

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Baseline 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.

Baking Needs

Arrowhead Mills

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

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

Ceres Fruit Juices

- Guava Juice
- Papaya 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 Ezekial Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond 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

Canned Goods

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

Cereal

Barbara's Bakery

Honey Rice Puffins Cereal

Health Valley

Corn Crunch 'Ems
Rice Crunch 'Ems

Mothers

Cocoa Bumpers Cereal
Graham Cereal

Nature's Path

Organic Puffed Rice Cereal

Perky's

Nutty Rice Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Chips, Pretzels and Snacks (Cont'd)

Mothers

Salt & Butter Popped Corn Cakes

Condiments

Grey Poupon

Country Dijon Mustard

Santa Barbara

Martini Olives

Cookies and Snack Bars

365 Every Day Value™

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

Health Valley

Dutch Apple Granola Bars

Newman's Own Organic

Alphabet Chocolate Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Edward & Sons

Brown Rice Snaps, Tamari Sesame
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 Fat Free Blueberry Yogurt
Organic Fat Free Vanilla Yogurt
Organic Low Fat Egg Nog
Organic Low Fat Sour Cream

Dairy (Cont'd)

Lactaid

1% Lactaid Milk

Lifeway

Low Fat Blueberry Kefir

Low Fat Raspberry Kefir

Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

Stonyfield Farm

Organic Fat Free Black Cherry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Blueberry Yogurt, 6 oz

Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Raspberry Yogurt, 6 oz

Organic Low Fat Vanilla Yogurt

Organic Peach Yogurt Smoothie, 10 oz

White Wave

Black Cherry Soy Yogurt

Dairy Alternatives

Pacific Foods

Oat Vanilla 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

Raspberry Sorbet

Tangerine Sorbet

Kozy Shack

Chocolate Pudding

Rice Pudding

Desserts (Cont'd)

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 Sesame

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

Passionfruit Sorbet

Raspberry Sorbet

Tangerine Sorbet

365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Spaghetti Bolognese

Gardenburger

Low Fat Mushroom Gardenburger

Frozen Foods (Cont'd)

Haagen-Dazs

Mango Sorbet

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

DeBoles Foods

Fettucine Spinach Pasta

Dececco Pasta

Rigate Penne Pasta

Tinkyada

Brown Rice Little Dreams

Brown Rice Penne

Brown Rice Shells

Brown Rice Spaghetti

Brown Rice Spirals

Organic Brown Rice Lasagne

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Vita-Spelt

Vita Spelt Organic White Spaghetti

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce

Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Spaghetti Sauce

Pasta Sauce (Cont'd)

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 Medium Salsa