

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Harrison Store, Northern California 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 Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

### Bread

#### 365 Organic Every Day Value™

Tortilla Corn

#### Food For Life

7 Grain English Muffins

Cinnamon Raisin Bread

Organic 7 Grain Bread

Organic Ezekiel Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

#### French Meadow Bakery

European Sourdough Rye Bread

#### Nature's Path

Carrot Raisin Bread

## 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

### Nature's Path

Organic Puffed Rice Cereal  
Shredded Oaty Bites Cereal

### Us Mill

Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Guiltless Gourmet

Tortilla Chips

### Newman's Own Organic

Organic Thin Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Frenchs

Yellow Mustard

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

## Condiments (Cont'd)

### Guldens

Spicy Brown Mustard

### Santa Barbara

Martini Olives

### Sierra Nevada

Pale Ale Honey Mustard

### Westbrae

Unsweetened Un-Ketchup

## 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  
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

### Venus

Basil Pepper Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## **Dairy**

### **Lactaid**

Non Fat Lactaid Milk

### **White Wave**

Black Cherry Soy Yogurt

Peach Soy Yogurt

Soy Strawberry Yogurt

Vanilla Soy Yogurt

## **Dairy Alternatives**

### **Pacific Natural Foods**

Original Almond Milk Low Fat Beverage

### **White Wave**

Soy French Vanilla 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

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

### **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

Raspberry Frozen Yogurt

Raspberry Sorbet

Strawberry Sorbet

### **Perfect Additions**

Unsalted Chicken Stock

### **Quorn Foods**

Meat Free Ground Beef

### **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

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **Barilla**

Rotelle Pasta

### **Bionaturae**

Organic Fusilli Pasta

Organic Spaghetti

### **Dececco Pasta**

Orecchiette Pasta

Rigate Penne Pasta

Rigatoni

## **Pasta Sauce**

### **Muir Glen**

Organic Fat Free Italian Pasta Sauce

Organic Fat Free Tomato Basil Pasta Sauce