

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Union Square 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](mailto: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 Strawberry Sparkling Water

#### Apple & Eve

Apple Juice

### Beverages (Cont'd)

#### 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

#### Food For Life

7 Grain English Muffins  
Bran Bread  
Cinnamon Raisin Bread

## **Bread (Cont'd)**

### **Food For Life**

- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### **Nature's Path**

- Carrot Raisin Bread

### **Nejames**

- Crispbread

## **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**

### **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**

- KinniTOOS Chocolate Sandwich Creme Cookies

## **Crackers**

### **365 Every Day Value™**

- Golden Stoneground Bite Size

### **Kashi**

- Honey Sesame Crackers
- Original Crackers

## Crackers (Cont'd)

### 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

### Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

### Parmalat

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

### 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

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Strawberry Sorbet

### 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 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

## **Meat and Poultry (Cont'd)**

### **Health Is Wealth**

Chicken Tenders

## **Spices and Seasonings (Cont'd)**

### **365 Every Day Value™**

Spicy Shrimp Boil Seasoning

## **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

### **Vita-Spelt**

Vita Spelt Organic White Spaghetti

## **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 Potato & Leek 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

Southwestern Grill Seasoning