

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Bellingham Store, North Atlantic 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

#### Highland Sugar Works

Blueberry Pancake Mix

#### 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

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Strawberry Sparkling Water

#### Apple & Eve

Apple Juice

#### Looza Fruit Juices

Mango Nectar Juice  
Pear Nectar Juice

### Bread

#### 365 Organic Every Day Value™

Tortilla Corn

#### Food For Life

7 Grain English Muffins  
Bran Bread  
Cinnamon Raisin Bread

## **Bread (Cont'd)**

### **Food For Life**

Organic Ezekiel Bread  
Sprouted Ezekiel Tortillas

### **Nature's Path**

Carrot Raisin Bread

### **Rudolph's Bakery**

Organic Rye Flaxseed Bread

### **Shiloh Farms**

7 Grain Bread

## **Canned Goods**

### **Eden**

Black Beans  
Navy Beans, Organic  
Pinto Beans, Organic

### **Natural Sea**

Natural Tuna with Salt  
No Salt Tongol Tuna

### **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**

Corn Crunch 'Ems  
Rice Crunch 'Ems

### **Kashi**

Cinna-Raisin Crunch Cereal

## **Cereal (Cont'd)**

### **Nature's Path**

Organic Puffed Rice Cereal

### **Us Mill**

Uncle Sam Cereal

## **Condiments**

### **Butternut Mountain Farm**

Barbeque Sauce

### **Colgin**

Liquid Smoke

### **Grey Poupon**

Country Dijon Mustard  
Dijon Mustard

### **Nathans New York**

Deli Mustard

### **Santa Barbara**

Martini Olives

## **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**

Apple Cobbler Cereal Bars  
Fat Free Blueberry Cereal Bars  
Strawberry Cereal Bars

### **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

### Kashi

Honey Sesame Crackers

Original Crackers

### Scand

Bran Crispbread

## Dairy

### Calabro

Fat Free Ricotta

### Friendship

1% Cottage Cheese

Light Sour Cream

No Salt Cottage Cheese

Whipped Cottage Cheese

### Garelick Farms

Buttermilk

Low Fat Skinny One Milk

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

### Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

### Parmalat

Skim Milk

### White Wave

Peach Soy Yogurt

Soy Strawberry Yogurt

Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Natural Foods

Organic Oat Low Fat Vanilla

### White Wave

Non Dairy Vanilla Soy Beverage

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

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Raspberry Sorbet

Strawberry Sorbet

### Putney Pasta Co

Butternut Squash Ravioli

### Quorn Foods

Meat Free Ground Beef

### Soy Boy

Tofu Ravioli

### Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt

Low Fat Creme Caramel 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**

### **Barilla**

Linguini Pasta  
Rigatoni Pasta  
Rotelle Pasta

### **Bionaturae**

Organic Fusilli Pasta  
Organic Spaghetti  
Organic Stelline Pasta

### **Dececco Pasta**

Orecchiette Pasta  
Rigate Penne Pasta  
Rigatoni  
Whole Wheat Linguini 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

### **Walnut Acres**

Low Sodium Tomato Basil Pasta Sauce

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup  
Minestrone Soup- Fat Free  
Organic Potato & Leek Soup  
Organic Vegetable Soup  
Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

Mediterranean Seafood Seasoning  
Southwestern Grill Seasoning