

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Fresh Pond Store, North 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 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)

Bakers

- Unsweetened Baking Chocolate

Chatfields

- Cocoa Powder

Fearn

- Raw Wheat Germ

Ibarra

- Mexican Chocolate

Lake Champlain Chocolates

- Unsweetened Cocoa

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Baking Needs (Cont'd)

Shiloh Farms

Coarse Bran

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

Apple & Eve

Apple Juice

Bionaturae

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

Ceres Fruit Juices

Guava Juice

Papaya Juice

Droste

Imported Cocoa

Hersheys Chocolate

Cocoa

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Martinellis

Apple Juice

Orangina

Sparkling Citrus Beverage

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Bread (Cont'd)

365 Organic Every Day Value™

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Berli

Spelt Bread

Sprouted 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

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

French Meadow Bakery

European Sourdough Rye Bread

Nature's Path

Carrot Raisin Bread

Millet Rice Bread

Nejames

Crispbread

Shiloh Farms

7 Grain Bread

Vermont Bread

Oatmeal Bread

Old Fashioned White Bread

Organic Oat Bread

Organic Spelt Bread

Organic Wheat Bread

Sprouted Wheat Bread

Sunflower Sesame Bread

Whole Wheat Bread

Whole Wheat Sourdough Bread

When Pigs Fly

Cinnamon Raisin Bread

Harvest Bread

Canned Goods

Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

Divina

- Sweet Roasted Peppers
- Yellow Roasted Peppers

Eden Foods

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Organic Black Soy Beans
- Pinto Beans

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™

- 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

Cereal (Cont'd)

Barbara's Bakery

- Honey Rice Puffins Cereal

Bob's Red Mill

- Rolled Hot 10 Grain Cereal
- Rolled Hot 5 Grain Cereal
- Rolled Hot 7 Grain Cereal
- Thick Rolled Oats

Erewhon

- Maple Oatmeal

Kashi

- Cinna-Raisin Crunch Cereal

Nature's Path

- Hemp Plus Granola
- Organic Puffed Corn Cereal

Old Wessex

- Oat Bran Hot Cereal

Us Mill

- Uncle Sam Cereal

Cheese

Organic Valley

- Organic Mozzarella

Vermont Butter-Cheese

- Quark Cheese

Chips, Pretzels and Snacks

Bearitos

- No Salt Tortilla Chips

Boston Popcorn

- Lite Popcorn

Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Mothers

- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

Chips, Pretzels and Snacks (Cont'd)

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

Golds

Dijon Mustard

Mustard with Horseradish

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Hain Pure Food

Light Safflower Mayonnaise

Nathans New York

Deli Mustard

Newman's Own

Steak Sauce

Westbrae

Dijon Mustard

Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Cookies and Snack Bars (Cont'd)

Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars

Blueberry Apple Fruit & Yogurt Bars

Cherry Apple Fruit & Yogurt Bars

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Country Choice

Duplex Sandwich Cookies

Vanilla Creme Sandwich Cookies

Destrooper

Crisp Butter Wafers

Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Oat Bran Graham Crackers

Strawberry Cereal Bars

Wild Berry Granola Bar

Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

S'moreables Graham Style Crackers

Mi-Del

Chocolate Snap Cookies

Midel

Vanilla 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 Orange Chocolate Chip Cookies

Organic O's Cookies

Shady Maple

Organic Honey Waffles

Organic Maple Waffles

Cookies and Snack Bars (Cont'd)

Walkerscottish Cookies

Shortbread Fingers
Shortbread Rounds
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
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

Nejaimes

Original Crispbread

Scand

Bran Crispbread

Stacy's

Simply Naked Pita Chips

Dairy

Butterwork

Non Fat Vanilla Yogurt

Calabro

Fat Free Ricotta

Coach Dairy

Goat Milk Yogurt Drink

Erivan Yogurt

Plain Yogurt

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir

Dairy (Cont'd)

Helios Nutrition

Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve
Organic Neufchatel Spreadable Cheese
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 1% Low Fat
Lactaid Milk, 2%
Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

Sabra

Mediterranean Salad

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
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

Dairy (Cont'd)

Stonyfield Farm

- 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 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

Whole Soy

- Plain Soy Yogurt
- Soy Yogurt - Strawberry
- Vanilla Soy Yogurt

Zausner

- Whipped Cream Cheese

Dairy Alternatives

White Wave

- Non Dairy Vanilla Soy Beverage

Desserts

Bascoms

- Large Pearl Tapioca
- Small Pearl Tapioca

Echo Farms

- Coffee Caramel Pudding
- Rice Pudding

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

One Pie

- Pumpkin Pie

Santa Cruz Organic

- Organic Chocolate Syrup

Entrees and Mixes

Fantastic Foods

- Whole Wheat Couscous

Rice Select

- Risotto Rice

Ethnic Foods

Eden Foods

- Organic Sesame Garlic Shitake

Edward & Sons

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

Frozen Foods

365 Every Day Value™

- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries

Frozen Foods (Cont'd)

365 Every Day Value™

Frozen Sliced Peaches

365 Organic Every Day Value™

Crinkle Cuts
Frozen Berry Blend
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
Vanilla Ice Cream

Breyers

Chocolate Ice Cream
Mint Chocolate Ice Cream

Haagen-Dazs

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

Perfect Additions

Unsalted Veggie Stock

Reeds Ginger Brew

Ginger Green Tea Ice Cream

Soy Boy

Tofu Ravioli

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

Rice Select

Brown Rice Sesame Thins
Jasmati White Rice
White Rice

Grains and Rice (Cont'd)

Semchi

Premium Brown Rice
Premium White Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread
Organic Blueberry Fruit Spread
Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread
Organic Blackberry Fruit Spread
Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Im Health

Chunky Soy Nut Butter with Honey
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 Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Peach Preserves
Plum Preserves
Red Raspberry Preserves
Strawberry Preserves

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

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

Hot Salsa

Medium Salsa

Mild Salsa

Jardines

Peach Medium Salsa

Pineapple Salsa

Texacante Salsa

Titos Taco & Cantina

Fiesta Cilantro Salsa

Homestyle Salsa

Soups

Health Valley

5 Bean Soup- Fat Free

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

Organic Black Bean No Salt Soup

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Soups (Cont'd)

Health Valley

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