

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Kentlands Store, Mid-Atlantic 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

Beverages

365 Every Day Value™

Fresh Squeezed Grapefruit Juice
Fresh Squeezed Orange Juice
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

Looza Fruit Juices

Mango Nectar Juice
Pear Nectar Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Berlin Natural Bakery

Sprouted Spelt Bread

Food For Life

7 Grain English Muffins
Organic 7 Grain Bread
Organic Ezekial Bread

Bread (Cont'd)

Food For Life

Organic Ezekiel Bread
Sprouted Ezekiel Tortillas

Shiloh Farms

7 Grain 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

Chips/Pretzels/Snacks

Mothers

Salt & Butter Popped Corn Cakes

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Colgin

Liquid Smoke

Grey Poupon

Country Dijon Mustard
Dijon 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

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Kashi

Honey Sesame Crackers
Original Crackers

Scand

Bran Crispbread

Dairy

Friendship

1% Cottage Cheese
Light Sour Cream
No Salt Cottage Cheese
Whipped Cottage Cheese

Horizon

Organic Low Fat Sour Cream

Lactaid

1% Lactaid Milk

Dairy (Cont'd)

Parmalat

- 1% Milk
- 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

WestSoy

- Westsoy No Fat Plain
- Westsoy No Fat Plain
- Westsoy No Fat Vanilla

White Wave

- Non Dairy Vanilla Soy Beverage

Desserts

Ciao Bella

- Chocolate Sorbetto

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca 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

Ciao Bella

- Chocolate Sorbetto

Gardenburger

- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet

Quorn Foods

- Meat Free Ground Beef

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
- 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
- Whole Wheat Linguini Pasta

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
- Organic Fat Free Tomato Basil Pasta Sauce

Timpones

- Spaghetti Sauce

Soups

Health Valley

- Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning
- Spicy Shrimp Boil Seasoning