

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Overland Park Store, Rocky Mountain 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
- 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

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

- Organic Woman's Bread

Nature's Path

- Carrot Raisin Bread

Canned Goods

Eden Foods

- Black Beans
- Navy Beans
- Pinto Beans

Santa Cruz Organic

- Organic Apricot Applesauce

Canned/Jarred Goods

365 Every Day Value™

- Baby Corn
- Green Ripe Pitted Olives
- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- 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™

- Pinto Beans

Cereal

Health Valley

- Corn Crunch 'Ems
- Rice Crunch 'Ems

Kashi

- Cinna-Raisin Crunch Cereal

Mothers

- Cocoa Bumpers Cereal

Us Mill

- Uncle Sam Cereal

Chips, Pretzels and Snacks

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

Santa Barbara

- Martini Olives

Wild Thymes

- Plum Currant Chutney

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
- Fat Free Chocolate Chip Granola Bars
- Oat Bran Graham Crackers

Midel

- Honey Gram Crackers

Newman's Own Organic

- Alphabet Chocolate Cookies
- Alphabet Cinnamon Cookies

Crackers

365 Every Day Value™

- Golden Stoneground Bite Size

Health Valley

- Low Fat Stoned Wheat Crackers

Kashi

- Honey Sesame Crackers
- Original Crackers

Dairy

Dannon

- Vanilla Actimel

Dairy (Cont'd)

Horizon

- Organic Low Fat Egg Nog
- Organic Low Fat Sour Cream

Lifeway

- Low Fat Blueberry Kefir
- Low Fat Raspberry Kefir
- Low Fat Strawberry Kefir

Organic Valley

- Organic Skim Milk

Stonyfield Farm

- Low Fat Peach Yogurt Drink
- Non Fat Black Cherry Yogurt
- Non Fat Blueberry Yogurt
- Non Fat Lemon Yogurt
- Non Fat Mixed Berry Yogurt
- Organic Low Fat Blueberry Yogurt
- Organic Low Fat Caramel Yogurt
- Organic Low Fat Just Peachy Yogurt
- Organic Low Fat Lemon Yogurt
- Organic Low Fat Mocha Latte Yogurt
- Organic Low Fat Plain Yogurt
- Organic Low Fat Raspberry 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

Dairy Alternatives

Pacific Foods

- Oat Vanilla Beverage
- Original Almond Milk Beverage

White Wave

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

Desserts

365 Every Day Value™

- Meyer Lemon Sorbet

Kozy Shack

- Chocolate Pudding

Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

- Spaghetti Bolognese

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
- Meyer Lemon Sorbet

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Potatoes O'Brien
- Spaghetti Bolognese

Boca

- Organic Breakfast Links
- Organic Garden Vegetable Burger
- Organic Roasted Garlic Burger
- Organic Roasted Onion Burger

Gardenburger

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

Frozen Foods (Cont'd)

Kashi

Blueberry Waffles
Original Waffles

Quorn Foods

Meat Free Ground Beef

Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt
Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Meat and Poultry

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

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

Pasta, Capellini

Bionaturae

Organic Fusilli Pasta
Organic Spaghetti

DeBoles Foods

Fettucine Spinach Pasta

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce
Organic Fat Free Tomato Basil Pasta Sauce

Timpones

Spaghetti Sauce

Walnut Acres

Low Sodium Tomato Basil Pasta Sauce
Roasted Garlic Pasta Sauce

Soups

Health Valley

Vegetable Soup - Fat Free