

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Oakville 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.

Beverages

365 Every Day Value™

Fresh Squeezed Grapefruit Juice

Bionaturae

Organic Apricot Nectar Juice

Organic Lemon Fruit Nectar

Organic Pear Nectar Juice

Ceres Fruit Juices

Guava Juice

Bread

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Seasoned

Tortilla Corn

Bread (Cont'd)

Food For Life

Ezekiel Bread, Low Salt

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

Nature's Path

Carrot Raisin Bread

Millet Rice Bread

Canned Goods

Clement Faugier

Whole Water Chestnuts

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

Bob's Red Mill

Rolled Hot 10 Grain Cereal
Rolled Hot 5 Grain Cereal
Rolled Hot 7 Grain Cereal

Nature's Path

Ginger Zing Granola
Hemp Plus Granola
Organic Puffed Corn Cereal

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Croutons, Caesar
Croutons, Seasoned

The Ojai Cook

Light Lemonaise

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Country Choice

Chocolate Creme Sandwich Cookies
Vanilla Creme Sandwich Cookies

Walkerscottish Cookies

Assorted Shortbread
Shortbread Tails

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

Desserts

Oetker

Organic Coconut Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Frozen Foods

365 Organic Every Day Value™

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

Jams and Nut Butters

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves
Four Fruit Preserves
Red Raspberry Preserves
Strawberry Preserves

Nutritional Supplements

Bionaturae

Organic Bilberry Fruit Nectar

Pasta

Tinkyada

Brown Rice Spaghetti

Sauces, Salsas and Dips

Green Mountain Gringo

Hot Salsa

Mild Salsa

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses