

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Highlands Ranch 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

- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix

#### 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

### Beverages (Cont'd)

#### Ceres Fruit Juices

- Guava Juice

#### Looza Fruit Juices

- Pear Nectar Juice

#### Vruit

- Berry Veggie Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Food For Life

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

## Bread (Cont'd)

### Food For Life

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  
Sprouted Ezekiel Tortillas  
White Rice Bread, Wheat & Gluten Free

### Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### French Meadow Bakery

European Sourdough Rye Bread  
Organic Woman's Bread

### Kinnikinnick

Brown Sandwich Bread  
White Sandwich 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  
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

## Canned/Jarred Goods (Cont'd)

### 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

### Perky's

Nutty Rice Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

Organic Black Bean Tortilla Chips  
Tortilla Chips

### Mothers

Salt & Butter Popped Corn Cakes

### Newman's Own Organic

Organic Round Salted Pretzels  
Organic Thin Salted Pretzels

## Condiments

### Colgin

Liquid Smoke

### Frenchs

Yellow Mustard

### Grey Poupon

Dijon Mustard

### Organicville

Organic Ketchup  
Organic Original BBQ Sauce

## Condiments (Cont'd)

### Santa Barbara

Martini Olives

### Wild Thymes

Pineapple Peach Lime Chutney

## 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

Apple Cobbler Cereal Bars  
Fat Free Blueberry Cereal Bars  
Fat Free Sweet Cherry Tarts  
Strawberry Cereal Bars

### Kinnikinnick

KinniTOOS Vanilla Sandwich Creme Cookies

### Midel

Honey Gram Crackers

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Bisca

Organic Water Crackers

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
Brown Rice Snaps, Tamari Seaweed  
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

### Health Valley

Low Fat Sesame Crackers  
Low Fat Stoned Wheat Crackers

## Crackers (Cont'd)

### Kashi

Honey Sesame Crackers  
Original Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Dannon

Vanilla Actimel

### Horizon

Organic Fat Free Blueberry Yogurt  
Organic Fat Free Plain Yogurt  
Organic Fat Free Vanilla Yogurt  
Organic Low Fat Sour Cream  
Organic Strawberry Yogurt

### 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

## Dairy (Cont'd)

### Stonyfield Farm

- 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™

- Hibiscus Sorbet
- Meyer Lemon Sorbet
- Passionfruit Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

## Entrees and Mixes

### 365 Organic Every Day Value™

- Spaghetti Bolognese

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Seaweed

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Green Chili & Cilantro

## Ethnic Foods (Cont'd)

### Food Merchants

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

### Organicville

- Organic Island Teriyaki
- Organic Sesame Teriyaki

## 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
- Hibiscus Sorbet
- 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
- Mexican Gardenburger
- Veggie Burger Pattie

### Haagen-Dazs

- Mango Sorbet
- Raspberry Sorbet
- Strawberry Sorbet

### Kashi

- Blueberry Waffles
- Original Waffles

## Frozen Foods (Cont'd)

### Kinnikinnick

Brown Sandwich Bread  
White Sandwich Bread

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt  
Fat Free Dutch Chocolate 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

### Tinkyada

Brown Rice Elbow  
Brown Rice Fettucini  
Brown Rice Fusilli  
Brown Rice Penne  
Brown Rice Shells  
Brown Rice Spaghetti  
Brown Rice Spirals  
Organic Brown Rice Elbow  
Organic Brown Rice Spaghetti  
Organic Brown Rice Spirals

## Pasta (Cont'd)

### Tinkyada

Vegetable Brown Rice Spirals

### Vita-Spelt

Vita Spelt Angel Hair Pasta  
Vita Spelt White Angel Hair Pasta

## Pasta Sauce

### Muir Glen

Organic Fat Free Italian Pasta Sauce  
Organic Fat Free Tomato Basil Pasta Sauce

### Timpones

Spaghetti Sauce

### Walnut Acres

Marinara Pasta Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Green Chili & Cilantro  
Organic Polenta, Sundried Tomato & Garlic  
Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki  
Organic Mild Salsa  
Organic Sesame Teriyaki