

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Newton 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

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)

#### 365 Every Day Value™

Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

Guava Juice

Papaya 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

## Bread (Cont'd)

### Food For Life

- 7 Grain English Muffins
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### Nejames

- Crispbread

## Canned Goods

### Eden

- Black Beans
- Navy Beans, Organic
- Pinto 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

### Kashi

- Cinna-Raisin Crunch Cereal

### Us Mill

- Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Mothers

- Salt & Butter Popped Corn Cakes

## 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
- Pineapple Peach Lime Chutney
- Plum Currant 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

### Kinnikinnick

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

## Crackers

### 365 Every Day Value™

- Golden Stoneground Bite Size

### Kashi

- 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  
Lactaid Milk, 1% Low Fat  
Non Fat Lactaid Milk

### Organic Valley

Organic 1% Low Fat Milk  
Organic Skim Milk

### Parmalat

1% Milk

### White Wave

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

## Desserts (Cont'd)

### Oetker

Organic Chocolate Pudding

## Frozen Foods

### 365 Every Day Value™

Berry Medley  
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

Low Fat Mushroom Gardenburger  
Mexican Gardenburger  
Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet  
Orchard Peach Sorbet  
Raspberry Sorbet  
Strawberry Sorbet

### Ians

Sweet Potato French Fries

### 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, Peppered
- Beef Jerky, Teriyaki

### **Health Is Wealth**

- Chicken Tenders

## **Miscellaneous Grocery**

### **Scand**

- Bran Crispbread

## **Nutritional Supplements**

### **Whole Foods Market™**

- Vanilla Soy Protein Powder

## **Pasta**

### **Barilla**

- Linguini Pasta
- Rigatoni Pasta
- Rotelle Pasta

### **Bionaturae**

- Organic Spaghetti

### **Dececco Pasta**

- Orecchiette Pasta
- Rigate Penne Pasta
- Rigatoni

## **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

## **Spices and Seasonings**

### **365 Every Day Value™**

- Caribbean Barbeque Seasoning