

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Woburn 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

Highland Sugar Works

- Blueberry Pancake Mix
- Buttermilk Pancake Mix

No Pudge

- Fat Free Mint 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 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

Nature's Path

- Carrot Raisin Bread

Canned Goods

Eden

- Black Beans
- Navy 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

Health Valley

- Corn Crunch 'Ems
- Rice Crunch 'Ems

Kashi

- Cinna-Raisin Crunch 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

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

Health Valley

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

Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate 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

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

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

Dairy Alternatives (Cont'd)

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 Wild Blueberries

Ciao Bella

Chocolate Sorbetto

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Frozen Foods (Cont'd)

Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet
- Strawberry Sorbet

Health Is Wealth

- Broccoli Tofu Munchees

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

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 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

Soups

Health Valley

- Fat Free Vegetable Barley Soup
- Minestrone Soup- Fat Free
- Organic Vegetable Soup
- Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning
- Spicy Shrimp Boil Seasoning