

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Sherman Oaks West 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

#### 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

#### Nature's Path

Carrot Raisin Bread

#### Pacific Bakery

Kamut Bread

## Canned Goods

### Eden

- Black Beans
- 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
- Organic Amaranth Flakes

### Nature's Path

- Organic Puffed Rice Cereal
- Shredded Oaty Bites Cereal

### Us Mill

- Uncle Sam Cereal

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### Frenchs

- Yellow 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

### Barbara's Bakery

- Blueberry Apple Fruit & Yogurt Bars

### Kinnikinnick

- KinniKritters Animal 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

## Dairy

### 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
- Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Natural Foods

- Original Almond Milk Low Fat Beverage

### WestSoy

- Westsoy No Fat Plain

## **Dairy Alternatives (Cont'd)**

### **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

### **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

### **Quorn Foods**

- Meat Free Ground Beef

### **Stonyfield Farm**

- Fat Free Decaf French Roast Frozen Yogurt
- Low Fat Creme Caramel 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**

### **Vita-Spelt**

- Vita Spelt Organic White Spaghetti

## **Pasta Sauce**

### **Muir Glen**

- Organic Fat Free Italian Pasta Sauce
- Organic Fat Free Tomato Basil Pasta Sauce

### **Timpones**

- Spaghetti Sauce

## **Spices and Seasonings**

### **365 Every Day Value™**

- Caribbean Barbeque Seasoning
- Mediterranean Seafood Seasoning
- Southwestern Grill Seasoning