

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Speedway 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

### 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 Pecan Bread, Wheat & Gluten Free
- Sprouted Ezekiel Tortillas
- White Rice Bread, Wheat & Gluten Free

## Bread (Cont'd)

### Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### French Meadow Bakery

European Sourdough Rye Bread

### Kinnikinnick

Robins Honey Brown Rice Bread

### Nature's Path

Carrot Raisin Bread

## Canned Goods

### Eden Foods

Black Beans

Navy Beans

## 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

### Health Valley

Fiber 7 Flakes

Oat Bran Flakes Cereal

Organic Amaranth Flakes

Organic Blue Corn Flakes

## Cereal (Cont'd)

### Health Valley

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

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

### Santa Barbara

Martini Olives

## Cookies and Snack Bars

### 365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Mixed Berry Cereal Bars

Strawberry Cereal Bars

## Cookies and Snack Bars (Cont'd)

### 365 Organic Every Day Value™

Fig Bar Cookies

### Health Valley

Amaranth Graham Crackers  
Apple Cobbler Cereal Bars  
Fat Free Blueberry Cereal Bars  
Oat Bran Graham Crackers  
Strawberry Cereal Bars  
Wild Berry Granola Bar

### Kinnikinnick

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, Onion Garlic  
Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame  
Organic Brown Rice Snaps, Black Sesame  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### Health Valley

Low Fat Cracked Pepper Crackers

### Kashi

Original Crackers

### Venus

Basil Pepper Crackers  
Roasted Onion Crackers  
Saffron and Pepper Crackers

## Dairy

### Dannon

Vanilla Actimel

### Horizon

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

### 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 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  
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

## 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
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Coconut 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, Traditional

### Organicville

- Organic Island Teriyaki

## Frozen Foods

### 365 Every Day Value™

- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries
- Frozen Whole Blueberries
- Hibiscus Sorbet

## Frozen Foods (Cont'd)

### 365 Every Day Value™

- 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
- Veggie Burger Pattie

### Haagen-Dazs

- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet

### Health Is Wealth

- Jalapeno Munchees

### Kashi

- Blueberry Waffles
- Original Waffles

### Kinnikinnick

- Robins Honey Brown Rice Bread

### Stonyfield Farm

- Fat Free Decaf French Roast Frozen Yogurt
- Fat Free Dutch Chocolate 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, Sweet & Spicy

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **Tinkyada**

Brown Rice Elbow  
Brown Rice Fettucini  
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  
Spinach Brown Rice Spaghetti

### **Vita-Spelt**

Vita Spelt White Angel Hair Pasta

## **Pasta Sauce**

### **Muir Glen**

Organic Fat Free Italian Pasta Sauce

### **Timpones**

Spaghetti Sauce

### **Walnut Acres**

Low Sodium Tomato Basil Pasta Sauce

## **Prepared Foods**

### **Food Merchants**

Organic Polenta, Traditional

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki  
Organic Medium Salsa

## **Soups**

### **Health Valley**

Corn & Vegetable Soup- Fat Free  
Fat Free Vegetable Barley Soup  
Organic Vegetable Soup