

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Chapel Hill 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](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### Arrowhead Mills

Spelt Organic Flour

### Beverages

#### 365 Every Day Value™

Fresh Squeezed Grapefruit Juice  
Italian Lemon Sparkling Water  
Italian Sparkling Orange/Lime/Pink Grapefruit Water  
Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

Guava Juice

### Beverages (Cont'd)

#### Looza Fruit Juices

Mango Nectar Juice  
Pear Nectar Juice

#### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

### Bread

#### 365 Organic Every Day Value™

Tortilla Corn

#### Berlin Natural Bakery

Sprouted Spelt Bread

#### Food For Life

7 Grain English Muffins  
Cinnamon Raisin Bread  
Organic 7 Grain Bread

## Bread (Cont'd)

### Food For Life

Organic Ezekial Bread  
Organic Ezekiel Bread  
Sprouted Ezekiel Tortillas

### French Meadow Bakery

European Sourdough Rye Bread

## Canned Goods

### Eden

Black Beans  
Navy Beans, Organic  
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

### Kashi

Cinna-Raisin Crunch Cereal

### Us Mill

Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Guiltless Gourmet

Tortilla Chips

## Condiments

### Colgin

Liquid Smoke  
Mesquite Flavored Liquid Smoke

## Condiments (Cont'd)

### Santa Barbara

Martini Olives

### Westbrae

Unsweetened Un-Ketchup

## 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

### Kashi

Honey Sesame Crackers  
Original Crackers

### Nejames

Original Crispbread

### Scand

Bran Crispbread

## Dairy

### 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

## Desserts

### Ciao Bella

Chocolate Sorbetto

### 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

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt

Low Fat Creme Caramel 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, Teriyaki

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

### Dececco Pasta

Orecchiette Pasta

Rigate Penne 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

## Soups

### Health Valley

Fat Free Vegetable Barley Soup

Organic Potato & Leek Soup

Organic Split Pea Soup

## **Soups (Cont'd)**

### **Health Valley**

Organic Vegetable Soup  
Vegetable Soup - Fat Free