

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Westminster 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](mailto:WFMSpecialDiets@wholefoods.com).

### Beverages

#### 365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

- Guava Juice

#### Pacific Natural Foods

- Original Almond Milk Low Fat Beverage

### Bread

#### 365 Organic Every Day Value™

- Tortilla Corn

### Bread (Cont'd)

#### Food For Life

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

#### French Meadow Bakery

- European Sourdough Rye Bread

### Canned Goods

#### Eden

- Navy Beans, Organic
- Pinto Beans, Organic

## Canned Goods (Cont'd)

### 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  
Rice Crunch 'Ems

### Us Mill

Uncle Sam Cereal

## Condiments

### Colgin

Liquid Smoke

### 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

## Cookies and Snack Bars (Cont'd)

### Kinnikinnick

S'moreables Graham Style Crackers

## Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Horizon

Organic Low Fat Sour Cream

### Organic Valley

Organic Skim Milk

## Dairy Alternatives

### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

### White Wave

Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### Kozy Shack

Tapioca Pudding

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

## Frozen Foods

### 365 Every Day Value™

Berry Medley  
Frozen Fruit Whole Raspberries  
Frozen Fruit Whole Strawberries  
Frozen Whole Blueberries

### 365 Organic Every Day Value™

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

## **Frozen Foods (Cont'd)**

### **365 Organic Every Day Value™**

Frozen Wild Blueberries

### **Gardenburger**

Mexican Gardenburger

Veggie Burger Pattie

### **Haagen-Dazs**

Mango Sorbet

Raspberry Frozen Yogurt

### **Stonyfield Farm**

Fat Free Mint Chocolate Chip Frozen Yogurt

Low Fat Creme Caramel Frozen Yogurt

Non Fat Vanilla 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

## **Soups**

### **Health Valley**

Fat Free Vegetable Barley Soup

Organic Vegetable Soup