

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Laguna Beach 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

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
Organic 7 Grain Bread
Organic Ezekial Bread
Sprouted Ezekiel Tortillas

Canned Goods

Eden

Black Beans

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

Nature's Path

- Shredded Oaty Bites Cereal

Chips/Pretzels/Snacks

Guiltless Gourmet

- Tortilla Chips

Condiments

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

Health Valley

- Fat Free Blueberry Cereal Bars

Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

Kashi

- Honey Sesame Crackers
- Original Crackers

Crackers (Cont'd)

Scand

- Bran Crispbread

Dairy

Horizon

- Organic Low Fat Sour Cream

Organic Valley

- Organic 1% Low Fat Milk
- Organic Skim Milk

White Wave

- Black Cherry Soy Yogurt
- Vanilla Soy Yogurt

Dairy Alternatives

Pacific Natural Foods

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

White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

Desserts

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Frozen Foods

365 Every Day Value™

- 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 Foods (Cont'd)

365 Organic Every Day Value™

Frozen Strawberries
Frozen Wild Blueberries

Gardenburger

Low Fat Mushroom Gardenburger
Mexican Gardenburger
Veggie Burger Pattie

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

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Original
Beef Jerky, Teriyaki

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder