

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Upper Arlington 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### Arrowhead Mills

Spelt Organic Flour

### Beverages

#### 365 Every Day Value™

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Apple & Eve

Apple Juice

#### Ceres Fruit Juices

Guava Juice

### Beverages (Cont'd)

#### 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

Brown Rice Bread, Wheat & Gluten Free

Cinnamon Raisin Bread

Millet Bread, Wheat & Gluten Free

Organic 7 Grain Bread

Organic Ezekial Bread

## Bread (Cont'd)

### Food For Life

Organic Ezekiel Bread  
Sprouted Ezekiel Tortillas

## Canned Goods

### Eden

Black Beans  
Navy Beans, Organic  
Pinto Beans, Organic

### Pomi

Strained Tomatoes

## 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

### 365 Organic Every Day Value™

Black Beans  
Pinto Beans

## Cereal

### 365 Organic Every Day Value™

High Fiber Cereal

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

Cocoa Bumpers Cereal

## Chips, Pretzels and Snacks

### Glennys

Lightly Salted Soy Crisps

### Guiltless Gourmet

Tortilla Chips

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Colgin

Liquid Smoke

### Organicville

Organic Ketchup  
Organic Original BBQ Sauce

## 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

### Kashi

Original Crackers

## Dairy

### Friendship

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

### Horizon

Organic Low Fat Sour Cream

### Lifeway

Low Fat Blueberry Kefir  
Low Fat Peach 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 Strawberry Yogurt Smoothie, 10 oz

### White Wave

- 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 Vanilla

### White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer

## Desserts

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Food Merchants

- Organic Polenta, Sundried Tomato & Garlic

### 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

### 365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### Gardenburger

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

### 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
- Non Fat Vanilla Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

- Beef Jerky, Peppered

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## **Pasta**

### **Bionaturae**

- Organic Fusilli Pasta
- Organic Spaghetti

### **Dececco Pasta**

- Rigate Penne Pasta
- Rigatoni

### **Tinkyada**

- Brown Rice Elbow
- Brown Rice Fusilli
- Organic Brown Rice Lasagne
- Organic Brown Rice Penne
- Organic Brown Rice Spaghetti

### **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

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Sundried Tomato & Garlic

## **Sauces, Salsas and Dips**

### **Organicville**

- Organic Mild Salsa
- Organic Sesame Teriyaki

## **Spices and Seasonings**

### **365 Every Day Value™**

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