

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Veterans 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).

### Baking Needs

#### Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Spelt Organic Flour

#### No Pudge

- Fat Free Cappucino Fudge Brownie Mix
- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Lemon Sparkling Water

### Beverages (Cont'd)

#### 365 Every Day Value™

- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

- Guava Juice
- Papaya Juice

#### Vruit

- Berry Veggie Juice

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Food For Life

- 7 Grain English Muffins
- Bran Bread

## **Bread (Cont'd)**

### **Food For Life**

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

### **French Meadow Bakery**

European Sourdough Rye Bread  
Organic Woman's Bread

### **Kinnikinnick**

White Sandwich Bread

### **Nature's Path**

Carrot Raisin Bread

## **Canned Goods**

### **Eden Foods**

Navy Beans  
Pinto Beans

### **Pomi**

Strained Tomatoes

### **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

## **Canned/Jarred Goods (Cont'd)**

### **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

### **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

## Condiments (Cont'd)

### Grey Poupon

Dijon Mustard

### Mediterranean Organics

Organic Green Olives Stuffed with Almonds

### Organicville

Organic Ketchup

Organic Original BBQ Sauce

### Wild Thymes

Cranberry Apricot Chutney

Plum Currant Chutney

## Cookies and Snack Bars

### 365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Mixed Berry Cereal Bars

Strawberry Cereal Bars

### Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

### 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, Unsalted Sesame

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

## Crackers (Cont'd)

### Edward & Sons

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

## 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

### 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

### 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 Caramel Yogurt

## Dairy (Cont'd)

### Stonyfield Farm

- 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
- Meyer Lemon Sorbet
- Passionfruit Sorbet
- Raspberry Sorbet
- Tangerine Sorbet

### Kozy Shack

- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Vanilla Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

- Spaghetti Bolognese

## Ethnic Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

### Manishevitz

- Matzo Ball Mix

## 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
- Passionfruit Sorbet
- Raspberry 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
- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

### Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Sorbet

## **Frozen Foods (Cont'd)**

### **Kashi**

Blueberry Waffles  
Original Waffles

### **Kinnikinnick**

White Sandwich Bread

### **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  
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

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **Bionaturae**

Organic Spaghetti

### **Dececco Pasta**

Rigate Penne Pasta  
Rigatoni

### **Tinkyada**

Brown Rice Elbow  
Brown Rice Fusilli  
Brown Rice Penne  
Brown Rice Shells  
Brown Rice Spaghetti  
Organic Brown Rice Elbow  
Organic Brown Rice Spirals

## **Pasta (Cont'd)**

### **Vita-Spelt**

Vita Spelt White Angel Hair Pasta

## **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, Sundried Tomato & Garlic  
Organic Polenta, Traditional  
Organic Quinoa Polenta, Heirloom Red & Black

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Mild Salsa