

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Valencia 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

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

French Meadow Bakery

European Sourdough Rye Bread

Kinnikinnick

Robins Honey Brown Rice Bread

Nature's Path

Carrot Raisin Bread

Bread (Cont'd)

Pacific Bakery

Kamut Bread

Canned Goods

Eden

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

Rice Crunch 'Ems

Nature's Path

Organic Puffed Rice Cereal

Shredded Oaty Bites 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

Martini Olives

Sierra Nevada

Pale Ale Honey Mustard

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

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

Health Valley

Low Fat Stoned Wheat Crackers

Kashi

Honey Sesame Crackers

Original Crackers

Scand

Bran Crispbread

Wasa Crispbread

Fiber Plus Crispbread

Dairy

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

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 Fruit Whole Strawberries

Frozen Sliced Peaches

Frozen Whole Blueberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Ciao Bella

Chocolate Sorbetto

Gardenburger

Low Fat Mushroom Gardenburger

Mexican Gardenburger

Veggie Burger Pattie

Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Raspberry Sorbet

Strawberry Sorbet

Health Is Wealth

Spring Rolls

Ians

Sweet Potato French Fries

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

Vanilla Fudge Frozen Yogurt

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Dececco Pasta

Rigate Penne Pasta
Rigatoni

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

Soups

Health Valley

Minestrone Soup- Fat Free
Organic Split Pea Soup
Organic Vegetable Soup
Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Blackened Cajun Spice Seasoning
Mediterranean Seafood Seasoning