

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Kahala Mall Oahu 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

- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix

### Beverages

#### 365 Every Day Value™

- Italian Sparkling Orange/Lime/Pink Grapefruit Water

#### Ceres Fruit Juices

- Guava Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Food For Life

- 7 Grain English Muffins
- Bran Bread
- 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 Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

## Bread (Cont'd)

### 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

### 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

### Mothers

Cocoa Bumpers Cereal

## Cereal (Cont'd)

### Nature's Path

Organic Puffed Rice Cereal

### Perky's

Nutty Flax Cereal  
Nutty Rice Cereal

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

Guiltless Gourmet - Baked Nacho Chips

### Newman's Own Organic

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

## Condiments

### Frenchs

Yellow Mustard

### Grey Poupon

Dijon Mustard

### Organicville

Organic Ketchup

### 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

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme 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, Unsalted Sesame  
Organic Brown Rice Snaps, Black Sesame  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### Kashi

Original Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Dannon

Vanilla Actimel

### Horizon

Organic Low Fat Egg Nog  
Organic Low Fat Sour Cream

### Lactaid

Non Fat Lactaid Milk

### Lifeway

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

### Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 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 Vanilla Yogurt  
Organic Peach Yogurt Smoothie, 10 oz

### Whole Soy

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  
Passionfruit Sorbet  
Raspberry Sorbet  
Tangerine Sorbet

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding  
Tapioca Pudding

### Oetker

Organic Chocolate Pudding  
Organic Coconut Pudding  
Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Green Chili & Cilantro

### Organicville

Organic Island 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

## Frozen Foods (Cont'd)

### 365 Every Day Value™

Passionfruit Sorbet  
Raspberry Sorbet  
Tangerine Sorbet

### 365 Organic Every Day Value™

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

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Fat Free Veggie Gardenburger  
Low Fat Mushroom Gardenburger  
Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet  
Raspberry Frozen Yogurt  
Raspberry Sorbet  
Strawberry Sorbet

### Health Is Wealth

Meatless Buffalo Wings  
Spring Rolls

### 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 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

## 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

### Tinkyada

Brown Rice Elbow  
Brown Rice Fettucini  
Brown Rice Fusilli  
Brown Rice Penne  
Brown Rice Shells  
Brown Rice Spaghetti  
Brown Rice Spirals  
Spinach Brown Rice Spaghetti  
Vegetable Brown Rice Spirals

### Vita-Spelt

Vita Spelt Angel Hair Pasta  
Vita Spelt Organic White Spaghetti

## Pasta Sauce

### Muir Glen

Organic Fat Free Italian Pasta Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Green Chili & Cilantro

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki  
Organic Mild Salsa

## **Spices and Seasonings**

### **365 Every Day Value™**

- Asian Seafood Seasoning
- Caribbean Barbeque Seasoning
- Mediterranean Seafood Seasoning
- Southwestern Grill Seasoning