

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Bellevue Store, Pacific Northwest 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

Italian Strawberry Sparkling Water

#### Looza Fruit Juices

Mango Nectar Juice

Pear Nectar 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

Cinnamon Raisin Bread

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

## Bread (Cont'd)

### Nature's Path

Carrot Raisin 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

Corn Crunch 'Ems  
Organic Amaranth Flakes  
Rice Crunch 'Ems

### Nature's Path

Organic Puffed Rice Cereal  
Shredded Oaty Bites Cereal

### Us Mill

Uncle Sam Cereal

## Condiments

### Mediterranean Organics

Organic Green Olives Stuffed with Almonds

### Santa Barbara

Martini Olives

## Condiments (Cont'd)

### Westbrae

Unsweetened Un-Ketchup

### Wild Thymes

Plum Currant Chutney

## 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

Amaranth Graham Crackers  
Apple Cobbler Cereal Bars  
Oat Bran Graham Crackers  
Strawberry Cereal Bars

### 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

Original Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Horizon

Organic Low Fat Sour Cream

### Organic Valley

Organic 1% Low Fat Milk  
Organic Skim Milk

## Dairy (Cont'd)

### White Wave

- Black Cherry Soy Yogurt
- Soy Strawberry Yogurt
- Vanilla Soy Yogurt

## 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

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Ethnic Foods

### Manishevitz

- Matzo Ball Mix

## 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 Foods (Cont'd)

### 365 Organic Every Day Value™

- 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
- Strawberry Sorbet

### Quorn Foods

- Meat Free Ground Beef

### Stonyfield Farm

- 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

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### Bionaturae

- Organic Fusilli Pasta
- Organic Spaghetti

### Dececco Pasta

- Rigate Penne Pasta
- Rigatoni

## **Pasta (Cont'd)**

### **Vita-Spelt**

Vita Spelt Organic White Spaghetti

## **Pasta Sauce**

### **Muir Glen**

Organic Fat Free Italian Pasta Sauce

Organic Fat Free Tomato Basil Pasta Sauce

### **Walnut Acres**

Low Sodium Tomato Basil Pasta Sauce

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

Organic Potato & Leek Soup

Organic Split Pea Soup