

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Porter Ranch 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
- 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
- Italian Sparkling Orange/Lime/Pink Grapefruit Water

Beverages (Cont'd)

365 Every Day Value™

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

Ceres Fruit Juices

- Papaya Juice

Looza Fruit Juices

- Mango Nectar Juice

Bread

365 Organic Every Day Value™

- Tortilla Corn

Bread (Cont'd)

Food For Life

7 Grain English Muffins
Brown Rice Bread, Wheat & Gluten Free
Millet Bread, Wheat & Gluten Free
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread
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

Nature's Path

Carrot Raisin Bread

Canned Goods

Eden Foods

Black Beans
Navy Beans
Pinto Beans

Santa Cruz Organic

Organic Apricot Applesauce

Canned/Jarred Goods

365 Every Day Value™

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

Health Valley

Corn Crunch ´Ems
Fiber 7 Flakes
Rice Crunch ´Ems

Kashi

Cinna-Raisin Crunch Cereal

Mothers

Cocoa Bumpers Cereal
Graham Cereal

Nature's Path

Organic Puffed Rice Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Hain Pure Food

Caramel Popcorn Cakes

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Grey Poupon

Dijon Mustard

Organicville

Organic Ketchup

Santa Barbara

Jalapeno Stuffed Olives

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

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

Midel

- Honey Gram Crackers

Newman's Own Organic

- Alphabet Chocolate Cookies
- Alphabet Cinnamon Cookies

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

Edward & Sons

- 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 Whole Wheat, Herb Crackers
- Low Fat Sesame Crackers

Kashi

- Original Crackers

Dairy

Friendship

- No Salt Cottage Cheese

Horizon

- Organic Low Fat Sour Cream

Dairy (Cont'd)

Lifeway

- Low Fat Blueberry Kefir

Stonyfield Farm

- Organic Banana Berry Yogurt Smoothie, 10 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

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 Sesame

Food Merchants

Organic Polenta, Mushroom & Onion

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

365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Spaghetti Bolognese

Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Raspberry Sorbet

Strawberry Sorbet

Frozen Foods (Cont'd)

Health Is Wealth

Broccoli Tofu Munchees

Jalapeno Munchees

Ians

Sweet Potato French Fries

Perfect Additions

Unsalted Fish Stock

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

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Original

Beef Jerky, Peppered

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

DeBoles Foods

Fettucine Spinach Pasta

Tinkyada

Brown Rice Fusilli

Brown Rice Lasagne

Brown Rice Little Dreams

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

Walnut Acres

Roasted Garlic Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Mushroom & Onion

Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki

Organic Sesame Teriyaki

Soups

Health Valley

Corn & Vegetable Soup- Fat Free

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