

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Eighty-Sixth St 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

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

Looza Fruit Juices

Mango Nectar Juice

Beverages (Cont'd)

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
Cinnamon Raisin Bread
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread
Sprouted Ezekiel Tortillas

Bread (Cont'd)

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

Us Mill

Uncle Sam Cereal

Chips/Pretzels/Snacks

Guiltless Gourmet

Organic Black Bean Tortilla Chips
Tortilla Chips

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Colgin

Liquid Smoke

Grey Poupon

Dijon Mustard

Condiments (Cont'd)

Santa Barbara

Jalapeno Stuffed 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

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

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

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

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

Haagen-Dazs

Mango Sorbet

Raspberry Sorbet

Health Is Wealth

Meatless Buffalo Wings

Frozen Foods (Cont'd)

Quorn Foods

Meat Free Ground Beef

Stonyfield Farm

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 Stelline Pasta

Dececco Pasta

Orecchiette Pasta

Rigate Penne Pasta

Rigatoni

Vita-Spelt

Vita Spelt Organic White Spaghetti

Vita Spelt White Angel Hair 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™

Blackened Cajun Spice Seasoning

Southwestern Grill Seasoning