

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Glendale 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

No Pudge

- Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale

Beverages (Cont'd)

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

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

Pacific Bakery

Kamut 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

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

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

Erewhon

Maple Oatmeal

Health Valley

Fiber 7 Flakes
Oat Bran Flakes Cereal
Oat Bran with Raisin Flakes
Organic Blue Corn Flakes

Kashi

Cinna-Raisin Crunch 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 Round Salted Pretzels
- Organic Thin Salt and Pepper Pretzels

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

Grey Poupon

- Dijon Mustard

Organicville

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

365 Organic Every Day Value™

- Fig Bar Cookies

Health Valley

- Apple Cobbler Cereal Bars
- Dutch Apple Granola Bars
- Fat Free Apple Cinnamon Tarts
- Fat Free Blueberry Apple Granola Bars
- Fat Free Blueberry Cereal Bars
- Fat Free Chocolate Chip Granola Bars
- Fat Free Raspberry Tarts

Cookies and Snack Bars (Cont'd)

Health Valley

- Fat Free Sweet Cherry Tarts
- Oat Bran Graham Crackers
- Peanut Crunch Granola Bar
- Strawberry Cereal Bars
- Wild Berry Granola Bar

Kinnikinnick

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

Midel

- Honey Gram Crackers

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 Stoned Wheat Crackers

Kashi

- Honey Sesame Crackers
- Original Crackers

Venus

- Basil Pepper Crackers

Dairy

Friendship

- No Salt Cottage Cheese
- Whipped Cottage Cheese

Dairy (Cont'd)

Horizon

Organic Low Fat Sour Cream

Lactaid

Non Fat Lactaid Milk

Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz

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 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

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

Ciao Bella

Chocolate Sorbetto

Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

Oetker

Organic Chocolate Pudding

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, Basil & Garlic

Organic Polenta, Sundried Tomato & 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

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
Spaghetti Bolognese

Ciao Bella

Chocolate Sorbetto

Gardenburger

Low Fat Mushroom Gardenburger
Veggie Burger Pattie

Haagen-Dazs

Mango Sorbet
Orchard Peach Sorbet
Raspberry Frozen Yogurt
Raspberry Sorbet

Health Is Wealth

Broccoli Tofu Munchees
Jalapeno Munchees
Spring Rolls

Ians

Sweet Potato French Fries

Kinnikinnick

Robins Honey Brown Rice Bread

Quorn Foods

Meat Free Ground Beef

Stonyfield Farm

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

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Original
Beef Jerky, Peppered
Beef Jerky, Teriyaki

Health Is Wealth

Chicken Tenders

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Al Dente

Fettucine and Egg Pasta

Bionaturae

Organic Fusilli Pasta

Dececco Pasta

Rigate Penne Pasta
Rigatoni
Whole Wheat Linguini Pasta

Tinkyada

Brown Rice Elbow
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Penne
Brown Rice Shells
Brown Rice Spaghetti
Brown Rice Spirals
Organic Brown Rice Elbow
Organic Brown Rice Penne
Spinach Brown Rice Spaghetti

Vita-Spelt

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
Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Spaghetti Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce
Marinara Pasta Sauce

Prepared Foods

Food Merchants

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

Sauces, Salsas and Dips

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

Corn & Vegetable Soup- Fat Free

Fat Free Vegetable Barley Soup

Organic Potato & Leek Soup

Organic Split Pea Soup

Organic Vegetable Soup

Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning

Caribbean Barbeque Seasoning

Mediterranean Seafood Seasoning

Southwestern Grill Seasoning