

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Gold Coast 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.

Baking Needs

Arrowhead Mills

Spelt Organic Flour

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

Beverages (Cont'd)

Ceres Fruit Juices

Guava Juice
Papaya Juice

Looza Fruit Juices

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)

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

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

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
- Mesquite Flavored Liquid Smoke

Grey Poupon

- Dijon Mustard

Santa Barbara

- Jalapeno Stuffed Olives
- 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

- Amaranth Graham Crackers
- Oat Bran Graham Crackers

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

Health Valley

- Fat Free Whole Wheat, Herb Crackers

Kashi

- Honey Sesame Crackers
- Original Crackers

Dairy

Friendship

- 1% Cottage Cheese
- No Salt Cottage Cheese

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

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Ethnic Foods

Manischewitz

- Matzo Ball Mix

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

Frozen Foods (Cont'd)

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

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

Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet
- Strawberry Sorbet

Health Is Wealth

- Meatless Buffalo Wings

Perfect Additions

- Unsalted Chicken Stock
- Unsalted Fish 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, Peppered

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

Vita-Spelt

Vita Spelt Organic White Spaghetti

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce

Soups

Health Valley

Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning

Caribbean Barbeque Seasoning

Southwestern Grill Seasoning