

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## University 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

Blueberry Pancake Mix

Buttermilk Pancake 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

### 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

## Cereal (Cont'd)

### Us Mill

- Uncle Sam Cereal

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### Butternut Mountain Farm

- Barbeque Sauce

### Colgin

- Liquid Smoke

### Golds

- Dijon Mustard

### Grey Poupon

- Country Dijon Mustard
- Dijon Mustard

### Guldens

- Spicy Brown Mustard

### 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

### Barbara's Bakery

- Blueberry Apple Fruit & Yogurt 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

### 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

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

### Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

### Parmalat

Skim Milk

### White Wave

Black Cherry Soy Yogurt

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

## Dairy Alternatives (Cont'd)

### WestSoy

Westsoy No Fat Plain

Westsoy No Fat Vanilla

## Desserts

### Ciao Bella

Chocolate Sorbetto

### 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 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

Strawberry Sorbet

### Health Is Wealth

Meatless Buffalo Wings

## Frozen Foods (Cont'd)

### lans

Sweet Potato French Fries

### Perfect Additions

Unsalted Beef Stock

### 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

### 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

## Pasta (Cont'd)

### 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

Vegetable Soup - Fat Free

## Spices and Seasonings

### 365 Every Day Value™

Spicy Shrimp Boil Seasoning