

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

San Rafael 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.

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

Ceres Fruit Juices

Guava Juice

Papaya Juice

Beverages (Cont'd)

Pacific Natural Foods

Original Almond Milk Low Fat Beverage

Bread

365 Organic Every Day Value™

Tortilla Corn

Food For Life

7 Grain English Muffins

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

French Meadow Bakery

European Sourdough Rye Bread

Bread (Cont'd)

Nature's Path

Carrot Raisin Bread

Canned Goods

Eden

Black Beans

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

Newman's Own Organic

Organic Thin Salted Pretzels

Condiments

Frenchs

Yellow Mustard

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Guldens

Spicy Brown Mustard

Condiments (Cont'd)

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

Original Crackers

Venus

Basil Pepper Crackers

Dairy

White Wave

Peach Soy 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

White Wave

Soy French Vanilla Creamer

Soy Hazelnut Creamer

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

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

Haagen-Dazs

Mango Sorbet

Raspberry Frozen Yogurt

Raspberry Sorbet

Frozen Foods (Cont'd)

Perfect Additions

Unsalted Chicken Stock

Unsalted Fish 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

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

Whole Wheat Linguini Pasta

Vita-Spelt

Vita Spelt Organic White Spaghetti

Pasta Sauce

Muir Glen

Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Classic Spaghetti Sauce

Spaghetti Sauce

Spices and Seasonings

365 Every Day Value™

Caribbean Barbeque Seasoning

Southwestern Grill Seasoning