

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Hinsdale Store, Midwest 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)

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

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

Beverages (Cont'd)

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Pure Carrot Juice

Martinellis

Apple Juice

Vruit

Berry Veggie Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Food For Life

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

Kinnikinnick

Raisin Tapioca Rice Bread

Nature's Path

Carrot Raisin Bread

Millet Rice Bread

Canned Goods

Crown Prince

Baby Water Clams

Divina

Sweet Roasted Peppers

Canned Goods (Cont'd)

Eden Foods

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Navy Beans

Pinto Beans

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans

Organic Kidney Beans

Organic Pinto Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Apricot Halves in Pear Juice

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

Erewhon

Maple Oatmeal

Cereal (Cont'd)

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Perky's

Nutty Rice Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

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

Briannas

Real French Vinaigrette

Grey Poupon

Dijon Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Country Choice

Vanilla Creme Sandwich Cookies

Health Valley

Amaranth Graham Crackers

Oat Bran Graham Crackers

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Newman's Own Organic

Alphabet Chocolate 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 Sesame

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Dairy

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Organic Strawberry Yogurt

Dairy (Cont'd)

Lifeway

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 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

Dairy (Cont'd)

Stonyfield Farm

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

Rice Pudding

Tapioca Pudding

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

Edward & Sons

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

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

Ben And Jerrys

- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

Kinnikinnick

- Raisin Tapioca Rice Bread

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Jams and Nut Butters

Cascadian Farm

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

Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

St. Dalfour

- Black Cherry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

- No Boil Lasagna
- Pasta, Capellini

Tinkyada

- Brown Rice Spaghetti

Prepared Foods

Rapunzel

- No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

Soups

Health Valley

- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- Organic Tomato No Salt Soup
- Vegetable Soup - No Salt