

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Henderson 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.

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

Pacific Natural Foods

Original Almond Milk Low Fat Beverage

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

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

Health Valley

- Corn Crunch 'Ems
- Fiber 7 Flakes
- Oat Bran Flakes Cereal

Kashi

- Cinna-Raisin Crunch Cereal

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

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

Barbara's Bakery

- Blueberry Apple Fruit & Yogurt Bars

Health Valley

- Apple Cobbler Cereal Bars
- Fat Free Blueberry Cereal Bars

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

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Friendship

No Salt Cottage Cheese
Whipped Cottage Cheese

Horizon

Organic Low Fat Sour Cream

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

Soy French Vanilla Creamer
Soy Hazelnut Creamer

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

Frozen Foods (Cont'd)

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

Haagen-Dazs

Orchard Peach Sorbet
Raspberry Frozen Yogurt

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
Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Original
Beef Jerky, Peppered
Beef Jerky, Teriyaki

Health Is Wealth

Chicken Tenders

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Dececco Pasta

Rigatoni

Whole Wheat Linguini Pasta

Vita-Spelt

Vita Spelt Angel Hair Pasta

Vita Spelt White Angel Hair Pasta

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce

Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Spaghetti Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

Soups

Health Valley

Fat Free Vegetable Barley Soup

Minestrone Soup- Fat Free

Organic Potato & Leek Soup

Vegetable Soup - Fat Free