

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Montana Avenue 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 Strawberry Sparkling Water

Pacific Natural Foods

Original Almond Milk Low Fat Beverage

Bread

Food For Life

7 Grain English Muffins
Bran Bread

Bread (Cont'd)

Food For Life

Cinnamon Raisin Bread
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread

French Meadow Bakery

European Sourdough Rye Bread

Canned Goods

Eden

Black Beans

Pomi

Strained Tomatoes

Canned Goods (Cont'd)

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

Mothers

Cocoa Bumpers Cereal

Nature's Path

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

Grey Poupon

Dijon Mustard

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars
Mixed Berry Cereal Bars
Strawberry Cereal Bars

365 Organic Every Day Value™

Fig Bar Cookies

Cookies and Snack Bars (Cont'd)

Kinnikinnick

KinniKritters Animal Cookies
KinniTOOS Chocolate Sandwich Creme Cookies
S'moreables Graham Style Crackers

Crackers

Kashi

Original Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Horizon

Organic Low Fat Sour Cream

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

White Wave

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

Desserts

Ciao Bella

Chocolate Sorbetto

Frozen Foods

365 Every Day Value™

Berry Medley
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 Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

Ciao Bella

- Chocolate Sorbetto

Gardenburger

- Fat Free Veggie Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet
- Strawberry Sorbet

Stonyfield Farm

- 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

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

Vita-Spelt

- Vita Spelt White Angel Hair 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
- Organic Split Pea Soup