

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Hingham 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

#### 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)

#### 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

#### Berlin Natural Bakery

Sprouted Spelt Bread

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

### **Food For Life**

- 7 Grain English Muffins
- Bran Bread
- 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

### **Nejames**

- Crispbread

## **Canned Goods**

### **Eden**

- Navy Beans, Organic

### **Natural Sea**

- 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

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

### **Nature's Path**

- Organic Puffed Rice Cereal

### **Us Mill**

- Uncle Sam Cereal

## **Chips/Pretzels/Snacks**

### **Mothers**

- Salt & Butter Popped Corn Cakes

## **Coffee and Tea**

### **365 Every Day Value™**

- Ground Hazelnut Coffee

## **Condiments**

### **Butternut Mountain Farm**

- Barbeque Sauce

### **Colgin**

- Liquid Smoke

### **Grey Poupon**

- Country Dijon Mustard
- Dijon Mustard

### **Guldens**

- Spicy Brown Mustard

### **Santa Barbara**

- Martini Olives

### **Wild Thymes**

- Cranberry Apricot Chutney

## **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

## **Cookies and Snack Bars (Cont'd)**

### **Barbara's Bakery**

Blueberry Apple Fruit & Yogurt Bars

### **Health Valley**

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Strawberry Cereal Bars

### **Kinnikinnick**

KinniKritters Animal 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

Natural Homogenized Skim Milk

### **Horizon**

Organic Low Fat Sour Cream

### **Lactaid**

1% Lactaid Milk

Lactaid Milk, 1% Low Fat

Non Fat Lactaid Milk

## **Dairy (Cont'd)**

### **Parmalat**

1% Milk

### **White Wave**

Peach Soy Yogurt

Soy Strawberry Yogurt

Vanilla Soy Yogurt

## **Dairy Alternatives**

### **Pacific Natural Foods**

Organic Oat Low Fat Vanilla

Original Almond Milk Low Fat Beverage

### **WestSoy**

Westsoy No Fat Plain

Westsoy No Fat Vanilla

### **White Wave**

Non Dairy Vanilla Soy Beverage

Soy Hazelnut Creamer

## **Desserts**

### **Ciao Bella**

Chocolate Sorbetto

### **Kozy Shack**

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### **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 Foods (Cont'd)**

### **365 Organic Every Day Value™**

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  
Raspberry Frozen Yogurt  
Raspberry Sorbet  
Strawberry Sorbet

### **Health Is Wealth**

Broccoli Tofu Munchees  
Jalapeno Munchees  
Spring Rolls

### **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  
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, 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 Vegetable Soup  
Vegetable Soup - Fat Free