

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Arroyo Store, Southern Pacific 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™

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

#### Ceres Fruit Juices

Guava Juice  
Papaya Juice

### Beverages (Cont'd)

#### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

#### Vruit

Berry Veggie Juice

### Bread

#### 365 Organic Every Day Value™

Tortilla Corn

#### Food For Life

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

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

### **Nature's Path**

Carrot Raisin Bread

### **Pacific Bakery**

Kamut 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  
Large Ripe Olives, Pitted  
Medium Ripe Olives, Pitted  
Sliced Olives

## **Cereal**

### **Health Valley**

Oat Bran Flakes Cereal  
Organic Amaranth Flakes  
Rice Crunch 'Ems

### **Nature's Path**

Organic Puffed Rice Cereal  
Shredded Oaty Bites Cereal

### **Us Mill**

Uncle Sam Cereal

## **Chips/Pretzels/Snacks**

### **Guiltless Gourmet**

Tortilla Chips

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **Frenchs**

Yellow Mustard

### **Grey Poupon**

Dijon Mustard

### **Sierra Nevada**

Pale Ale Honey Mustard

### **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

### **Barbara's Bakery**

Blueberry Apple Fruit & Yogurt Bars

### **Health Valley**

Amaranth Graham Crackers

### **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

## Crackers (Cont'd)

### Scand

Bran Crispbread

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Friendship

Whipped Cottage Cheese

### Horizon

Organic Low Fat Sour Cream

### Lactaid

Non Fat Lactaid Milk

### Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

### White Wave

Black Cherry Soy Yogurt

Peach Soy Yogurt

Soy Strawberry Yogurt

Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Natural Foods

Organic Oat Low Fat Vanilla

Original Almond Milk Low Fat Beverage

### WestSoy

Westsoy No Fat Plain

### White Wave

Non Dairy Vanilla Soy Beverage

Soy French Vanilla Creamer

Soy Hazelnut Creamer

## Desserts

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca 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

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Raspberry Sorbet

Strawberry Sorbet

### Health Is Wealth

Broccoli Tofu Munchees

Meatless Buffalo Wings

### Quorn Foods

Meat Free Ground Beef

### Stonyfield Farm

Fat Free Decaf French Roast Frozen Yogurt

Fat Free Mint Chocolate Chip Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Peppered

Beef Jerky, Teriyaki

## **Miscellaneous Grocery**

### **Scand**

Bran Crispbread

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **Bionaturae**

Organic Spaghetti

### **Dececco Pasta**

Rigate Penne Pasta

Whole Wheat Linguini Pasta

## **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

Minestrone Soup- Fat Free

Organic Split Pea Soup

Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

Asian Seafood Seasoning

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning

Southwestern Grill Seasoning