

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Sandy Springs 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

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

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

Bread (Cont'd)

Food For Life

- 7 Grain English Muffins
- Cinnamon Raisin Bread
- Organic 7 Grain Bread
- 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

Mothers

- Cocoa Bumpers Cereal

Chips/Pretzels/Snacks

Guiltless Gourmet

- Tortilla Chips

Condiments

Colgin

- Liquid Smoke
- Mesquite Flavored 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

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

Scand

- Bran Crispbread

Dairy

Organic Valley

- Organic 1% Low Fat Milk
- Organic Skim Milk

Dairy Alternatives

Pacific Natural Foods

- Original Almond Milk Low Fat Beverage

Desserts

Ciao Bella

Chocolate Sorbetto

Oetker

Organic Chocolate 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

Haagen-Dazs

Orchard Peach Sorbet
Raspberry Sorbet

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
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

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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
Vita Spelt White Angel Hair Pasta

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

Soups

Health Valley

Fat Free Vegetable Barley Soup

Organic Vegetable Soup

Vegetable Soup - Fat Free