

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Rochester Hills 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

#### 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

Papaya Juice

#### Looza Fruit Juices

Mango 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)

### Berlin Natural Bakery

Sprouted Spelt Bread

### 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

### Health Valley

Rice Crunch 'Ems

### Nature's Path

Organic Puffed Rice Cereal

## Cereal (Cont'd)

### Us Mill

Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Guiltless Gourmet

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

### Health Valley

Amaranth Graham Crackers  
Oat Bran Graham Crackers

### Kinnikinnick

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

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

## Crackers (Cont'd)

### Kashi

Honey Sesame Crackers  
Original Crackers

### Scand

Bran Crispbread

## Dairy

### Friendship

Light Sour Cream  
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

### WestSoy

Westsoy No Fat Plain

### White Wave

Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### 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

## Frozen Foods (Cont'd)

### 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  
Mexican Gardenburger  
Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet  
Raspberry Sorbet  
Strawberry Sorbet

### Health Is Wealth

Meatless Buffalo Wings

### 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

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## **Pasta**

### **Al Dente**

Fettucine and Egg Pasta

### **Bionaturae**

Organic Fusilli Pasta

Organic Spaghetti

### **Dececco Pasta**

Rigate Penne Pasta

### **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

## **Sauces/Salsas/Dips**

### **Paul Prudhomme**

Magic Pepper Sauce

## **Soups**

### **Health Valley**

Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

Caribbean Barbeque Seasoning