

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Pittsburgh 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 Simply Plain Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Fearn

- Raw Wheat Germ

Baking Needs (Cont'd)

Lake Champlain Chocolates

- Unsweetened Cocoa

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

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

Ceres Fruit Juices

Guava 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

Bread (Cont'd)

French Meadow Bakery

European Sourdough Rye Bread

Nature's Path

Carrot Raisin Bread

Shiloh Farms

No Salt 7 Grain Sprouted Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Baby Water Clams

Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

Yellow Roasted Peppers

Eden Foods

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Organic Black Soy 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

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

Chips, Pretzels and Snacks (Cont'd)

Garden Of Eatin

- Black Bean Chili Chips
- Blue Corn Sesame Chips
- Salted Blue Corn Chips

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

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

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

Montana's Chocolate Chip 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

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

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

Nejaimes

Original Crispbread

Dairy

Erivan Yogurt

Plain Yogurt

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Peach Kefir

Organic Plain Kefir

Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

Parmalat

1% Milk

Skim Milk

Seven Stars

Low Fat Maple Yogurt

Maple Yogurt

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

Dairy (Cont'd)

Stonyfield Farm

Organic Fat Free Strawberry Yogurt, Fruit on the Bottom, 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 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 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 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

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding
Organic Mocha 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

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

Frozen Foods (Cont'd)

Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

Cascadian Farm

- Organic Chopped Spinach

Haagen-Dazs

- Coffee Frozen Yogurt
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

Perfect Additions

- Unsalted Chicken Stock

Soy Boy

- Tofu Ravioli

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles
- Original Blueberry Mini Waffles

Grains and Rice

Rice Select

- Jasmati White Rice
- White Rice

Jams and Nut Butters

Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry 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

Jams and Nut Butters (Cont'd)

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 Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- 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

Tinkyada

- Brown Rice Spaghetti

Prepared Foods

Rapunzel

- No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

- Chile Salsa
- Garlic Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

Jardines

- Peach Medium 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

Sweeteners

Plantation Molasses

- Blackstrap Molasses

Wholesome Foods

- Organic Blackstrap Molasses