

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Oracle 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
- Spelt Organic Flour

#### No Pudge

- Fat Free Cappucino Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

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

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Food For Life

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

#### Food for Life

- Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

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

### **French Meadow Bakery**

European Sourdough Rye Bread  
Organic Woman's Bread

### **Nature's Path**

Carrot Raisin Bread

## **Canned Goods**

### **Eden Foods**

Black Beans  
Navy Beans

### **Pomi**

Strained Tomatoes

### **Santa Cruz Organic**

Organic Apricot Applesauce

## **Canned/Jarred Goods**

### **365 Every Day Value™**

Baby Corn  
Large 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**

### **Barbara's Bakery**

Honey Rice Puffins Cereal

### **Health Valley**

Rice Crunch 'Ems

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Shredded Oaty Bites Cereal

## **Cereal (Cont'd)**

### **Perky's**

Nutty Rice Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips, Pretzels and Snacks**

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

Organic Thin Salted Pretzels

## **Condiments**

### **Organicville**

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

## **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**

Apple Cinnamon Fruit & Yogurt Bars

### **Health Valley**

Apple Cobbler Cereal Bars  
Fat Free Blueberry Cereal Bars  
Strawberry Cereal Bars

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies

### **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, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### Health Valley

Fat Free Vegetable Crackers  
Low Fat Stoned Wheat Crackers

### Kashi

Honey Sesame Crackers

## Dairy

### Horizon

Organic Fat Free Blueberry Yogurt  
Organic Fat Free Plain Yogurt  
Organic Low Fat Egg Nog  
Organic Low Fat Sour Cream

### Lifeway

Low Fat Raspberry Kefir

### 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 Raspberry Yogurt, 6 oz

## Dairy (Cont'd)

### Stonyfield Farm

Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz  
Organic Peach 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

Original Almond Milk Beverage

### White Wave

Non Dairy Vanilla Soy Beverage  
Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### 365 Every Day Value™

Passionfruit Sorbet  
Raspberry Sorbet

### Kozy Shack

Chocolate Pudding  
Rice Pudding  
Tapioca Pudding

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame

## Frozen Foods

### 365 Every Day Value™

Berry Medley  
Frozen Chopped Spinach  
Frozen Fruit Whole Strawberries  
Frozen Whole Blueberries  
Passionfruit Sorbet

## Frozen Foods (Cont'd)

### 365 Every Day Value™

Raspberry Sorbet

### 365 Organic Every Day Value™

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

### Haagen-Dazs

Raspberry Sorbet

### Kashi

Blueberry Waffles  
Original Waffles

### Stonyfield Farm

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, Peppered

## Pasta

### Bionaturae

Organic Fusilli Pasta  
Organic Spaghetti

### Tinkyada

Brown Rice Fettucini  
Brown Rice Fusilli  
Brown Rice Penne  
Brown Rice Shells  
Brown Rice Spaghetti  
Brown Rice Spirals  
Organic Brown Rice Lasagne  
Organic Brown Rice Penne  
Organic Brown Rice Spirals

## Pasta Sauce

### Muir Glen

Organic Fat Free Italian Pasta Sauce

### Timpones

Spaghetti Sauce

## Sauces, Salsas and Dips

### Organicville

Organic Mild Salsa

## Soups

### Health Valley

Fat Free Vegetable Barley Soup  
Organic Potato & Leek Soup  
Organic Vegetable Soup  
Vegetable Soup - Fat Free