

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Fairfax 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.

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)

Ceres Fruit Juices

- Guava Juice
- Papaya Juice

Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

Vruit

- Berry Veggie Juice

Bread

365 Organic Every Day Value™

- Tortilla Corn

Food For Life

- 7 Grain English Muffins
- Bran Bread

Bread (Cont'd)

Food For Life

Brown Rice Bread, Wheat & Gluten Free
Cinnamon Raisin Bread
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
Rice Pecan 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

Robins Honey Brown Rice Bread

Nature's Path

Carrot Raisin 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

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

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

Corn Crunch 'Ems
Cranberry Crunch Cereal
Fiber 7 Flakes
Oat Bran Flakes Cereal
Oat Bran with Raisin Flakes
Organic Blue Corn Flakes
Organic Golden Flax Cereal
Rice Crunch 'Ems

Kashi

Cinna-Raisin Crunch Cereal

Mothers

Cocoa Bumpers Cereal
Graham Cereal

Nature's Path

Organic Puffed Rice Cereal
Shredded Oaty Bites Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

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

Hain Pure Food

Caramel Popcorn Cakes

Chips, Pretzels and Snacks (Cont'd)

Newman's Own Organic

Organic Thin Salt and Pepper Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Frenchs

Yellow Mustard

Grey Poupon

Dijon Mustard

Organicville

Organic Ketchup

Organic Tangy BBQ Sauce

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

365 Organic Every Day Value™

Fig Bar Cookies

Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

Health Valley

Amaranth Graham Crackers

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Fat Free Raspberry Tarts

Fat Free Sweet Cherry Tarts

Oat Bran Graham Crackers

Peanut Crunch Granola Bar

Cookies and Snack Bars (Cont'd)

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

Midel

Honey Gram Crackers

Newman's Own Organic

Alphabet Chocolate Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

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

Fat Free Whole Wheat, Herb Crackers

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

Kashi

Honey Sesame Crackers

Original Crackers

Dairy

Dannon

Vanilla Actimel

Friendship

Whipped Cottage Cheese

Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

Dairy (Cont'd)

Lactaid

Non Fat Lactaid Milk

Lifeway

Fat Free Banana Strawberry 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

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

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

Passionfruit Sorbet

Ciao Bella

Chocolate Sorbetto

Kozy Shack

Chocolate Pudding

Tapioca Pudding

Oetker

Organic Coconut Pudding

Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

Spaghetti Bolognese

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Food Merchants

Organic Polenta, Green Chili & Cilantro

Organic Polenta, Mushroom & Onion

Organic Polenta, Sundried Tomato & Garlic

Organic Quinoa Polenta, Heirloom Red & Black

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

Passionfruit Sorbet

365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- 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
- Veggie Burger Pattie

Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt

Health Is Wealth

- Broccoli Tofu Munchees
- Meatless Buffalo Wings
- Spring Rolls

Ians

- Sweet Potato French Fries

Kashi

- Blueberry Waffles
- Original Waffles

Kinnikinnick

- Robins Honey Brown Rice Bread

Perfect Additions

- Unsalted Chicken Stock

Quorn Foods

- Meat Free Ground Beef

Stonyfield Farm

- Fat Free Decaf French Roast Frozen Yogurt
- Fat Free Dutch Chocolate Frozen Yogurt
- Fat Free Mint Chocolate Chip Frozen Yogurt
- Low Fat Creme Caramel Frozen Yogurt
- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

- Beef Jerky, Original
- Beef Jerky, Peppered

Health Is Wealth

- Chicken Tenders

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

Bionaturae

- Organic Fusilli Pasta
- Organic Spaghetti

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 Elbow
- Organic Brown Rice Lasagne
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti
- Organic Brown Rice Spirals
- Spinach Brown Rice Spaghetti
- Vegetable Brown Rice Spirals

Vita-Spelt

- Vita Spelt Angel Hair Pasta
- Vita Spelt White Angel Hair Pasta

Pasta Sauce

Classico

- Olive Mushroom Pasta Sauce
- Onion and Garlic Pasta Sauce
- Tomato Basil Pasta Sauce

Muir Glen

- Organic Fat Free Italian Pasta Sauce

Pasta Sauce (Cont'd)

Walnut Acres

Marinara Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Green Chili & Cilantro

Organic Polenta, Mushroom & Onion

Organic Polenta, Sundried Tomato & Garlic

Organic Quinoa Polenta, Heirloom Red & Black

Sauces, Salsas and Dips

Organicville

Organic Medium Salsa

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

Minestrone Soup- Fat Free

Organic Potato & Leek Soup

Organic Split Pea Soup

Organic Vegetable Soup

Spices and Seasonings

365 Every Day Value™

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning