

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Scottsdale 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

#### Pacific Natural Foods

Original Almond Milk Low Fat Beverage

### Bread

#### 365 Organic Every Day Value™

Tortilla Corn

#### Food For Life

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

#### French Meadow Bakery

European Sourdough Rye Bread

#### Kinnikinnick

Robins Honey Brown Rice 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
- Jumbo Ripe Olives, Pitted
- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- Sliced Olives

## Cereal

### Health Valley

- Corn Crunch 'Ems
- Organic Amaranth Flakes
- Rice Crunch 'Ems

### Nature's Path

- Organic Puffed Rice 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

## Condiments (Cont'd)

### Grey Poupon

- Dijon Mustard

### Santa Barbara

- Jalapeno Stuffed Olives
- 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

### Health Valley

- Amaranth Graham Crackers
- Fat Free Blueberry Cereal Bars
- Oat Bran Graham Crackers
- Strawberry 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

- 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

### 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

### 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

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Frozen Foods

### 365 Every Day Value™

- Berry Medley
- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries

## Frozen Foods (Cont'd)

### 365 Every Day Value™

- 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
- Strawberry Sorbet

### Health Is Wealth

- Meatless Buffalo Wings

### Kinnikinnick

- Robins Honey Brown Rice Bread

### 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, Peppered
- Beef Jerky, Teriyaki

## **Miscellaneous Grocery**

### **Scand**

- Bran Crispbread

## **Nutritional Supplements**

### **Whole Foods Market™**

- Vanilla Soy Protein Powder

## **Pasta**

### **Bionaturae**

- Organic Spaghetti

### **Vita-Spelt**

- Vita Spelt Organic White Spaghetti

## **Pasta Sauce**

### **Muir Glen**

- Organic Fat Free Italian Pasta Sauce

### **Timpones**

- Spaghetti Sauce

## **Soups**

### **Health Valley**

- Fat Free Vegetable Barley Soup
- Minestrone Soup- Fat Free
- Organic Potato & Leek Soup
- Organic Split Pea Soup
- Organic Vegetable Soup
- Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

- Asian Seafood Seasoning
- Blackened Cajun Spice Seasoning