghetti
- Organic Brown Rice Penne
- Vegetable Brown Rice Spirals

### **Vita-Spelt**

- Vita Spelt Angel Hair Pasta
- Vita Spelt White Angel Hair Pasta

## **Pasta Sauce**

### **Muir Glen**

- Organic Fat Free Tomato Basil Pasta Sauce

### **Timpones**

- Spaghetti Sauce

### **Walnut Acres**

- Low Sodium Tomato Basil Pasta Sauce
- Marinara Pasta Sauce

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic

## **Soups**

### **Health Valley**

- Organic Split Pea Soup