

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Santa Cruz 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

#### 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 Ezekial Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

#### French Meadow Bakery

European Sourdough Rye Bread

#### Nature's Path

Carrot Raisin Bread

### Canned Goods

#### Eden

Black Beans

## Canned Goods (Cont'd)

### 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

### Frenchs

Yellow Mustard

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### 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

## Cookies and Snack Bars (Cont'd)

### 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

### Venus

Basil Pepper Crackers

## Dairy

### Lactaid

Non Fat Lactaid Milk

## Dairy Alternatives

### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

### White Wave

Non Dairy Vanilla Soy Beverage  
Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### Kozy Shack

Chocolate Pudding  
Rice Pudding  
Tapioca Pudding

### Oetker

Organic Vanilla Pudding

## Frozen Foods

### 365 Every Day Value™

- Berry Medley
- 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

- Mexican Gardenburger
- Veggie Burger Pattie

### Haagen-Dazs

- Raspberry Sorbet
- Strawberry Sorbet

### Quorn Foods

- Meat Free Ground Beef

### Stonyfield Farm

- Fat Free Decaf French Roast 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

## Pasta

### Dececco Pasta

- Orecchiette Pasta
- Rigatoni

## Pasta Sauce

### Muir Glen

- Organic Fat Free Italian Pasta Sauce
- Organic Fat Free Tomato Basil Pasta Sauce