

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Sebastopol 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

Sprouted Ezekiel Tortillas

#### French Meadow Bakery

European Sourdough Rye Bread

#### Nature's Path

Carrot Raisin Bread

#### Pacific Bakery

Kamut 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
- 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

## Condiments

### Grey Poupon

- Dijon Mustard

### Guldens

- Spicy Brown Mustard

### 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

## Cookies and Snack Bars (Cont'd)

### Kinnikinnick

- S'moreables Graham Style Crackers

## Crackers

### 365 Every Day Value™

- Golden Stoneground Bite Size

### Kashi

- Original Crackers

### Wasa Crispbread

- Fiber Plus Crispbread

## Dairy Alternatives

### Pacific Natural Foods

- Organic Oat Low Fat Vanilla
- Original Almond Milk Low Fat Beverage

### White Wave

- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

## Desserts

### Kozy Shack

- Chocolate Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Frozen Foods

### 365 Every Day Value™

- 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 Foods (Cont'd)**

### **365 Organic Every Day Value™**

Frozen Wild Blueberries

### **Stonyfield Farm**

Fat Free Mint Chocolate Chip Frozen Yogurt

## **Meat and Poultry**

### **365 Organic Every Day Value™**

Beef Jerky, Original

Beef Jerky, Peppered

Beef Jerky, Teriyaki

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **Bionaturae**

Organic Spaghetti

### **Vita-Spelt**

Vita Spelt Organic White Spaghetti

## **Pasta Sauce**

### **Muir Glen**

Organic Fat Free Tomato Basil Pasta Sauce

### **Timpones**

Spaghetti Sauce