

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Portland ME 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 Cappucino Fudge Brownie Mix

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

### **Rudolph's Bakery**

- Organic Rye Flaxseed 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™**

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

## **Cereal**

### **Kashi**

- Cinna-Raisin Crunch Cereal

## **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

### **Nathans New York**

- Deli Mustard

### **Wild Thymes**

- Cranberry Apricot Chutney
- Pineapple Peach Lime 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

### **Barbara's Bakery**

- Blueberry Apple Fruit & Yogurt Bars

## Cookies and Snack Bars (Cont'd)

### 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

### 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

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

### Organic Valley

Organic 1% Low Fat Milk  
Organic Skim Milk

## Dairy (Cont'd)

### 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

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 Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

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 Frozen Yogurt

Raspberry Sorbet

Strawberry Sorbet

### Health Is Wealth

Jalapeno Munchees

Meatless Buffalo Wings

Spring Rolls

### Ians

Sweet Potato French Fries

### 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

### 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

## **Spices and Seasonings**

### **365 Every Day Value™**

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning
- Caribbean Barbeque Seasoning
- Southwestern Grill Seasoning
- Spicy Shrimp Boil Seasoning