

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## St Paul 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)

#### 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)

### French Meadow Bakery

European Sourdough Rye Bread

## Canned Goods

### Eden

Black Beans  
Navy Beans, Organic  
Pinto Beans, Organic

### 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

### Newman's Own Organic

Organic Round Salted Pretzels

## Condiments

### Colgin

Liquid Smoke

### Grey Poupon

Dijon Mustard

### Santa Barbara

Martini Olives

## Condiments (Cont'd)

### 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

### 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

### 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

## Dairy Alternatives (Cont'd)

### 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

## 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  
Mexican Gardenburger  
Veggie Burger Pattie

### Health Is Wealth

Jalapeno Munchees

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt  
Fat Free Mint Chocolate Chip Frozen Yogurt  
Non Fat Vanilla Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Original  
Beef Jerky, Peppered  
Beef Jerky, Teriyaki

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta  
Organic Spaghetti

## 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  
Mediterranean Seafood Seasoning