

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Yorkville 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).

### Baking Needs

**365 Every Day Value™**  
100% Pure Pumpkin

### Beverages

**365 Every Day Value™**  
Fresh Squeezed Grapefruit Juice

**Ceres Fruit Juices**  
Guava Juice

### Bread

**365 Organic Every Day Value™**  
Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned

### Bread (Cont'd)

**365 Organic Every Day Value™**  
Tortilla Corn

### Food For Life

Ezekiel Bread, Low Salt  
Organic Ezekial Bread  
Organic Ezekiel 4:9 Sesame Bread  
Organic Ezekiel Bread  
Sprouted Ezekiel Tortillas

### Kinnikinnick

Pizza Crusts, 7 Inch

### Nature's Path

Millet Rice Bread

## Canned/Jarred Goods

### 365 Every Day Value™

100% Pure Pumpkin  
Water Chestnuts, Sliced

### 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

### Perky's

Nutty Flax Cereal  
Nutty Rice 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

Chocolate Creme Sandwich Cookies  
Vanilla Creme Sandwich Cookies

## Cookies and Snack Bars (Cont'd)

### 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, Tamari Sesame  
Brown Rice Snaps, Unsalted Sesame

## Desserts

### Kozy Shack

Rice Pudding  
Tapioca Pudding

### Oetker

Organic Chocolate Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### 365 Every Day Value™

Water Chestnuts, Sliced

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari Sesame

## Frozen Foods

### 365 Organic Every Day Value™

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

## **Frozen Foods (Cont'd)**

### **Kinnikinnick**

Pizza Crusts, 7 Inch

## **Jams and Nut Butters**

### **Hero**

Black Cherry Fruit Preserves  
Blackberry Fruit Preserves  
Blueberry Fruit Preserves  
Strawberry Fruit Preserves

### **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

## **Pasta**

### **Tinkyada**

Brown Rice Spaghetti

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

Chile Salsa  
Medium Salsa  
Mild Salsa

## **Sweeteners**

### **Wholesome Foods**

Organic Blackstrap Molasses