

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Boca Raton Store, Florida 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

Spelt Organic Flour

#### No Pudge

Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Apple & Eve

Apple Juice

### Beverages (Cont'd)

#### Ceres Fruit Juices

Guava Juice

Papaya Juice

#### Looza Fruit Juices

Pear Nectar Juice

#### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

### Bread

#### 365 Organic Every Day Value™

Tortilla Corn

#### Berlin Natural Bakery

Sprouted Spelt Bread

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

### **Food For Life**

- 7 Grain English Muffins
- Bran Bread
- Cinnamon Raisin Bread
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

- European Sourdough Rye Bread

### **Nature's Path**

- Carrot Raisin Bread

## **Canned Goods**

### **Eden**

- Black Beans
- Navy Beans, Organic
- Pinto Beans, Organic

### **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

## **Cereal**

### **Kashi**

- Cinna-Raisin Crunch Cereal

### **Us Mill**

- Uncle Sam Cereal

## **Chips/Pretzels/Snacks**

### **Glennys**

- Barbeque Soy Crisps
- Lightly Salted Soy Crisps

### **Guiltless Gourmet**

- Organic Black Bean Tortilla Chips
- Tortilla Chips

## **Coffee and Tea**

### **365 Every Day Value™**

- Ground Hazelnut Coffee

## **Condiments**

### **Colgin**

- Liquid Smoke

### **Mediterranean Organics**

- Organic Green Olives Stuffed with Almonds

### **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**

- Fat Free Blueberry Cereal Bars

### **Kinnikinnick**

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- S'moreables Graham Style Crackers

## **Crackers**

### **365 Every Day Value™**

- Golden Stoneground Bite Size

## Crackers (Cont'd)

### Kashi

Original Crackers

### Scand

Bran Crispbread

## Dairy

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

Non Fat Lactaid Milk

### Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

### White Wave

Black Cherry Soy Yogurt

Peach Soy Yogurt

Soy Strawberry Yogurt

Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Natural Foods

Organic Oat Low Fat Vanilla

Original Almond Milk Low Fat Beverage

### WestSoy

Westsoy No Fat Plain

Westsoy No Fat Vanilla

### White Wave

Non Dairy Vanilla Soy Beverage

Soy French Vanilla Creamer

Soy Hazelnut Creamer

## Desserts

### Kozy Shack

Rice Pudding

### Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

## Ethnic Foods

### 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

### 365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Raspberry Sorbet

### Health Is Wealth

Meatless Buffalo Wings

Spring Rolls

### Ians

Sweet Potato French Fries

### Quorn Foods

Meat Free Ground Beef

### Soy Boy

Tofu Ravioli

### 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

## Spices and Seasonings

### 365 Every Day Value™

Asian Seafood Seasoning  
Blackened Cajun Spice Seasoning  
Mediterranean Seafood Seasoning

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta

### Dececco Pasta

Rigate Penne Pasta  
Rigatoni

### Vita-Spelt

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

## Pasta Sauce

### Enricos Sauces

Premium No Salt Traditional Pasta Sauce

### Muir Glen

Organic Fat Free Italian Pasta Sauce

### Timpones

Spaghetti Sauce

### Walnut Acres

Low Sodium Tomato Basil Pasta Sauce  
Roasted Garlic Pasta Sauce

## Soups

### Health Valley

Organic Split Pea Soup  
Vegetable Soup - Fat Free