

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Boca Raton 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. Check out our website for more information about low sodium 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.

Baby & Infant Food

Stonyfield Farm

- YoBaby Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

Fearn

- Raw Wheat Germ

Baking Needs (Cont'd)

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda

Beverages (Cont'd)

365 Every Day Value™

Orange Creme Soda
Raspberry Soda
Root Beer Soda

Ceres Fruit Juices

Guava Juice

Droste

Imported Cocoa

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice

Martinellis

Apple Juice

Orangina

Sparkling Citrus Beverage

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Berli

Spelt Bread
Sprouted Spelt Bread
White Spelt Bread

Food For Life

Bran Bread
Cinnamon Raisin Bread
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel 4:9 Sesame Bread
Organic Ezekiel Bread
Sprouted Ezekiel Tortillas

French Meadow Bakery

European Sourdough Rye Bread

Bread (Cont'd)

Nature's Path

Carrot Raisin Bread
Millet Rice Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Eden Foods

Black Beans
Cannellini Beans
Garbanzo Beans
Kidney Beans
Navy Beans
Organic Black Soy Beans
Pinto Beans

Marin Food Specialties

Marinated Artichoke Hearts

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans
Organic Garbanzo Beans
Organic Kidney Beans
Organic Pinto Beans

Canned/Jarred Goods

365 Every Day Value™

Solid White Albacore Tuna w/No Salt Added
Tongol Tuna, No Salt
Tongol Tuna, with Salt

365 Organic Every Day Value™

Black Beans

Cereal

365 Organic Every Day Value™

High Fiber Cereal
Oat & Honey Granola

Barbara's Bakery

Honey Rice Puffins Cereal

Bob's Red Mill

Rolled Hot 5 Grain Cereal

Erewhon

Maple Oatmeal

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Old Wessex

Oat Bran Hot Cereal

Us Mill

Uncle Sam Cereal

Cheese

Alta Dena Dairy

Raw Milk Goat Cheese

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

Bearitos

No Salt Tortilla Chips

Garden Of Eatin'

Blue Corn Sesame Chips
Salted Blue Corn Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

Newman's Own Organic

Unsalted Round Pretzels

Newman's Own Organics

Pretzel Nuggets

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned

Annie's Naturals

Thousand Island Dressing

Briannas

Real French Vinaigrette

Westbrae

Dijon Mustard
Stoneground Mustard
Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Apple Cobbler Cereal Bars
Fat Free Blueberry Cereal Bars

Kinnikinnick

KinniKritters Animal Cookies
KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
Montana's Chocolate Chip Cookies
S'moreables Graham Style Crackers

Midel

Vanilla Snap Cookies

Newman's Own Organic

Alphabet Chocolate Cookies
Chocolate Creme Filled Cookies
Mint Creme Filled Cookies
Organic Chocolate Chip Cookies
Organic Espresso Chocolate Chip Cookies
Organic Orange Chocolate Chip Cookies
Organic O's Cookies

Cookies and Snack Bars (Cont'd)

Shady Maple

Organic Honey Waffles
Organic Maple Waffles

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Onion Garlic
Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Scand

Bran Crispbread

Stacy's

Simply Naked Pita Chips

Dairy

Coach Dairy

Goat Milk Yogurt Drink
Strawberry Yogurt Drink

Erivan Yogurt

Plain Yogurt

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir
Organic Vanilla Kefir

Horizon

Organic Neufchatel Spreadable Cheese
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%
Lactaid Milk, Whole

Dairy (Cont'd)

Lifeway

Fat Free Strawberry Banana Kefir
Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz
Organic Cream Top French Vanilla Yogurt, 32 oz
Organic Cream Top Plain Yogurt, 32 oz
Organic Cream Top Strawberries & Cream Yogurt, 6 oz
Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz
Organic Fat Free Chocolate Underground Yogurt, 6 oz
Organic Fat Free French Vanilla Yogurt, 6 oz
Organic Fat Free Peach Yogurt, 6 oz
Organic Fat Free Plain Yogurt, 32 oz
Organic Fat Free Plain Yogurt, 6 oz
Organic Fat Free Strawberry Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Caramel Yogurt
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 Strawberry Yogurt, 32 oz
Organic Low Fat Vanilla Yogurt
Organic Low Fat Vanilla, 32 oz
Organic O'Soy Strawberry/Peach Yogurt, 6-pack
Organic Raspberry Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothies, 4 pack
Organic Vanilla Yogurt Smoothie, 10 oz
Organic Wild Berry Yogurt Smoothie, 10 oz
Organic Wild Berry Yogurt Smoothies, 4 pack
YoBaby Banana/Vanilla Yogurt
YoBaby Blueberry/Apple Yogurt

Dairy (Cont'd)

Stonyfield Farm

YoBaby Drinkable Yogurt, Banana
YoBaby Drinkable Yogurt, Peach
YoBaby Peach/Pear Yogurt
YoBaby Plus Strawberry/Banana & Raspberry/Pear
Yogurt
YoBaby Simply Plain Yogurt
YoKids Squeezers Cherry/Berry Blitz
YoKids Squeezers Screamin' Strawberry
YoKids Strawberry BaNilla Blast Yogurt
YoKids Strawberry Vanilla Raspberry Yogurt

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Peach Soy Yogurt
Plain Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Plain Soy Yogurt
Soy Yogurt - Strawberry
Vanilla Soy Yogurt

Dairy Alternatives

Westsoy

Light Plain Soy Beverage

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding
Rice Pudding

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

Fantastic Foods

Whole Wheat Couscous

Rice Select

Risotto Rice

Ethnic Foods

Eden Foods

Organic Sesame Garlic Shitake

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame

Sushi Sonic

Wasabi Horseradish

Frozen Foods

365 Every Day Value™

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

365 Organic Every Day Value™

Crinkle Cuts
Frozen Berry Blend
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries

Ben And Jerrys

Vanilla Caramel Fudge Ice Cream

Soy Boy

Tofu Ravioli

Stonyfield Farm

Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles
Original Blueberry Mini Waffles

Grains and Rice

Rice Select

Brown Rice Sesame Thins
Jasmati White Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread
Organic Blueberry Fruit Spread
Organic Peach Fruit Spread
Organic Plum Fruit Spread
Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread
Organic Blackberry Fruit Spread
Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Im Health

Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey
Crunchy Soy Nut Butter
Organic Soy Nut Butter

Joyva Corp.

Sesame Tahini

Kimes Apple Butter

Unsweetened Apple Butter

St. Dalfour

Black Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Four Fruit Preserves
Peach Preserves
Plum Preserves
Red Raspberry Preserves
Strawberry Preserves

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Tinkyada

Brown Rice Spaghetti

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Chile Salsa
Hot Salsa
Medium Salsa
Mild Salsa

Soups

Health Valley

Black Bean Soup - No Salt
Lentil Soup - No Salt
Minestrone Soup - No Salt
Mushroom Barley Soup - No Salt
No Salt Chicken Broth
Organic Tomato No Salt Soup
Potato Leek Soup - No Salt
Split Pea Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Bouillon Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Sweeteners (Cont'd)

Wholesome Foods

Organic Blackstrap Molasses