

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Westminster 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

Multigrain Pancake Mix

No Pudge

Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

Italian Lemon Sparkling Water

Italian Strawberry Sparkling Water

Bread

365 Organic Every Day Value™

Tortilla Corn

Bread (Cont'd)

Food For Life

7 Grain English Muffins

Bran Bread

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

Sprouted Ezekiel Tortillas

Canned Goods

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

365 Organic Every Day Value™

- Pinto Beans

Cereal

365 Organic Every Day Value™

- High Fiber Cereal

Barbara's Bakery

- Honey Rice Puffins Cereal

Health Valley

- Corn Crunch 'Ems
- Rice Crunch 'Ems

Nature's Path

- Organic Puffed Rice Cereal

Perky's

- Nutty Flax Cereal
- Nutty Rice Cereal

Us Mill

- Uncle Sam Cereal

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

Organicville

- Organic Original BBQ Sauce

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

- Apple Cobbler Cereal Bars

Newman's Own Organic

- Alphabet Cinnamon Cookies

Crackers

Kashi

- Original Crackers

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Horizon

- Organic Fat Free Blueberry Yogurt
- Organic Fat Free Plain Yogurt
- Organic Fat Free Vanilla Yogurt
- Organic Low Fat Egg Nog
- Organic Low Fat Sour Cream
- Organic Strawberry Yogurt

Lifeway

- Low Fat Raspberry Kefir
- Low Fat Strawberry Kefir

Organic Valley

- Organic Skim Milk

Stonyfield Farm

- 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 Plain Yogurt, 32 oz
- Organic Low Fat Plain Yogurt, 6 oz
- Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz
- Organic Low Fat Vanilla Yogurt
- Organic Strawberry Yogurt Smoothie, 10 oz

Dairy (Cont'd)

White Wave

- Black Cherry Soy Yogurt
- Peach Soy Yogurt
- Soy Strawberry Yogurt
- 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
- Passionfruit Sorbet

Oetker

- Organic Chocolate Pudding

Ethnic Foods

Food Merchants

- Organic Polenta, Traditional

Organicville

- Organic Island Teriyaki

Frozen Foods

365 Every Day Value™

- Frozen Fruit Whole Strawberries
- Frozen Whole Blueberries
- Meyer Lemon Sorbet
- Passionfruit Sorbet

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- Frozen Wild Blueberries

Gardenburger

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

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet

Kashi

- Blueberry Waffles
- Original Waffles

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

- Beef Jerky, Teriyaki

Pasta

Bionaturae

- Organic Fusilli Pasta
- Organic Spaghetti

DeBoles Foods

- Fettucine Spinach Pasta

Tinkyada

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

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki

Soups

Health Valley

Fat Free Vegetable Barley Soup

Organic Vegetable Soup