

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Tempe 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.

Baked Goods

French Meadow Bakery

Wheat & Grain Tortilla

Baking Needs

Arrowhead Mills

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

Beverages (Cont'd)

365 Every Day Value™

Italian Strawberry Sparkling Water

Ceres Fruit Juices

Guava Juice
Papaya Juice

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Food For Life

7 Grain English Muffins
Cinnamon Raisin Bread
Millet Bread, Wheat & Gluten Free

Bread (Cont'd)

Food For Life

- 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

Nature's Path

- Carrot Raisin 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

- Corn Crunch ´Ems
- Rice Crunch ´Ems

Mothers

- Cocoa Bumpers Cereal
- Graham Cereal

Nature's Path

- Organic Puffed Rice Cereal
- Shredded Oaty Bites Cereal

Us Mill

- Uncle Sam Cereal

Chips, Pretzels and Snacks

Newman's Own Organic

- Organic Round Salted Pretzels

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

Grey Poupon

- Dijon Mustard

Organicville

- Organic Dressing, Tarragon Dijon Vinaigrette

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

Health Valley

- Amaranth Graham Crackers
- Apple Cobbler Cereal Bars
- Dutch Apple Granola Bars
- Fat Free Apple Cinnamon Tarts
- Fat Free Blueberry Cereal Bars
- Fat Free Sweet Cherry Tarts
- Strawberry Cereal Bars

Kinnikinnick

- KinniTOOS Vanilla Sandwich Creme Cookies

Midel

- Honey Gram Crackers

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

Bisca

- Organic Water Crackers

Edward & Sons

- 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

- Fat Free Whole Wheat, Herb Crackers

Kashi

- Honey Sesame Crackers
- Original Crackers

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Dannon

- Vanilla Actimel

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

Lifeway

- Low Fat Blueberry Kefir
- Low Fat Strawberry Kefir

Stonyfield Farm

- 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 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

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
- Meyer Lemon Sorbet
- Tangerine Sorbet

Ciao Bella

- Chocolate Sorbetto

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca 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, Green Chili & Cilantro
- Organic Polenta, Sundried Tomato & Garlic
- 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
- Meyer Lemon Sorbet
- Tangerine Sorbet

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Spaghetti Bolognese

Ciao Bella

- Chocolate Sorbetto

Gardenburger

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

Haagen-Dazs

- Mango Sorbet
- Raspberry Sorbet
- Strawberry Sorbet

Health Is Wealth

- Meatless Buffalo Wings

Ians

- Sweet Potato French Fries

Kashi

- Blueberry Waffles
- Original Waffles

Perfect Additions

- Unsalted Chicken Stock

Quorn Foods

- Meat Free Ground Beef

Stonyfield Farm

- Fat Free Dutch Chocolate 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, Peppered
- Beef Jerky, Sweet & Spicy

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Al Dente

Fettucine and Egg Pasta

Bionaturae

Organic Fusilli Pasta

DeBoles Foods

Fettucine Spinach Pasta

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Little Dreams
Brown Rice Penne
Brown Rice Shells
Brown Rice Spaghetti
Brown Rice Spirals
Organic Brown Rice Elbow
Organic Brown Rice Lasagne
Organic Brown Rice Penne
Organic Brown Rice Spaghetti
Spinach Brown Rice Spaghetti
Vegetable Brown Rice Spirals

Vita-Spelt

Vita Spelt Angel Hair Pasta
Vita Spelt White Angel Hair Pasta

Pasta Sauce

Muir Glen

Organic Fat Free Tomato Basil Pasta Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Green Chili & Cilantro
Organic Polenta, Sundried Tomato & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Island Teriyaki
Organic Medium Salsa
Organic Mild Salsa
Organic Sesame Teriyaki

Soups

Health Valley

Corn & Vegetable Soup- Fat Free
Fat Free Lentil & Carrots Soup
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™

Mediterranean Seafood Seasoning
Southwestern Grill Seasoning