

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Bayhill Store, Florida 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

#### No Pudge

Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Apple & Eve

Apple Juice

#### Looza Fruit Juices

Mango Nectar Juice

Pear Nectar 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

Bran Bread

Cinnamon Raisin Bread

## Bread (Cont'd)

### Food For Life

- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### Nature's Path

- Carrot Raisin 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

### Us Mill

- Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Glennys

- Barbeque Soy Crisps
- Lightly Salted Soy Crisps

### Guiltless Gourmet

- Organic Black Bean Tortilla Chips
- Tortilla Chips

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### Colgin

- Liquid Smoke
- Mesquite Flavored Liquid Smoke

### Mediterranean Organics

- Organic Green Olives Stuffed with Almonds

### 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

### 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

## Dairy

### Horizon

- Organic Low Fat Sour Cream

### Lactaid

- 1% Lactaid Milk
- Non Fat Lactaid Milk

## Dairy (Cont'd)

### 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

### WestSoy

- Westsoy No Fat Plain
- Westsoy No Fat Plain
- Westsoy No Fat Vanilla

### White Wave

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

## Desserts

### Kozy Shack

- Rice 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 Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### Gardenburger

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

### Haagen-Dazs

- Mango Sorbet
- Strawberry Sorbet

### Health Is Wealth

- Meatless Buffalo Wings
- Spring Rolls

### Ians

- Sweet Potato French Fries

### Quorn Foods

- Meat Free Ground Beef

### Soy Boy

- Tofu Ravioli

### Stonyfield Farm

- Fat Free Decaf French Roast Frozen Yogurt
- Fat Free Dutch Chocolate Frozen Yogurt
- Fat Free Mint Chocolate Chip Frozen Yogurt
- Non Fat Vanilla 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 Fusilli Pasta

### **Vita-Spelt**

Vita Spelt Organic White Spaghetti

Vita Spelt White Angel Hair Pasta

## **Pasta Sauce**

### **Enricos Sauces**

Premium No Salt Traditional Pasta Sauce

### **Muir Glen**

Organic Fat Free Italian Pasta Sauce

### **Walnut Acres**

Low Sodium Tomato Basil Pasta Sauce

Roasted Garlic Pasta Sauce

## **Soups**

### **Health Valley**

Vegetable Soup - Fat Free

## **Spices and Seasonings**

### **365 Every Day Value™**

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning