

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Symphony 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)

365 Every Day Value™

Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Ceres Fruit Juices

Guava Juice

Looza Fruit Juices

Mango Nectar Juice

Pear Nectar Juice

Bread

365 Organic Every Day Value™

Tortilla Corn

Bread (Cont'd)

Food For Life

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

Nejames

- Crispbread

Canned Goods

Eden

- 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

Us Mill

- Uncle Sam Cereal

Chips/Pretzels/Snacks

Mothers

- Salt & Butter Popped Corn Cakes

Newman's Own Organic

- Organic Thin Salted Pretzels

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

Mediterranean Organics

- Organic Green Olives Stuffed with Almonds

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
- 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

Dairy (Cont'd)

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
- Non Fat Lactaid Milk

Parmalat

- 1% Milk

Dairy Alternatives

Pacific Natural Foods

- Organic Oat Low Fat Vanilla

WestSoy

- Westsoy No Fat Plain

Desserts

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Coconut 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

Frozen Foods (Cont'd)

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
- Raspberry Frozen Yogurt
- Raspberry Sorbet

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

Rigatoni

Whole Wheat Linguini Pasta

Vita-Spelt

Vita Spelt White Angel Hair 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

Soups

Health Valley

Fat Free Vegetable Barley Soup

Organic Potato & Leek Soup

Organic Vegetable Soup

Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning