

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Williamson 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### Arrowhead Mills

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

#### No Pudge

- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Apple & Eve

- Apple Juice

#### Looza Fruit Juices

- Mango Nectar Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Berli

- Sprouted Spelt Bread

#### Food For Life

- 7 Grain English Muffins
- Cinnamon Raisin Bread
- Millet Bread, Wheat & Gluten Free
- Organic 7 Grain Bread

## Bread (Cont'd)

### Food For Life

- Organic Ezekial Bread
- Organic Ezekiel Bread
- Rice Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

### French Meadow Bakery

- European Sourdough Rye Bread

### Kinnikinnick

- Brown 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™

- 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

### Barbara's Bakery

- Honey Rice Puffins Cereal

## Cereal (Cont'd)

### Kashi

- Cinna-Raisin Crunch Cereal

### Perky's

- Nutty Flax Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

- Organic Black Bean Tortilla Chips
- Tortilla Chips

### Newman's Own Organic

- Organic Round Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### Organicville

- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Ketchup
- Organic Original BBQ Sauce

## 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

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

### Midel

- Honey Gram Crackers

## Cookies and Snack Bars (Cont'd)

### Newman's Own Organic

Alphabet Chocolate Cookies

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Edward & Sons

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

Low Fat Sesame Crackers  
Low Fat Stoned Wheat Crackers

### Kashi

Original Crackers

### Scand

Bran Crispbread

## Dairy

### 365 Every Day Value™

Skim Milk

### Horizon

Organic Low Fat Egg Nog

### Lifeway

Low Fat Blueberry Kefir  
Low Fat Peach 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 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

## Dairy (Cont'd)

### Stonyfield Farm

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 Strawberry Yogurt, Fruit on the Bottom, 6 oz  
Organic Low Fat Vanilla Yogurt

### White Wave

Soy Strawberry Yogurt  
Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Foods

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  
Tangerine Sorbet

### Kozy Shack

Chocolate Pudding

### Oetker

Organic Chocolate Pudding  
Organic Coconut Pudding  
Organic Vanilla Pudding

## Ethnic Foods

### Food Merchants

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

## Ethnic Foods (Cont'd)

### Organicville

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  
Tangerine Sorbet

### 365 Organic Every Day Value™

Frozen Berry Blend  
Frozen Blackberries  
Frozen Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries  
Frozen Wild Blueberries

### Gardenburger

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

### Health Is Wealth

Spring Rolls

### Ians

Sweet Potato French Fries

### Kashi

Blueberry Waffles  
Original Waffles

### Kinnikinnick

Brown Sandwich Bread

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt  
Fat Free Dutch Chocolate Frozen Yogurt

## Frozen Foods (Cont'd)

### Stonyfield Farm

Fat Free Mint Chocolate Chip Frozen Yogurt  
Low Fat Creme Caramel Frozen Yogurt  
Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### 365 Every Day Value™

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

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### DeBoles Foods

Fettucine Spinach Pasta

### Dececco Pasta

Orecchiette Pasta  
Rigate Penne Pasta

### Tinkyada

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

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

### **Tinkyada**

- Organic Brown Rice Spirals
- Spinach Brown Rice Spaghetti
- Vegetable Brown Rice Spirals

### **Vita-Spelt**

- Vita Spelt Organic White Spaghetti
- Vita Spelt White Angel Hair Pasta

## **Pasta Sauce**

### **Muir Glen**

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

## **Prepared Foods**

### **Food Merchants**

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

## **Sauces, Salsas and Dips**

### **Organicville**

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

### **The Wizard's Sauce**

- Organic Hot Stuff

## **Soups**

### **Health Valley**

- Fat Free Vegetable Barley Soup
- Organic Potato & Leek Soup
- Organic Vegetable Soup
- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

- Caribbean Barbeque Seasoning
- Southwestern Grill Seasoning