

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Winston-Salem 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)

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

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

- 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

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

- Organic Oat Low Fat Vanilla
- Original Almond Milk Low Fat Beverage

Desserts

Kozy Shack

- 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

- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Raspberry Sorbet

Quorn Foods

- Meat Free Ground Beef

Stonyfield Farm

- Fat Free Decaf French Roast 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, Teriyaki

Miscellaneous Grocery

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- Bran Crispbread

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

Dececco Pasta

- Orecchiette Pasta
- Rigate Penne Pasta
- Rigatoni
- Whole Wheat Linguini 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
- Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

- Caribbean Barbeque Seasoning