

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Silver Spring 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 Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

Fearn

- Raw Wheat Germ

Lake Champlain Chocolates

- Unsweetened Cocoa

Baking Needs (Cont'd)

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Shiloh Farms

- Coarse Bran

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

Apple & Eve

- Apple Juice

Bionaturae

- Organic Apricot Nectar Juice
- Organic Pear Nectar Juice

Ceres Fruit Juices

- Guava Juice

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

- 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

Bread (Cont'd)

Food For Life

- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

French Meadow Bakery

- European Sourdough Rye Bread

Nature's Path

- Carrot Raisin Bread

Shiloh Farms

- 7 Grain Bread

Vermont Bread

- Cinnamon Raisin Bread

Canned Goods

Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

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™

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

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
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

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

Cookies and Snack Bars (Cont'd)

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

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, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Unsalted 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

Health Valley

- Fat Free Whole Wheat Crackers
- Low Fat Sesame Crackers

Stacy's

- Simply Naked Pita Chips

Dairy

Butterwork

- Non Fat Vanilla Yogurt

Coach Dairy

- Goat Milk Yogurt Drink

Erivan Yogurt

- Plain Yogurt

Friendship

- No Salt Cottage Cheese

Helios Nutrition

- 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

Dairy (Cont'd)

Stonyfield Farm

- 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 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
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- 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 (Cont'd)

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 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 Foods (Cont'd)

365 Organic Every Day Value™

- 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

Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

Cascadian Farm

- Organic Chopped Spinach

Haagen-Dazs

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

Jams and Nut Butters (Cont'd)

Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape 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
- 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

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