

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Briarcliff Store, South 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™

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

Ceres Fruit Juices

Guava Juice

Looza Fruit Juices

Mango Nectar Juice
Pear Nectar Juice

Bread

Berlin Natural Bakery

Sprouted Spelt Bread

Food For Life

7 Grain English Muffins
Cinnamon Raisin Bread
Organic 7 Grain Bread
Organic Ezekiel Bread
Sprouted Ezekiel Tortillas

Canned Goods

Eden

Black Beans
Pinto Beans, Organic

Pomi

Strained Tomatoes

Canned/Jarred Goods

365 Every Day Value™

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

Chips/Pretzels/Snacks

Guiltless Gourmet

- Tortilla Chips

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

Colgin

- Liquid Smoke
- Mesquite Flavored Liquid Smoke

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

Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- S'moreables Graham Style Crackers

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

Health Valley

- Low Fat Stoned Wheat Crackers

Crackers (Cont'd)

Kashi

- Honey Sesame Crackers
- Original Crackers

Scand

- Bran Crispbread

Dairy

Organic Valley

- Organic Skim Milk

Dairy Alternatives

Pacific Natural Foods

- Organic Oat Low Fat Vanilla

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

Low Fat Mushroom Gardenburger
Mexican Gardenburger
Veggie Burger Pattie

Ians

Sweet Potato French Fries

Quorn Foods

Meat Free Ground Beef

Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt
Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Jams and Nut Butters

365 Every Day Value™

Fruit Spread Imported Apricot
Fruit Spread Imported Black Cherry
Fruit Spread Imported Blackberry
Fruit Spread Imported Raspberry

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Original
Beef Jerky, Peppered

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Spaghetti

Dececco Pasta

Orecchiette Pasta
Rigate Penne Pasta

Pasta (Cont'd)

Dececco Pasta

Rigatoni
Whole Wheat Linguini Pasta

Vita-Spelt

Vita Spelt Organic White Spaghetti

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce
Organic Fat Free Tomato Basil Pasta Sauce

Sauces/Salsas/Dips

Paul Prudhomme

Magic Pepper Sauce

Soups

Health Valley

Fat Free Vegetable Barley Soup
Organic Split Pea Soup
Vegetable Soup - Fat Free