

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Kansas City Store, Rocky Mountain 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

Beverages

365 Every Day Value™

Black Cherry Soda
Cherry Vanilla Creme Soda
Cola
Ginger Ale
Italian Lemon Sparkling Water
Italian Sparkling Orange/Lime/Pink Grapefruit Water
Italian Strawberry Sparkling Water
Key Lime Soda
Orange Creme Soda

Beverages (Cont'd)

365 Every Day Value™

Raspberry Soda
Root Beer Soda

Bread

365 Organic Every Day Value™

Tortilla Corn

Food For Life

7 Grain English Muffins
Brown Rice Bread, Wheat & Gluten Free
Cinnamon Raisin Bread
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread
Rice Pecan Bread, Wheat & Gluten Free
Sprouted Ezekiel Tortillas

Bread (Cont'd)

French Meadow Bakery

European Sourdough Rye Bread

Canned/Jarred Goods

365 Every Day Value™

Green Ripe Pitted Olives
Medium Ripe Olives, Pitted
Sliced Olives
Solid White Albacore Tuna
Solid White Albacore Tuna w/No Salt Added
Tongol Tuna, No Salt
Tongol Tuna, with Salt

Cereal

Health Valley

Rice Crunch 'Ems

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars
Blueberry Cereal Bars
Mixed Berry Cereal Bars
Strawberry Cereal Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Dairy

Lifeway

Low Fat Peach Kefir
Low Fat Strawberry Kefir

Dairy (Cont'd)

Stonyfield Farm

Organic Fat Free Lotsa Lemon Yogurt, 6 oz
Organic Low Fat Blueberry Yogurt, 6 oz
Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz

Whole Soy

Vanilla Soy Yogurt

Dairy Alternatives

Pacific Foods

Original Almond Milk Beverage

White Wave

Non Dairy Vanilla Soy Beverage
Soy French Vanilla Creamer
Soy Hazelnut Creamer

Ethnic Foods

Food Merchants

Organic Polenta, Basil & Garlic

Frozen Foods

365 Organic Every Day Value™

Frozen Berry Blend
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries

Gardenburger

Veggie Burger Pattie

Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt
Fat Free Dutch Chocolate Frozen Yogurt
Low Fat Creme Caramel Frozen Yogurt
Non Fat Vanilla Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Teriyaki

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Tinkyada

Brown Rice Fusilli

Organic Brown Rice Lasagne

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Pasta Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic