

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Madison 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

Pacific Natural Foods

Original Almond Milk Low Fat Beverage

Beverages (Cont'd)

Vruit

Berry Veggie Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Berlin Natural Bakery

Sprouted Spelt Bread

Food For Life

7 Grain English Muffins
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread
Sprouted Ezekiel Tortillas

Bread (Cont'd)

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

Nature's Path

Organic Puffed Rice 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
Mesquite Flavored Liquid Smoke

Grey Poupon

Dijon Mustard

Santa Barbara

Martini Olives

Sierra Nevada

Pale Ale Honey 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

Health Valley

Amaranth Graham Crackers
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

Scand

Bran Crispbread

Dairy

Friendship

- 1% Cottage Cheese
- No Salt Cottage Cheese

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 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

Ciao Bella

- Chocolate Sorbetto

Gardenburger

- Mexican Gardenburger
- Veggie Burger Pattie

Frozen Foods (Cont'd)

Perfect Additions

- Unsalted Chicken Stock
- Unsalted Fish Stock

Quorn Foods

- Meat Free Ground Beef

Stonyfield Farm

- 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
- Beef Jerky, Teriyaki

Miscellaneous Grocery

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- Bran Crispbread

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

Bionaturae

- Organic Spaghetti

Dececco Pasta

- Orecchiette Pasta
- Rigate Penne Pasta

Vita-Spelt

- Vita Spelt Organic White Spaghetti

Pasta Sauce

Enricos Sauces

- Premium No Salt Traditional Pasta Sauce

Pasta Sauce (Cont'd)

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™

- Southwestern Grill Seasoning