

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Long Beach 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

#### No Pudge

- Fat Free Original Fudge Brownie Mix

### 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

#### Vruit

- Berry Veggie 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 Ezekiel Bread

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

### **Food For Life**

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

### **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

## **Canned/Jarred Goods (Cont'd)**

### **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**

Corn Crunch 'Ems  
Fiber 7 Flakes  
Oat Bran Flakes Cereal  
Organic Amaranth Flakes  
Rice Crunch 'Ems

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

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

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **Frenchs**

Yellow Mustard

## Condiments (Cont'd)

### Grey Poupon

Dijon Mustard

### Organicville

Organic Ketchup

Organic Original BBQ Sauce

Organic Tangy BBQ Sauce

### 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

Amaranth Graham Crackers

Apple Cobbler Cereal Bars

Fat Free Chocolate Chip Granola Bars

Peanut Crunch Granola Bar

Strawberry Cereal Bars

### Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style 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, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

## Crackers (Cont'd)

### Health Valley

Fat Free Vegetable Crackers

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

### Kashi

Honey Sesame Crackers

Original Crackers

### Venus

Basil Pepper 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

### Lactaid

Non Fat Lactaid Milk

### 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

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

## Dairy (Cont'd)

### Stonyfield Farm

- Organic Low Fat Vanilla Yogurt
- 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
- Passionfruit Sorbet
- Tangerine Sorbet

### Kozy Shack

- Chocolate Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate 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, Traditional

### Organicville

- Organic Island Teriyaki
- 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
- Passionfruit Sorbet
- Tangerine Sorbet

### 365 Organic Every Day Value™

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

### Gardenburger

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

### Haagen-Dazs

- Orchard Peach Sorbet
- Raspberry Sorbet
- Strawberry Sorbet

### Health Is Wealth

- Meatless Buffalo Wings
- Spring Rolls

## Frozen Foods (Cont'd)

### 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

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge 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

### DeBoles Foods

Fettucine Spinach Pasta

### Dececco Pasta

Rigate Penne Pasta

Rigatoni

### Tinkyada

Brown Rice Elbow

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Little Dreams

Brown Rice Spaghetti

Brown Rice Spirals

Organic Brown Rice Lasagne

## Pasta (Cont'd)

### Tinkyada

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 Organic White Spaghetti

## 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, Traditional

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

### The Wizard's Sauce

Organic Hot Stuff

## Soups

### Health Valley

Fat Free Lentil & Carrots Soup

Fat Free Vegetable Barley Soup

Organic Potato & Leek Soup

Organic Split Pea Soup

## **Spices and Seasonings**

### **365 Every Day Value™**

Blackened Cajun Spice Seasoning

Caribbean Barbeque Seasoning