

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Devon Store, Mid-Atlantic 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

365 Every Day Value™

- 100% Pure Pumpkin

Baking Needs (Cont'd)

Fearn

- Raw Wheat Germ

Lake Champlain Chocolates

- Unsweetened Cocoa

Mothers

- Toasted Wheat Germ

Shiloh Farms

- Coarse Bran

Beverages

365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

Beverages (Cont'd)

Apple & Eve

Apple Juice

Bionaturae

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

Droste

Imported Cocoa

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Vruit

Berry Veggie Juice

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

Nature's Path

Carrot Raisin Bread

Bread (Cont'd)

Shiloh Farms

7 Grain Bread

No Salt 7 Grain Sprouted Bread

Vermont Bread

Cinnamon Raisin Bread

Organic Spelt Bread

Whole Wheat Bread

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

Eden Foods

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Pinto Beans

Marin Food Specialties

Marinated Artichoke Hearts

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

Westbrae

Organic Black Beans

Organic Garbanzo Beans

Organic Kidney Beans

Organic Pinto Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

Canned/Jarred Goods (Cont'd)

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 10 Grain Cereal

Rolled Hot 5 Grain Cereal

Thick Rolled Oats

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Old Wessex

Oat Bran Hot Cereal

Perky's

Nutty Rice Cereal

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Vermont Butter-Cheese

Quark Cheese

Chips, Pretzels and Snacks

Boston Popcorn

Lite Popcorn

Garden Of Eatin

Black Bean Chili Chips

Blue Corn Sesame Chips

Red Corn Chips

Salted Blue Corn Chips

Chips, Pretzels and Snacks (Cont'd)

Kettle Brand®

Potato Chips, Unsalted 5 oz

Mothers

No Salt Rice Cakes

Salt & Butter Popped Corn Cakes

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

Grey Poupon

Country Dijon Mustard

Dijon Mustard

The Ojai Cook

Light Lemonaise

Westbrae

Dijon Mustard

Stoneground Mustard

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Cookies and Snack Bars (Cont'd)

Abigails

Ginger Snap Cookies

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Oatmeal Raisin Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Midel

Lemon Snap Cookies

Vanilla Snap Cookies

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic O's Cookies

Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Health Valley

Fat Free Whole Wheat Crackers

Low Fat Sesame Crackers

Nejaimes

Original Crispbread

Crackers (Cont'd)

Stacy's

Simply Naked Pita Chips

Dairy

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Parmalat

1% Milk

Skim Milk

Seven Stars

Low Fat Maple Yogurt

Maple Yogurt

Stonyfield Farm

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

Dairy (Cont'd)

Stonyfield Farm

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
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
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

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Desserts (Cont'd)

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

Rice Select

Risotto Rice

Ethnic Foods

Eden Foods

Organic Sesame Garlic Shitake

Edward & Sons

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

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

Deep Dark Chocolate Ice Cream
Vanilla Caramel Fudge Ice Cream
Vanilla Ice Cream

Breyers

Chocolate Ice Cream

Haagen-Dazs

Mango Sorbet
Orchard Peach Sorbet

Frozen Foods (Cont'd)

Haagen-Dazs

Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Soy Boy

Tofu Ravioli

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

Rice Select

Jasmati White Rice
White Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread
Organic Wild Berry Fruit Spread

Cascadian Farm

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

Hero

Blackcurrant Fruit Preserves

Im Health

Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey

Joyva Corp.

Sesame Tahini

Kimes Apple Butter

Unsweetened Apple Butter

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves

Jams and Nut Butters (Cont'd)

St. Dalfour

Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Peach Preserves
Red Raspberry Preserves
Strawberry Preserves

Nutritional Supplements

Bionaturae

Organic Bilberry Fruit Nectar

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Chile Salsa
Garlic 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
Organic Tomato No Salt Soup
Potato Leek Soup - No Salt
Split Pea Soup - No Salt
Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses