

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Mountain Brook 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

#### No Pudge

Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

Fresh Squeezed Grapefruit Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Ceres Fruit Juices

Guava 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

Organic Ezekial Bread

## **Bread (Cont'd)**

### **Food For Life**

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

### **Mothers**

Cocoa Bumpers Cereal

## **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

### **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

### **Health Valley**

Low Fat Stoned Wheat Crackers

### **Kashi**

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

### 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

### Gardenburger

- Fat Free Veggie 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 Decaf French Roast Frozen Yogurt
- Fat Free Dutch Chocolate Frozen Yogurt
- Fat Free Mint Chocolate Chip Frozen Yogurt
- Low Fat Creme Caramel Frozen Yogurt

## Frozen Foods (Cont'd)

### Stonyfield Farm

- 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
- 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

### **Walnut Acres**

- Low Sodium Tomato Basil Pasta Sauce

## **Sauces/Salsas/Dips**

### **Paul Prudhomme**

- Magic Pepper Sauce

## **Soups**

### **Health Valley**

- Fat Free Vegetable Barley Soup
- Organic Potato & Leek Soup
- Organic Split Pea Soup
- Organic Vegetable Soup
- Vegetable Soup - Fat Free