

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Sherman Oaks 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
- Multigrain Pancake Mix
- Oat Bran Pancake Mix
- Spelt Organic Flour

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
- 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

Bread (Cont'd)

French Meadow Bakery

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

Pinto Beans

Santa Cruz Organic

Organic Apricot Applesauce

Canned/Jarred Goods

365 Every Day Value™

Baby Corn

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

Cereal (Cont'd)

Health Valley

Cranberry Crunch Cereal

Fiber 7 Flakes

Oat Bran Flakes Cereal

Organic Blue Corn Flakes

Organic Golden Flax Cereal

Rice Crunch 'Ems

Kashi

Cinna-Raisin Crunch Cereal

Mothers

Cocoa Bumpers Cereal

Graham Cereal

Nature's Path

Shredded Oaty Bites Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Guiltless Gourmet - Baked Nacho Chips

Newman's Own Organic

Organic Thin Salt and Pepper Pretzels

Organic Thin Salted Pretzels

Condiments

Frenchs

Yellow Mustard

Grey Poupon

Dijon Mustard

Organicville

Organic Ketchup

Organic Original BBQ Sauce

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Cookies and Snack Bars (Cont'd)

365 Every Day Value™

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

Health Valley

Fat Free Chocolate Chip Granola Bars
Oat Bran Graham Crackers

Kinnikinnick

KinniTOOS Vanilla Sandwich Creme Cookies

Midel

Honey Gram Crackers

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, Black Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Vegetable

Kashi

Honey Sesame Crackers
Original Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Dannon

Vanilla Actimel

Friendship

No Salt Cottage Cheese
Whipped Cottage Cheese

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

Liberte

6 Grain Raspberry Yogurt

Lifeway

Low Fat Blueberry Kefir

Organic Valley

Organic 1% Low Fat Milk

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz
Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 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
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
- Tangerine Sorbet

Kozy Shack

- Chocolate Pudding
- Rice 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, Mushroom & Onion
- Organic Polenta, Traditional

Frozen Foods

365 Every Day Value™

- Berry Medley
- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries
- Frozen Whole Blueberries
- Hibiscus Sorbet
- Tangerine Sorbet

Frozen Foods (Cont'd)

365 Organic Every Day Value™

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

Gardenburger

- Mexican Gardenburger
- Veggie Burger Pattie

Ians

- Sweet Potato French Fries

Kashi

- Blueberry 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
- 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

DeBoles Foods

Fettucine Spinach Pasta

Dececco Pasta

Rigate Penne Pasta

Tinkyada

Brown Rice Fettucini

Brown Rice Penne

Brown Rice Shells

Brown Rice Spirals

Organic Brown Rice Elbow

Organic Brown Rice Lasagne

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Organic 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

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Mushroom & Onion

Organic Polenta, Traditional

Sauces, Salsas and Dips

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

Organic Potato & Leek Soup

Organic Split Pea Soup

Spices and Seasonings

365 Every Day Value™

Caribbean Barbeque Seasoning

Southwestern Grill Seasoning

Spicy Shrimp Boil Seasoning