

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Brighton 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.

Baking Needs

Arrowhead Mills

Spelt Organic Flour

Highland Sugar Works

Buttermilk 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)

Apple & Eve

Apple Juice

Looza Fruit Juices

Mango Nectar Juice
Pear Nectar Juice

Pacific Natural Foods

Original Almond Milk Low Fat Beverage

Bread

365 Organic Every Day Value™

Tortilla Corn

Food For Life

7 Grain English Muffins
Organic Ezekial Bread
Organic Ezekiel Bread

Bread (Cont'd)

Food For Life

Sprouted Ezekiel Tortillas

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

Nature's Path

Organic Puffed Rice Cereal

Us Mill

Uncle Sam Cereal

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Butternut Mountain Farm

Barbeque Sauce

Condiments (Cont'd)

Colgin

Liquid Smoke

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Mediterranean Organics

Organic Green Olives Stuffed with Almonds

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

Kinnikinnick

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

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Kashi

Honey Sesame Crackers
Original Crackers

Nejames

Original Crispbread

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
Natural Homogenized Skim Milk

Horizon

Organic Low Fat Sour Cream

Lactaid

1% Lactaid Milk
Non Fat Lactaid Milk

Organic Valley

Organic 1% Low Fat Milk
Organic Skim Milk

Parmalat

1% Milk

Dairy Alternatives

Pacific Natural Foods

Organic Oat Low Fat Vanilla
Original Almond Milk Low Fat Beverage

WestSoy

Westsoy No Fat Vanilla

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Ciao Bella

Chocolate Sorbetto

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Ethnic Foods

Manishevitz

Matzo Ball Mix

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

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

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

Health Is Wealth

Chicken Tenders

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Al Dente

Fettucine and Egg 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 Vegetable Soup

Vegetable Soup - Fat Free