

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Halsted 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

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)

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
- Mesquite Flavored Liquid Smoke

Grey Poupon

- Dijon Mustard

Santa Barbara

- Martini Olives

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

Kinnikinnick

- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- S'moreables Graham Style Crackers

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

Kashi

- Honey Sesame Crackers
- Original Crackers

Dairy

Friendship

- 1% Cottage Cheese
- Light Sour Cream

Dairy (Cont'd)

Friendship

No Salt Cottage Cheese
Whipped 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

White Wave

Soy French Vanilla Creamer
Soy Hazelnut Creamer

Desserts

Ciao Bella

Chocolate Sorbetto

Oetker

Organic Vanilla Pudding

Ethnic Foods

Manishevitz

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

365 Organic Every Day Value™

Frozen Berry Blend
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Frozen Strawberries
Frozen Wild Blueberries

Ciao Bella

Chocolate Sorbetto

Gardenburger

Low Fat Mushroom Gardenburger
Mexican Gardenburger
Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Perfect Additions

Unsalted Beef Stock
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

Al Dente

Fettucine and Egg Pasta

Pasta (Cont'd)

Bionaturae

- Organic Fusilli Pasta
- Organic Spaghetti

Dececco Pasta

- Orecchiette Pasta
- Rigate Penne Pasta

Pasta Sauce

Enricos Sauces

- Premium No Salt Traditional Pasta Sauce

Muir Glen

- Organic Fat Free Italian Pasta Sauce
- Organic Fat Free Tomato Basil Pasta Sauce

Soups

Health Valley

- Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

- Caribbean Barbeque Seasoning