

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Durham Store, South 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

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

Beverages

365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

Beverages (Cont'd)

Apple & Eve

- Apple Juice

Ceres Fruit Juices

- Guava Juice

Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

Bread

365 Organic Every Day Value™

- Tortilla Corn

Berli

- Sprouted Spelt Bread

Bread (Cont'd)

Food For Life

Brown Rice Bread, Wheat & Gluten Free
Millet Bread, Wheat & Gluten Free
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread
Rice Almond Bread, Wheat & Gluten Free
Sprouted Ezekiel Tortillas

French Meadow Bakery

European Sourdough Rye 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

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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

Chips, Pretzels and Snacks

Guiltless Gourmet

Organic Black Bean Tortilla Chips

Newman's Own Organic

Organic Thin Salt and Pepper Pretzels

Coffee and Tea

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Ground Hazelnut Coffee

Condiments

Colgin

Liquid Smoke

Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Cookies and Snack Bars

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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

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies

Cookies and Snack Bars (Cont'd)

Newman's Own Organic

Alphabet Chocolate Cookies

Crackers

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Golden Stoneground Bite Size

Edward & Sons

Brown Rice Snaps, Onion Garlic
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Kashi

Honey Sesame Crackers
Original Crackers

Dairy

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Skim Milk

Horizon

Organic Low Fat Egg Nog

Liberte

6 Grain Peach Yogurt
6 Grain Raspberry Yogurt

Lifeway

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

Nulaid

Fat Free Egg Replacer

Stonyfield Farm

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 Just Peachy Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Plain Yogurt, 32 oz
Organic Low Fat Plain Yogurt, 6 oz

Dairy (Cont'd)

Stonyfield Farm

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

Whole Soy

Vanilla Soy Yogurt

Dairy Alternatives

Pacific Foods

Oat Vanilla Beverage
Original Almond Milk Beverage

White Wave

Non Dairy Vanilla Soy Beverage
Soy Hazelnut Creamer

Desserts

365 Every Day Value™

Hibiscus Sorbet
Meyer Lemon Sorbet
Tangerine Sorbet

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Vanilla Pudding

Entrees and Mixes

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Spaghetti Bolognese

Ethnic Foods

Food Merchants

Organic Polenta, Basil & 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
Hibiscus Sorbet
Meyer Lemon 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

Ians

Sweet Potato French Fries

Kashi

Blueberry Waffles
Original Waffles

Kinnikinnick

Brown Sandwich Bread
White Sandwich Bread

Quorn Foods

Meat Free Ground Beef

Stonyfield Farm

Fat Free Mint Chocolate Chip Frozen Yogurt
Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Jams and Nut Butters

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Fruit Spread Imported Apricot
Fruit Spread Imported Black Cherry
Fruit Spread Imported Blackberry
Fruit Spread Imported Raspberry
Fruit Spread Imported Strawberry

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti

Dececco Pasta

Orecchiette Pasta
Rigate Penne Pasta
Rigatoni
Whole Wheat Linguini Pasta

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Little Dreams
Brown Rice Penne
Brown Rice Shells
Brown Rice Spirals
Organic Brown Rice Elbow
Organic Brown Rice Lasagne
Vegetable Brown Rice Spirals

Pasta Sauce

Enricos Sauces

Premium No Salt Traditional Pasta Sauce

Timpones

Spaghetti Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Medium Salsa

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

Organic Split Pea Soup
Organic Vegetable Soup
Vegetable Soup - Fat Free

Spices and Seasonings

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Caribbean Barbeque Seasoning