

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Cranbrook Store, Midwest 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

#### Ceres Fruit Juices

Guava Juice  
Papaya Juice

### Beverages (Cont'd)

#### 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

#### Food For Life

7 Grain English Muffins  
Bran Bread  
Cinnamon Raisin Bread

## Bread (Cont'd)

### Food For Life

- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### French Meadow Bakery

- European Sourdough Rye 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

### Us Mill

- Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Guiltless Gourmet

- Organic Black Bean Tortilla Chips
- Tortilla Chips

### Newman's Own Organic

- Organic Round Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### Colgin

- Liquid Smoke
- Mesquite Flavored Liquid Smoke

### Grey Poupon

- 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

## Crackers

### 365 Every Day Value™

- Golden Stoneground Bite Size

### Kashi

- Honey Sesame Crackers
- Original Crackers

### Scand

- Bran Crispbread

## Dairy

### Friendship

- 1% Cottage Cheese
- No Salt Cottage Cheese
- Whipped Cottage Cheese

### Horizon

- Organic Low Fat Sour Cream

## Dairy (Cont'd)

### Organic Valley

Organic 1% Low Fat Milk  
Organic Skim Milk

## Dairy Alternatives

### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

### WestSoy

Westsoy No Fat Vanilla

### White Wave

Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### 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

### 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

### Haagen-Dazs

Mango Sorbet  
Raspberry Frozen Yogurt

## Frozen Foods (Cont'd)

### Haagen-Dazs

Raspberry Sorbet  
Strawberry Sorbet

### Perfect Additions

Unsalted Veggie Stock

### 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  
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

Orecchiette Pasta  
Rigate Penne Pasta

### 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

## **Soups**

### **Health Valley**

- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

- Blackened Cajun Spice Seasoning
- Southwestern Grill Seasoning