

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Evanston 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

#### No Pudge

Fat Free Original Fudge Brownie Mix

### 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

### 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

#### Berlin Natural Bakery

Sprouted Spelt Bread

## Bread (Cont'd)

### Food For Life

- 7 Grain English Muffins
- Cinnamon Raisin Bread
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### French Meadow Bakery

- European Sourdough Rye Bread

### 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

### Nature's Path

- Organic Puffed Rice Cereal

### Us Mill

- Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Guiltless Gourmet

- Organic Black Bean Tortilla Chips
- Tortilla Chips

## Condiments

### Colgin

- Liquid Smoke

### Grey Poupon

- Dijon Mustard

### Santa Barbara

- Martini Olives

### 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

### Health Valley

- Oat Bran Graham Crackers

### 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

## Dairy

### Friendship

- 1% Cottage Cheese
- No Salt Cottage Cheese

## Dairy (Cont'd)

### Horizon

Organic Low Fat Sour Cream

### 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 Plain

Westsoy No Fat Vanilla

### White Wave

Soy French Vanilla Creamer

Soy Hazelnut Creamer

## Desserts

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding

Rice 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

### 365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

Frozen Wild Blueberries

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Health Is Wealth

Jalapeno Munchees

Meatless Buffalo Wings

### Perfect Additions

Unsalted Beef 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

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

### Dececco Pasta

Orecchiette Pasta

Rigate Penne 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