

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Rockville 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™

Black Cherry Soda  
Cherry Vanilla Creme Soda  
Cola  
Ginger Ale  
Italian Lemon Sparkling Water  
Italian Sparkling Orange/Lime/Pink Grapefruit Water  
Italian Strawberry Sparkling Water  
Key Lime Soda  
Orange Creme Soda

### Beverages (Cont'd)

#### 365 Every Day Value™

Raspberry Soda  
Root Beer Soda

#### Apple & Eve

Apple Juice

#### Ceres Fruit Juices

Guava Juice

#### Looza Fruit Juices

Mango Nectar Juice  
Pear Nectar Juice

#### Vruit

Berry Veggie Juice

## Bread

### 365 Organic Every Day Value™

Tortilla Corn

### Food For Life

7 Grain English Muffins

Bran Bread

Brown Rice Bread, Wheat & Gluten Free

Cinnamon Raisin Bread

Millet Bread, Wheat & Gluten Free

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Rice Almond Bread, Wheat & Gluten Free

Sprouted Ezekiel Tortillas

White Rice Bread, Wheat & Gluten Free

### Nature's Path

Carrot Raisin Bread

## Canned Goods

### Eden Foods

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

Solid White Albacore Tuna

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

### 365 Organic Every Day Value™

Black Beans

Pinto Beans

## Cereal

### 365 Organic Every Day Value™

High Fiber Cereal

### Health Valley

Fiber 7 Flakes

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

Cocoa Bumpers Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

Tortilla Chips

### Mothers

Salt & Butter Popped Corn Cakes

### Newman's Own Organic

Organic Round Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Colgin

Liquid Smoke

### Grey Poupon

Country Dijon Mustard

### Organicville

Organic Ketchup

Organic Tangy 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

## Cookies and Snack Bars (Cont'd)

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies

### Midel

Honey Gram Crackers

### Newman's Own Organic

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame  
Brown Rice Snaps, Unsalted Sesame  
Organic Brown Rice Snaps, Cheddar  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### 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)

### Lifeway

Low Fat Blueberry Kefir  
Low Fat Peach Kefir  
Low Fat Raspberry Kefir  
Low Fat Strawberry Kefir

### Parmalat

1% Milk  
Skim Milk

### 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 Peach Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothie, 10 oz

### White Wave

Black Cherry Soy Yogurt  
Peach Soy Yogurt  
Soy Strawberry Yogurt  
Vanilla Soy Yogurt

### Whole Soy

Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Natural Foods

Organic Oat Low Fat Vanilla

### White Wave

Non Dairy Vanilla Soy Beverage  
Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

### Organicville

Organic Island Teriyaki

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

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

## Frozen Foods (Cont'd)

### Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Orchard Peach 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, Teriyaki

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

### DeBoles Foods

Fettucine Spinach Pasta

### Dececco Pasta

Rigate Penne Pasta

Rigatoni

## **Pasta (Cont'd)**

### **Dececco Pasta**

Whole Wheat Linguini Pasta

### **Tinkyada**

Brown Rice Elbow

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Lasagne

Brown Rice Penne

Brown Rice Shells

Brown Rice Spaghetti

Organic Brown Rice Spirals

Vegetable Brown Rice Spirals

### **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

### **Timpones**

Spaghetti Sauce

## **Prepared Foods**

### **Food Merchants**

Organic Polenta, Basil & Garlic

Organic Polenta, Traditional

## **Sauces, Salsas and Dips**

### **Organicville**

Organic Island Teriyaki

Organic Sesame Teriyaki

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

Vegetable Soup - Fat Free