

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Providence 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

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Shiloh Farms

- Coarse Bran

Beverages

365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water
Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Droste

Imported Cocoa

Hersheys Chocolate

Cocoa

Lakewood Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Orangina

Sparkling Citrus Beverage

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Berli

Spelt Bread

Food For Life

Bran Bread
Cinnamon Raisin Bread
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread

Shiloh Farms

7 Grain Bread
No Salt 7 Grain Sprouted Bread

Vermont Bread

Oatmeal Bread
Old Fashioned White Bread
Organic Oat Bread

Bread (Cont'd)

Vermont Bread

Organic Spelt Bread
Organic Wheat Bread
Sunflower Sesame Bread
Whole Wheat Bread
Whole Wheat Sourdough Bread

When Pigs Fly

Cinnamon Raisin Bread
Harvest Bread

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers
Yellow Roasted Peppers

Eden Foods

Cannellini Beans
Garbanzo Beans
Kidney Beans
Navy 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

Canned/Jarred Goods (Cont'd)

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

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Organic Puffed Corn Cereal

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

Boston Popcorn

Lite Popcorn

Garden Of Eatin'

Blue Corn Sesame Chips

Salted Blue Corn Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

Mothers

No Salt Rice Cakes

Salt & Butter Popped Corn Cakes

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

Conorzio

Baja Lime Marinade

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Nathans New York

Deli Mustard

Newman's Own

Steak Sauce

The Ojai Cook

Light Lemonaise

Westbrae

Dijon Mustard

Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Destrooper

Crisp Butter Wafers

Health Valley

Apple Cobbler Cereal Bars

Mi-Del

Chocolate Snap Cookies

Midel

Lemon Snap Cookies

Vanilla Snap Cookies

Cookies and Snack Bars (Cont'd)

Newman's Own Organic

- Alphabet Cinnamon Cookies
- Chocolate Creme Filled Cookies
- Mint Creme Filled Cookies
- Organic Orange Chocolate Chip Cookies
- Organic O's Cookies

Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds

Crackers

365 Every Day Value™

- Unsalted Tops Saltines

Edward & Sons

- 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

Scand

- Bran Crispbread

Dairy

Calabro

- Fat Free Ricotta

Erivan Yogurt

- Plain Yogurt

Friendship

- No Salt Cottage Cheese

Helios Nutrition

- Organic Peach Kefir
- Organic Plain Kefir
- Organic Vanilla Kefir

Horizon

- Chocolate Milk, Single Serve
- Strawberry Milk, Single Serve

Dairy (Cont'd)

Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

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 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 Raspberry Yogurt Smoothie, 10 oz
- Organic Strawberry Yogurt Smoothie, 10 oz
- Organic Vanilla Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothie, 10 oz
- 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 Vanilla Raspberry Yogurt

White Wave

- Plain Soy Yogurt

Whole Soy

- Plain Soy Yogurt
- Soy Yogurt - Strawberry

Zausner

- Whipped Cream Cheese

Dairy Alternatives

White Wave

- Non Dairy Vanilla Soy Beverage

Desserts

Bascoms

- Small Pearl Tapioca

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Entrees and Mixes

Rice Select

- Risotto Rice

Frozen Foods

365 Every Day Value™

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

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- 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

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Grains and Rice

Semchi

- Premium White Rice

Jams and Nut Butters

Bionaturae

- Organic Apricot Fruit Spread
- Organic Plum Fruit Spread
- Organic Wild Berry Fruit Spread

Cascadian Farm

- Organic Blackberry Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Strawberry Fruit Spread

Im Health

- Creamy Soy Nut Butter
- Creamy Soy Nut Butter with Honey

Jams and Nut Butters (Cont'd)

Im Health

Crunchy Soy Nut Butter

Joyva Corp.

Sesame Tahini

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

Soups

Health Valley

Black Bean Soup - No Salt

Minestrone Soup - No Salt

Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses