

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Pinecrest 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.

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

Mango Nectar Juice

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

Nature's Path

- Carrot Raisin Bread

Canned Goods

Eden

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

Natural Sea

- No Salt Tongol Tuna

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

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

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

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

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

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

Frozen Foods (Cont'd)

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

Veggie Burger Pattie

Haagen-Dazs

Mango 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, Teriyaki

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

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

Muir Glen

Organic Fat Free Italian Pasta Sauce

Walnut Acres

Roasted Garlic Pasta Sauce

Soups

Health Valley

Organic Split Pea Soup

Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning