

# Low Fat

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## SoMa Store, Northern California 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

### Baking Needs

#### Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Oat Bran Pancake Mix

#### No Pudge

- Fat Free Original Fudge Brownie Mix

### Beverages

#### 365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

#### Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

### 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

#### French Meadow Bakery

- European Sourdough Rye Bread
- Organic Woman's Bread

#### Nature's Path

- Carrot Raisin Bread

#### Pacific Bakery

- Kamut Bread

## Canned Goods

### Eden Foods

Black Beans  
Navy Beans

### Pomi

Strained Tomatoes

### Santa Cruz Organic

Organic Apricot Applesauce

## Canned/Jarred Goods

### 365 Every Day Value™

Baby Corn  
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  
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

### Erewhon

Maple Oatmeal

### Kashi

Cinna-Raisin Crunch Cereal

### Mothers

Cocoa Bumpers Cereal

### Nature's Path

Heritage O's Cereal  
Shredded Oaty Bites Cereal

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Guiltless Gourmet

Guiltless Gourmet - Baked Nacho Chips  
Tortilla Chips

### Newman's Own Organic

Organic Round Salted Pretzels  
Organic Thin Salted Pretzels

## Condiments

### Frenchs

Yellow Mustard

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Guldens

Spicy Brown Mustard

### 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

### Midel

Honey Gram Crackers

### Newman's Own Organic

Alphabet Chocolate Cookies

## Crackers

### 365 Every Day Value™

Golden Stoneground Bite Size

### Kashi

Honey Sesame Crackers  
Original Crackers

## Crackers (Cont'd)

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Dannon

Vanilla Actimel

### Horizon

Organic Fat Free Blueberry Yogurt

Organic Fat Free Plain Yogurt

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

### Lactaid

Non Fat Lactaid Milk

### Liberte

6 Grain Peach Yogurt

### Stonyfield Farm

Low Fat Peach Yogurt Drink

Non Fat Black Cherry Yogurt

Non Fat Blueberry Yogurt

Organic Low Fat Blueberry Yogurt

Organic Low Fat Plain Yogurt

Organic Low Fat Strawberry Yogurt Smoothie

Organic Low Fat Tropical Fruit Yogurt Smoothie

### White Wave

Black Cherry Soy Yogurt

Peach Soy Yogurt

Soy Strawberry Yogurt

Vanilla Soy Yogurt

### Whole Soy

Vanilla Soy Yogurt

## Dairy Alternatives

### Pacific Foods

Oat Vanilla Beverage

Original Almond Milk Beverage

### Rice Dream

Organic Rice Milk Beverage

## Dairy Alternatives (Cont'd)

### Westsoy

Plain Plus Soy Beverage

Vanilla Plus Soy Beverage

### White Wave

Non Dairy Vanilla Soy Beverage

Soy French Vanilla Creamer

Soy Hazelnut Creamer

## Desserts

### 365 Every Day Value™

Hibiscus Sorbet

Meyer Lemon Sorbet

Passionfruit Sorbet

Raspberry Sorbet

Tangerine Sorbet

### Ciao Bella

Chocolate Sorbetto

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

## Entrees and Mixes

### 365 Organic Every Day Value™

Spaghetti Bolognese

## 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 Foods (Cont'd)

### 365 Every Day Value™

Frozen Whole Blueberries  
Hibiscus Sorbet  
Meyer Lemon Sorbet  
Passionfruit Sorbet  
Raspberry Sorbet  
Tangerine Sorbet

### 365 Organic Every Day Value™

Frozen Berry Blend  
Frozen Blackberries  
Frozen Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries  
Frozen Wild Blueberries  
Spaghetti Bolognese

### Ciao Bella

Chocolate Sorbetto

### Gardenburger

Fat Free Veggie Gardenburger  
Veggie Burger Pattie

### Haagen-Dazs

Mango Sorbet  
Orchard Peach Sorbet  
Raspberry Frozen Yogurt  
Raspberry Sorbet

### Health Is Wealth

Broccoli Tofu Munchees  
Jalapeno Munchees

### Kashi

Blueberry Waffles  
Original Waffles

### Perfect Additions

Unsalted Chicken Stock  
Unsalted Fish Stock

### 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  
Low Fat Creme Caramel Frozen Yogurt

## Frozen Foods (Cont'd)

### Stonyfield Farm

Vanilla Fudge Frozen Yogurt

## Meat and Poultry

### 365 Organic Every Day Value™

Beef Jerky, Original  
Beef Jerky, Peppered  
Beef Jerky, Sweet & Spicy

### Health Is Wealth

Chicken Tenders

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

Pasta, Capellini

### Barilla

Rigatoni Pasta  
Rotelle Pasta

### Dececco Pasta

Orecchiette Pasta  
Rigate Penne Pasta

### Vita-Spelt

Vita Spelt Angel Hair Pasta  
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

## **Soups**

### **Shelton's**

Chicken Tortilla Soup