

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Westlake 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

#### 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)**

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Kinnikinnick**

Robins Honey Brown Rice Bread

### **Nature's Path**

Carrot Raisin Bread

## **Canned Goods**

### **Eden**

Black Beans  
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**

Rice Crunch 'Ems

### **Nature's Path**

Shredded Oaty Bites Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips/Pretzels/Snacks**

### **Guiltless Gourmet**

Guiltless Gourmet - Baked Nacho Chips  
Tortilla Chips

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **Mediterranean Organics**

Organic Green Olives Stuffed with Almonds

### **Sierra Nevada**

Pale Ale Honey Mustard

### **Wild Thymes**

Pineapple Peach Lime 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  
S'moreables Graham Style Crackers

## **Crackers**

### **365 Every Day Value™**

Golden Stoneground Bite Size

### **Kashi**

Honey Sesame Crackers  
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 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

Tapioca 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

## Frozen Foods (Cont'd)

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet

Raspberry Sorbet

### Kinnikinnick

Robins Honey Brown Rice Bread

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt

Fat Free Mint Chocolate Chip Frozen Yogurt

Low Fat Creme Caramel Frozen Yogurt

Vanilla Fudge Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Original

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

### 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**

Roasted Garlic Pasta Sauce

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

Organic Potato & Leek Soup

Organic Split Pea Soup