

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## West Vancouver 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).

### Beverages

#### Ceres Fruit Juices

- Guava Juice
- Papaya Juice

### Bread

#### Food For Life

- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

#### Kinnikinnick

- Robins Honey Brown Rice Bread

#### Nature's Path

- Carrot Raisin Bread

### Canned/Jarred Goods

#### 365 Every Day Value™

- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- Sliced Olives

### Cereal

#### Nature's Path

- Organic Puffed Rice Cereal
- Shredded Oaty Bites Cereal

### Cookies and Snack Bars

#### 365 Organic Every Day Value™

- Fig Bar Cookies

#### Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies

## **Cookies and Snack Bars (Cont'd)**

### **Kinnikinnick**

KinniTOOS Vanilla Sandwich Creme Cookies  
S'moreables Graham Style Crackers

## **Desserts**

### **Ciao Bella**

Chocolate Sorbetto

### **Kozy Shack**

Rice Pudding  
Tapioca Pudding

## **Frozen Foods**

### **365 Every Day Value™**

Frozen Chopped Spinach

### **Ciao Bella**

Chocolate Sorbetto

### **Kinnikinnick**

Robins Honey Brown Rice Bread

## **Pasta**

### **Al Dente**

Fettucine and Egg Pasta