

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Chandler Store, Southern Pacific 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
- Oat Bran Pancake Mix
- Spelt Organic Flour

### Beverages

#### 365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Looza Fruit Juices

- Pear Nectar Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Food For Life

- 7 Grain English Muffins
- Brown Rice Bread, Wheat & Gluten Free
- Cinnamon Raisin Bread
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free
- Rice Pecan Bread, Wheat & Gluten Free

## **Bread (Cont'd)**

### **Food For Life**

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

### **Kinnikinnick**

Robins Honey Brown Rice Bread

### **Nature's Path**

Carrot Raisin Bread

### **Pacific Bakery**

Kamut Bread

## **Canned Goods**

### **Eden Foods**

Black Beans  
Navy Beans  
Pinto Beans

### **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**

### **365 Organic Every Day Value™**

High Fiber Cereal

### **Barbara's Bakery**

Honey Rice Puffins Cereal

### **Health Valley**

Organic Amaranth Flakes  
Organic Blue Corn Flakes  
Rice Crunch ´Ems

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Mothers**

Cocoa Bumpers Cereal

## **Chips, Pretzels and Snacks**

### **Guiltless Gourmet**

Guiltless Gourmet - Baked Nacho Chips  
Organic Black Bean Tortilla Chips  
Tortilla Chips

### **Newman's Own Organic**

Organic Round Salted Pretzels  
Organic Thin Salt and Pepper Pretzels  
Organic Thin Salted Pretzels

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **Organicville**

Organic Ketchup  
Organic Original BBQ Sauce

### **Santa Barbara**

Martini Olives

### **Sierra Nevada**

Pale Ale Honey Mustard

### **Westbrae**

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Every Day Value™

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

### Health Valley

- Fat Free Blueberry Apple Granola Bars
- Fat Free Blueberry Cereal Bars
- Fat Free Chocolate Chip Granola Bars
- Peanut Crunch Granola Bar
- Strawberry Cereal Bars

### Kinnikinnick

- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

### Midel

- Honey Gram Crackers

### Newman's Own Organic

- Alphabet Cinnamon Cookies

## Crackers

### 365 Every Day Value™

- Golden Stoneground Bite Size

### Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Sesame
- 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

- Fat Free Vegetable Crackers
- Low Fat Cracked Pepper Crackers
- Low Fat Sesame Crackers
- Low Fat Stoned Wheat Crackers

### Kashi

- Honey Sesame Crackers
- Original Crackers

## Crackers (Cont'd)

### Venus

- Roasted Onion Crackers

## 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

- Fat Free Strawberry Banana Kefir
- Low Fat Blueberry Kefir

### Organic Valley

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

### 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

- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## Desserts

### 365 Every Day Value™

- Hibiscus Sorbet
- Tangerine Sorbet

### Ciao Bella

- Chocolate Sorbetto

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

- Spaghetti Bolognese

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Sesame

### 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
- Tangerine Sorbet

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Spaghetti Bolognese

### Ciao Bella

- Chocolate Sorbetto

### Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Mexican Gardenburger

### Haagen-Dazs

- Mango Sorbet
- Strawberry Sorbet

### Health Is Wealth

- Meatless Buffalo Wings

### Ians

- Sweet Potato French Fries

### Kashi

- Blueberry Waffles
- Original Waffles

### Kinnikinnick

- Robins Honey Brown Rice Bread

### Quorn Foods

- Meat Free Ground Beef

### Stonyfield Farm

- Fat Free Dutch Chocolate Frozen Yogurt
- Fat Free Raspberry Frozen Yogurt
- Low Fat Creme Caramel Frozen Yogurt
- Non Fat Vanilla 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

### Al Dente

Fettucine and Egg Pasta

### DeBoles Foods

Fettucine Spinach Pasta

### Tinkyada

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 Lasagne

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Spinach Brown Rice Spaghetti

### Vita-Spelt

Vita Spelt White Angel Hair Pasta

## Pasta Sauce

### Classico

Onion and Garlic Pasta Sauce

### Muir Glen

Organic Fat Free Italian Pasta Sauce

### Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Marinara Pasta Sauce

Roasted Garlic Pasta Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Organicville

Organic Medium Salsa

## Soups

### Health Valley

Vegetable Soup - Fat Free

## Spices and Seasonings

### 365 Every Day Value™

Blackened Cajun Spice Seasoning

Caribbean Barbeque Seasoning

Southwestern Grill Seasoning