

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Kirby Store, Southwest 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).

### Baked Goods

#### French Meadow Bakery

Wheat & Grain Tortilla

### Baking Needs

#### Arrowhead Mills

Buckwheat Pancake and Waffle Mix

Buttermilk Pancake and Waffle Mix

Multigrain Pancake Mix

Oat Bran Pancake Mix

Spelt Organic Flour

#### No Pudge

Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

Cola

Fresh Squeezed Grapefruit Juice

Ginger Ale

Italian Lemon Sparkling Water

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

## **Beverages (Cont'd)**

### **Vruit**

Berry Veggie Juice

## **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

### **Food for Life**

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### **French Meadow Bakery**

European Sourdough Rye Bread

Organic Woman's Bread

### **Nature's Path**

Carrot Raisin Bread

## **Canned Goods**

### **Eden Foods**

Black Beans

Navy Beans

Pinto Beans

### **Pomi**

Strained Tomatoes

### **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

### **Health Valley**

Rice Crunch 'Ems

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Mothers**

Cocoa Bumpers Cereal

### **Nature's Path**

Organic Puffed Rice Cereal

Shredded Oaty Bites Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips, Pretzels and Snacks**

### **Guiltless Gourmet**

Organic Black Bean Tortilla Chips

Tortilla Chips

### **Mothers**

Salt & Butter Popped Corn Cakes

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

Organic Round Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Colgin

Liquid Smoke

### Frenchs

Yellow Mustard

### Grey Poupon

Dijon Mustard

### Organicville

Organic Ketchup

Organic Original BBQ Sauce

### Santa Barbara

Martini Olives

### Westbrae

Unsweetened Un-Ketchup

### Wild Thymes

Plum Currant Chutney

## 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

### Health Valley

Fat Free Blueberry Cereal Bars

### Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

## Cookies and Snack Bars (Cont'd)

### 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 Seaweed

Brown Rice Snaps, Tamari Sesame

Brown Rice Snaps, Unsalted 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 Cracked Pepper Crackers

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

### Kashi

Honey Sesame Crackers

Original Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

### Lifeway

Fat Free Strawberry Banana Kefir

Low Fat Blueberry Kefir

Low Fat Peach Kefir

Low Fat Raspberry Kefir

Low Fat Strawberry Kefir

## Dairy (Cont'd)

### 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

### 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™

- Raspberry Sorbet

## Desserts (Cont'd)

### Ciao Bella

- Chocolate Sorbetto

### 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, Basil & Garlic

### Manischewitz

- Matzo Ball Mix
- Matzo Crackers

### Organicville

- 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
- Raspberry 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

### Ciao Bella

- Chocolate Sorbetto

### Gardenburger

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

### Haagen-Dazs

- Mango Sorbet
- Raspberry Sorbet
- Strawberry Sorbet

### Quorn Foods

- Meat Free Ground Beef

## 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
- Rigatoni

### Tinkyada

- Brown Rice Elbow
- Brown Rice Fettucini

## Pasta (Cont'd)

### Tinkyada

- Brown Rice Fusilli
- Brown Rice Shells
- Brown Rice Spaghetti
- Brown Rice Spirals
- Organic Brown Rice Penne
- Vegetable Brown Rice Spirals

### Vita-Spelt

- Vita Spelt Organic White Spaghetti
- Vita Spelt White Angel Hair Pasta

## Pasta Sauce

### Muir Glen

- Organic Fat Free Italian Pasta Sauce
- Organic Fat Free Tomato Basil Pasta Sauce

### Timpones

- Classic Spaghetti Sauce
- Spaghetti Sauce

### Walnut Acres

- Low Sodium Tomato Basil Pasta Sauce

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic

## Sauces, Salsas and Dips

### Organicville

- Organic Medium Salsa
- Organic Mild Salsa
- Organic Sesame Teriyaki

## Spices and Seasonings

### 365 Every Day Value™

- Southwestern Grill Seasoning