

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Lakewood Store, Southwest 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

No Pudge

Fat Free Original Fudge Brownie Mix

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

Beverages (Cont'd)

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

Canned Goods

Eden

Black Beans
Navy Beans, Organic
Pinto Beans, Organic

Pomi

Strained Tomatoes

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

Nature's Path

Organic Puffed Rice Cereal
Shredded Oaty Bites Cereal

Chips/Pretzels/Snacks

Guiltless Gourmet

Tortilla Chips

Mothers

Salt & Butter Popped Corn Cakes

Condiments

Colgin

Liquid Smoke

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

Cookies and Snack Bars (Cont'd)

365 Organic Every Day Value™

Fig Bar Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies

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

Organic Valley

Organic 1% Low Fat Milk
Organic Skim Milk

White Wave

Black Cherry 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

Soy French Vanilla Creamer
Soy Hazelnut Creamer

Desserts

Ciao Bella

Chocolate Sorbetto

Desserts (Cont'd)

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Ethnic Foods

Manishevitz

- Matzo Ball Mix

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

Ciao Bella

- Chocolate Sorbetto

Gardenburger

- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet

Quorn Foods

- Meat Free Ground Beef

Frozen Foods (Cont'd)

Stonyfield Farm

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

Meat and Poultry

365 Organic Every Day Value™

- Beef Jerky, Original
- Beef Jerky, Peppered
- Beef Jerky, Teriyaki

Miscellaneous Grocery

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- Bran Crispbread

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

Dececco Pasta

- Orecchiette 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

Timpones

- Classic Spaghetti Sauce

Walnut Acres

- Low Sodium Tomato Basil Pasta Sauce