

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Tribeca 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

Highland Sugar Works

Buttermilk Pancake Mix

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

Beverages (Cont'd)

365 Every Day Value™

Italian Strawberry Sparkling Water

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

Berlin Natural Bakery

Sprouted Spelt Bread

Food For Life

7 Grain English Muffins

Bran Bread

Cinnamon Raisin Bread

Organic 7 Grain Bread

Organic Ezekiel Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

Nature's Path

Carrot Raisin Bread

Nejames

Crispbread

Shiloh Farms

7 Grain Bread

Canned Goods

Eden

Black Beans

Navy Beans, Organic

Pinto Beans, Organic

Natural Sea

Natural Tuna with Salt

No Salt Tongol Tuna

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

Rice Crunch 'Ems

Nature's Path

Organic Puffed Rice Cereal

Us Mill

Uncle Sam Cereal

Chips/Pretzels/Snacks

Glennys

Barbeque Soy Crisps

Garlic and Onion Soy Crisps

Lightly Salted Soy Crisps

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

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

Cookies and Snack Bars (Cont'd)

Kinnikinnick

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

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

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

Ethnic Foods

Manischewitz

Matzo Ball Mix

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

Frozen Foods (Cont'd)

Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Raspberry Frozen Yogurt

Health Is Wealth

- Broccoli Tofu Munchees
- Meatless Buffalo Wings
- Spring Rolls

Ians

- Sweet Potato French Fries

Quorn Foods

- Meat Free Ground Beef

Soy Boy

- Tofu Ravioli

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

Miscellaneous Grocery

Scand

- Bran Crispbread

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

Bionaturae

- Organic Spaghetti

Dececco Pasta

- Orecchiette Pasta
- Rigate Penne Pasta
- Rigatoni

Pasta Sauce

Enricos Sauces

- Premium No Salt Traditional Pasta Sauce

Soups

Health Valley

- Fat Free Vegetable Barley Soup
- Organic Split Pea Soup
- Organic Vegetable Soup
- Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

- Blackened Cajun Spice Seasoning
- Mediterranean Seafood Seasoning