

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Old Town 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™

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

#### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

#### Vruit

Berry Veggie Juice

### Bread

#### 365 Organic Every Day Value™

Tortilla Corn

## Bread (Cont'd)

### Berlin Natural Bakery

Sprouted Spelt Bread

### Food For Life

7 Grain English Muffins  
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

### 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

### Charlie Beiggs

Maine Apple Barbeque Sauce

### 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

## Dairy (Cont'd)

### Friendship

Whipped Cottage Cheese

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

### Parmalat

1% 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

## 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 Foods (Cont'd)

### 365 Every Day Value™

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

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Raspberry Sorbet

### 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

## **Meat and Poultry (Cont'd)**

### **Health Is Wealth**

Chicken Tenders

## **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™**

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning