

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Greenwich Store, Northeast 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™

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Beverages (Cont'd)

Apple & Eve

Apple Juice

Ceres Fruit Juices

Guava 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

Bread (Cont'd)

Berlin Natural Bakery

Sprouted Spelt Bread

Food For Life

7 Grain English Muffins

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Nature's Path

Carrot Raisin Bread

Shiloh Farms

7 Grain Bread

Canned Goods

Eden

Black Beans

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

Health Valley

Oat Bran Flakes Cereal

Rice Crunch 'Ems

Nature's Path

Organic Puffed Rice Cereal

Us Mill

Uncle Sam Cereal

Chips/Pretzels/Snacks

Mothers

Salt & Butter Popped Corn Cakes

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Butternut Mountain Farm

Barbeque Sauce

Colgin

Liquid Smoke

Grey Poupon

Country Dijon Mustard

Dijon 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

Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

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

Crackers (Cont'd)

Kashi

- Honey Sesame Crackers
- Original Crackers

Scand

- Bran Crispbread

Dairy

Calabro

- Fat Free Ricotta

Friendship

- 1% Cottage Cheese
- Light Sour Cream
- No Salt Cottage Cheese
- Whipped Cottage Cheese

Horizon

- Organic Low Fat Sour Cream

Lactaid

- 1% Lactaid Milk
- Non Fat Lactaid Milk

Organic Valley

- Organic 1% Low Fat Milk
- Organic Skim Milk

Parmalat

- 1% Milk
- Skim Milk

Dairy Alternatives

Pacific Natural Foods

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

WestSoy

- Westsoy No Fat Plain

White Wave

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

Desserts

Ciao Bella

- Chocolate Sorbetto

Kozy Shack

- Chocolate Pudding
- Rice 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

- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet
- Strawberry Sorbet

Health Is Wealth

- Spring Rolls

Quorn Foods

- Meat Free Ground Beef

Frozen Foods (Cont'd)

Stonyfield Farm

- Low Fat Creme Caramel Frozen Yogurt
- Non Fat Vanilla Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

- Beef Jerky, Original
- Beef Jerky, Peppered
- Beef Jerky, Teriyaki

Health Is Wealth

- Chicken Tenders

Miscellaneous Grocery

Scand

- Bran Crispbread

Pasta

Bionaturae

- Organic Spaghetti

Dececco Pasta

- Orecchiette Pasta
- Rigate Penne Pasta
- Rigatoni

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
- Organic Split Pea Soup

Spices and Seasonings

365 Every Day Value™

- Asian Seafood Seasoning
- Mediterranean Seafood Seasoning
- Spicy Shrimp Boil Seasoning