

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Wayland 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

#### Highland Sugar Works

- Blueberry Pancake Mix
- 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
- Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Apple & Eve

- Apple Juice

#### Pacific Natural Foods

- Original Almond Milk Low Fat Beverage

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

#### Berlin Natural Bakery

- Sprouted Spelt Bread

#### Food For Life

- 7 Grain English Muffins
- Bran Bread
- Organic 7 Grain Bread
- Organic Ezekial Bread

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

### **Food For Life**

Organic Ezekiel Bread

### **Nejames**

Crispbread

### **Rudolph's Bakery**

Organic Rye Flaxseed Bread

## **Canned Goods**

### **Eden**

Black Beans  
Navy Beans, Organic

### **Pomi**

Strained Tomatoes

### **Santa Cruz Organic**

Organic Apricot Applesauce

## **Canned/Jarred Goods**

### **365 Every Day Value™**

Green Ripe Pitted Olives  
Large Ripe Olives, Pitted  
Medium Ripe Olives, Pitted  
Sliced Olives

## **Cereal**

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Organic Puffed Rice Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips/Pretzels/Snacks**

### **Glennys**

Barbeque Soy Crisps  
Garlic and Onion Soy Crisps

## **Condiments**

### **Butternut Mountain Farm**

Barbeque Sauce

### **Colgin**

Liquid Smoke

### **Grey Poupon**

Country Dijon Mustard  
Dijon Mustard

### **Guldens**

Spicy Brown Mustard

### **Nathans New York**

Deli 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

### **Barbara's Bakery**

Blueberry Apple Fruit & Yogurt Bars

### **Health Valley**

Apple Cobbler Cereal Bars  
Fat Free Blueberry Cereal Bars  
Strawberry Cereal Bars

### **Kinnikinnick**

KinniKritters Animal Cookies  
S'moreables Graham Style Crackers

## **Crackers**

### **365 Every Day Value™**

Golden Stoneground Bite Size

## Crackers (Cont'd)

### 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
- Non Fat 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)

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### 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 Wild Blueberries

### Gardenburger

- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

### Haagen-Dazs

- Raspberry Sorbet
- Strawberry Sorbet

### Ians

- Sweet Potato French Fries

### Quorn Foods

- Meat Free Ground Beef

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

### **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, 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

### **Vita-Spelt**

- Vita Spelt Organic White Spaghetti
- Vita Spelt White Angel Hair Pasta

## **Pasta Sauce**

### **Muir Glen**

- 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