

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Pasadena 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

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water

### Beverages (Cont'd)

#### 365 Every Day Value™

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

#### Ceres Fruit Juices

- Guava Juice
- Papaya Juice

#### Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

## Beverages (Cont'd)

### Vruit

Berry Veggie Juice

## Bread

### 365 Organic Every Day Value™

Tortilla Corn

### Food For Life

7 Grain English Muffins  
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

### 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

### Erewhon

Maple Oatmeal

### Health Valley

Oat Bran with Raisin Flakes  
Organic Blue Corn Flakes  
Rice Crunch 'Ems

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

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  
Tortilla Chips

## **Chips, Pretzels and Snacks (Cont'd)**

### **Hain Pure Food**

Caramel Popcorn Cakes

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

Organic Thin Salted Pretzels

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **Frenchs**

Yellow Mustard

### **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

### **Barbara's Bakery**

Apple Cinnamon Fruit & Yogurt Bars

Blueberry Apple Fruit & Yogurt Bars

Cherry Apple Fruit & Yogurt Bars

## **Cookies and Snack Bars (Cont'd)**

### **Health Valley**

Amaranth Graham Crackers

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Fat Free Sweet Cherry Tarts

Oat Bran Graham Crackers

### **Kinnikinnick**

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

### **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

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

### **Venus**

Saffron and Pepper Crackers

### **Wasa Crispbread**

Fiber Plus Crispbread

## Dairy

### Friendship

- No Salt Cottage Cheese
- Whipped Cottage Cheese

### Horizon

- Organic Low Fat Sour Cream

### Lifeway

- Low Fat Blueberry Kefir
- Low Fat Raspberry Kefir

### Organic Valley

- Organic 1% Low Fat 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 Caramel Yogurt
- 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
- 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

## Dairy Alternatives (Cont'd)

### White Wave

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

## Desserts

### 365 Every Day Value™

- Hibiscus Sorbet

### Kozy Shack

- Rice Pudding

### Oetker

- 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
- 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

### 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

### Gardenburger

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

### Haagen-Dazs

Orchard Peach Sorbet  
Raspberry Sorbet

### Health Is Wealth

Jalapeno Munchees  
Meatless Buffalo Wings

### Kinnikinnick

Robins Honey Brown Rice Bread

### Perfect Additions

Unsalted Beef Stock  
Unsalted Chicken Stock  
Unsalted Fish Stock

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt  
Fat Free Mint Chocolate Chip Frozen Yogurt  
Low Fat Creme Caramel Frozen Yogurt  
Vanilla Fudge 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  
Organic Spaghetti

### DeBoles Foods

Fettucine Spinach Pasta

### Dececco Pasta

Rigate Penne Pasta  
Rigatoni  
Whole Wheat Linguini Pasta

### Tinkyada

Brown Rice Elbow  
Brown Rice Fusilli  
Brown Rice Little Dreams  
Brown Rice Shells  
Brown Rice Spaghetti  
Organic Brown Rice Penne  
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

### Classico

Olive Mushroom Pasta Sauce

### Muir Glen

Organic Fat Free Tomato Basil Pasta Sauce

### Timpones

Spaghetti Sauce

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Basil & Garlic
- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

## **Soups**

### **Health Valley**

- Corn & Vegetable Soup- Fat Free
- Fat Free Vegetable Barley Soup
- Minestrone Soup- Fat Free
- Organic Potato & Leek Soup
- Organic Split Pea Soup
- Organic Vegetable Soup
- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning
- Southwestern Grill Seasoning
- Spicy Shrimp Boil Seasoning