

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Naples 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

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Spelt Organic Flour

#### No Pudge

- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice

### Beverages (Cont'd)

#### 365 Every Day Value™

- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

#### Looza Fruit Juices

- Mango Nectar Juice

## Bread

### 365 Organic Every Day Value™

Tortilla Corn

### Berli

Sprouted Spelt Bread

### Food For Life

7 Grain English Muffins

Bran Bread

Brown Rice Bread, Wheat & Gluten Free

Cinnamon Raisin Bread

Millet Bread, Wheat & Gluten Free

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel Bread

Raisin Pecan Bread, Wheat & Gluten Free

Rice Almond Bread, Wheat & Gluten Free

Rice Pecan Bread, Wheat & Gluten Free

Sprouted Ezekiel Tortillas

White Rice Bread, Wheat & Gluten Free

### Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

### French Meadow Bakery

European Sourdough Rye Bread

Organic Woman's Bread

## Canned Goods

### Eden Foods

Black Beans

Navy Beans

Pinto Beans

### 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

Solid White Albacore Tuna

Solid White Albacore Tuna w/No Salt Added

## Canned/Jarred Goods (Cont'd)

### 365 Every Day Value™

Tongol Tuna, No Salt

Tongol Tuna, with Salt

### 365 Organic Every Day Value™

Black Beans

Pinto Beans

## Cereal

### 365 Organic Every Day Value™

High Fiber Cereal

### Barbara's Bakery

Honey Rice Puffins Cereal

### Mothers

Cocoa Bumpers Cereal

Graham Cereal

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Glennys

Barbeque Soy Crisps

Garlic and Onion Soy Crisps

Lightly Salted Soy Crisps

### Guiltless Gourmet

Organic Black Bean Tortilla Chips

Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels

Organic Thin Salted Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### Colgin

Liquid Smoke

## Condiments (Cont'd)

### Mediterranean Organics

Organic Green Olives Stuffed with Almonds

### Organicville

Organic Dressing, Tarragon Dijon Vinaigrette

Organic Ketchup

Organic Original BBQ Sauce

### 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

Strawberry Cereal Bars

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

S'moreables Graham Style Crackers

### Newman's Own Organic

Alphabet Chocolate Cookies

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Sesame

Organic Brown Rice Snaps, Black Sesame

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

### Kashi

Honey Sesame Crackers

Original Crackers

## Crackers (Cont'd)

### Scand

Bran Crispbread

## Dairy

### Horizon

Organic Low Fat Sour Cream

### Lactaid

1% Lactaid Milk

Non Fat Lactaid Milk

### Liberte

6 Grain Raspberry Yogurt

### Lifeway

Low Fat Blueberry Kefir

Low Fat Peach Kefir

Low Fat Raspberry Kefir

Low Fat Strawberry Kefir

### Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

### Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz

Organic Fat Free Black Cherry Yogurt, Fruit on the Bottom, 6 oz

Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz

Organic Fat Free Lotsa Lemon Yogurt, 6 oz

Organic Low Fat Blueberry Yogurt, 6 oz

Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Plain Yogurt, 6 oz

Organic Low Fat Raspberry Yogurt, 6 oz

Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Vanilla Yogurt

Organic Peach Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothie, 10 oz

### White Wave

Black Cherry Soy Yogurt

Peach Soy Yogurt

## Dairy (Cont'd)

### White Wave

Soy Strawberry Yogurt  
Vanilla Soy Yogurt

### Whole Soy

Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Foods

Oat Vanilla Beverage  
Original Almond Milk Beverage

### White Wave

Soy French Vanilla Creamer  
Soy Hazelnut Creamer

## Desserts

### Kozy Shack

Rice Pudding

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Sesame

### Food Merchants

Organic Polenta, Basil & Garlic  
Organic Polenta, Sundried Tomato & Garlic  
Organic Polenta, Traditional

### Organicville

Organic Island Teriyaki  
Organic Sesame Teriyaki

## Frozen Foods

### 365 Every Day Value™

Berry Medley  
Frozen Chopped Spinach  
Frozen Fruit Whole Raspberries  
Frozen Fruit Whole Strawberries  
Frozen Sliced Peaches

## Frozen Foods (Cont'd)

### 365 Every Day Value™

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

### Haagen-Dazs

Raspberry Frozen Yogurt  
Raspberry Sorbet  
Strawberry Sorbet

### 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  
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

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Bionaturae

Organic Fusilli Pasta

Organic Spaghetti

### DeBoles Foods

Fettucine Spinach Pasta

### Dececco Pasta

Rigate Penne Pasta

Rigatoni

### Tinkyada

Brown Rice Fettucini

Brown Rice Fusilli

Brown Rice Spaghetti

Brown Rice Spirals

Organic Brown Rice Elbow

Organic Brown Rice Lasagne

Organic Brown Rice Penne

Organic Brown Rice Spaghetti

Organic Brown Rice Spirals

Spinach Brown Rice Spaghetti

Vegetable Brown Rice Spirals

### Vita-Spelt

Vita Spelt Angel Hair Pasta

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

### Timpones

Spaghetti Sauce

## Pasta Sauce (Cont'd)

### Walnut Acres

Low Sodium Tomato Basil Pasta Sauce

## Prepared Foods

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

## Sauces, Salsas and Dips

### Organicville

Organic Island Teriyaki

Organic Medium Salsa

Organic Sesame Teriyaki

### The Wizard's Sauce

Organic Hot Stuff

## Soups

### Health Valley

Vegetable Soup - Fat Free

## Spices and Seasonings

### 365 Every Day Value™

Blackened Cajun Spice Seasoning

Mediterranean Seafood Seasoning