

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Yorkville 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.

Beverages

365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice

Ceres Fruit Juices

- Guava Juice
- Papaya Juice

Bread

Food For Life

- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

Bread (Cont'd)

Nature's Path

- Carrot Raisin Bread

Canned/Jarred Goods

365 Every Day Value™

- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- Sliced Olives

Cereal

Nature's Path

- Organic Puffed Rice Cereal
- Shredded Oaty Bites Cereal

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Desserts

Kozy Shack

Rice Pudding

Tapioca Pudding

Ethnic Foods

Manishevitz

Matzo Ball Mix

Frozen Foods

365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Pasta

Vita-Spelt

Vita Spelt Organic White Spaghetti

Vita Spelt White Angel Hair Pasta