

# 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](mailto:WFMSpecialDiets@wholefoods.com).

### Beverages

#### 365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice

#### Bionaturae

- Organic Lemon Fruit Nectar
- Organic Pear Nectar Juice

### Bread

#### 365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- 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

#### Kinnikinnick

- Many Wonder Multigrain Rice Bread
- Raisin Tapioca Rice Bread

#### Nature's Path

- Carrot Raisin Bread
- Millet Rice Bread

## Canned Goods

### Clement Faugier

Whole Water Chestnuts

## Canned/Jarred Goods

### 365 Every Day Value™

Tongol Tuna, No Salt

### 365 Organic Every Day Value™

Black Beans

## Cereal

### Bob's Red Mill

Rolled Hot 5 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, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

### The Ojai Cook

Light Lemonaise

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Country Choice

Duplex 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

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

## Frozen Foods

### 365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

### Kinnikinnick

Many Wonder Multigrain Rice Bread

Raisin Tapioca Rice Bread

## Jams and Nut Butters

### St. Dalfour

Black Cherry Preserves

Black Raspberry Preserves

Blackcurrant Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Red Raspberry Preserves

Strawberry Preserves

## **Pasta**

### **Tinkyada**

Brown Rice Spaghetti

## **Sweeteners**

### **Wholesome Foods**

Organic Blackstrap Molasses