

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Symphony 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Ah!Laska

Organic Chocolate Syrup

Bakers

Unsweetened Baking Chocolate

Ener-G

Egg Replacement

Fearn

Raw Wheat Germ

Hain Featherweight

Low Salt Baking Powder

Ibarra

Mexican Chocolate

Baking Needs (Cont'd)

Jaclyns Food

Organic Whole Wheat Plain Bread Crumbs

Mothers

Toasted Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

Shiloh Farms

Coarse Bran

Beverages

365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

Club Soda

Cola

Cranberry Cocktail Juice

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Beverages (Cont'd)

365 Every Day Value™

- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Lemon/Strawberry Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Orange Juice with Calcium
- Raspberry Soda
- Root Beer Soda
- Ruby Red Grapefruit Juice

365 Organic Every Day Value™

- Apple Cranberry Juice
- Apple Juice
- Cherry Juice
- Lemonade Juice
- Red Grape Juice

Apple & Eve

- Apple Juice

Ceres Fruit Juices

- Guava Juice
- Mango Juice
- Pear Juice
- Youngberry Juice

Hersheys Chocolate

- Cocoa

Knudsen

- Low Sodium Veggie Juice

Looza Fruit Juices

- Mango Nectar Juice

Martinellis

- Apple 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

Baldwin Hill

- Organic Whole Spelt Bread
- Raisin Spelt Bread

Food For Life

- Bran Bread
- Brown Rice Bread - Gluten & Wheat Free
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread - Gluten & Wheat Free
- Rice Almond Bread - Wheat Free

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

Candy and Chocolate

The Ginger People

- Peanut Ginger Chews
- Spicy Apple Ginger Chews

Canned Goods

Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

Divina

- Sweet Roasted Peppers
- Yellow Roasted Peppers

Canned Goods (Cont'd)

Eden Foods

- Adzuki Beans
- Black Beans
- Garbanzo Beans
- Organic Black Soy Beans
- Pinto Beans

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
- Bamboo Shoots, Sliced
- Black Beans, No Salt Added
- Garbanzo Beans, No Salt Added
- Kidney Beans, No Salt Added
- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt
- Water Chestnuts, Sliced

365 Organic Every Day Value™

- Black Beans
- Cinnamon Applesauce
- Coconut Milk
- Coconut Milk, Lite
- Diced Tomatoes, No Salt Added
- Garbanzo Beans
- Italian Cherry Tomatoes with Basil
- Italian Whole Peeled Tomatoes with Basil
- Kidney Beans

Cereal

365 Organic Every Day Value™

- Golden Flax Flakes
- Hearty Whole Grain Toasted O's

Cereal (Cont'd)

365 Organic Every Day Value™

- High Fiber Cereal
- Oat & Honey Granola

Arrowhead Mills

- 7 Grain Organic Hot Cereal
- Organic Instant Oatmeal
- Organic Maple and Apple Instant Oatmeal
- Organic Spelt Flakes

Barbara's Bakery

- Honey Rice Puffins Cereal
- Shredded Wheat

Bob's Red Mill

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

Breadshop

- Granola - Super Natural

Cascadian Farm

- Granola - Oats & Honey
- Multigrain Squares

Country Choice

- Old Fashion Organic Oatmeal

EnviroKidz

- Koala Krisp Cereal - Organic

Erewhon

- Corn Flakes Cereal
- Fat Free Rice Cereal
- Maple Oatmeal
- Organic Brown Rice Cereal
- Organic Raisin Bran Cereal

Familia

- Muesli - No Sugar
- Muesli - Organic Swiss

Farina

- Hot Wheat Cereal

Golden Temple

- Vanilla Nut Rainforest Crisps

Cereal (Cont'd)

Kashi

- 7 Grain Puffed Kashi
- Cinna-Raisin Crunch Cereal
- Go Lean Cereal
- Go Lean Crunch Cereal
- Heart to Heart Cereal
- Honey Puffed Kashi

McCanns

- Instant Oatmeal
- Irish Tin Oatmeal
- Oatmeal

Mothers

- Quick Cook Barley

Nature's Path

- Apple Cinnamon Oatmeal
- Flax 'n Oats Oatmeal
- Fruit Juice Sweetened Corn Flakes
- Ginger Zing Granola
- Heritage Flakes
- Heritage O's Cereal
- Hot Cereal - Variety Pack
- Millet Rice Flakes
- Muesli - Mesa Sunrise
- Multigrain Flakes
- Multigrain Oat Bran Flakes
- O's Cereal
- Oat Bran Millet Rice Flakes
- Optimum Slim Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Heritage Flakes
- Organic Honey'd Sweetened Cornflakes
- Organic Puffed Corn Cereal

New Morning

- Cocoa Crispy Rice Cereal
- Organic Oatios with Oat Bran

Old Wessex

- Instant Oatmeal
- Oat Bran Hot Cereal
- Scottish Style Oats

Quinoa Corp

- Organic Quinoa Flakes

Cereal (Cont'd)

Us Mill

- Uncle Sam Cereal

Cheese

Organic Valley

- Organic Mozzarella

Vermont Butter-Cheese

- Quark Cheese

Chips, Pretzels and Snacks

365 Every Day Value™

- Tortilla Chips White Salted

365 Organic Every Day Value™

- Tortilla Chips Blue Salted
- Tortilla Chips White Salted

Arico

- Sea Salt Mist Cassava Chips

Bearitos

- No Oil Microwave Popcorn
- No Salt Microwave Popcorn
- Salted White Tortilla Chips

Food Should Taste Good

- Jalapeno Tortilla Chips
- Multi-Grain Tortilla Chips
- Olive Tortilla Chips

Garden Of Eatin

- Blue Corn Sesame Chips
- Cantina White Chips
- Salted Blue Corn Chips
- Totopos Chili Lime Chips

Grainaissance

- Raisin Cinnamon Bread
- Sesame Garlic Mochi

Green Mountain Gringo

- Tortilla Chips

Hain Pure Food

- Plain Rice Sancks

Chips, Pretzels and Snacks (Cont'd)

Kettle Chips

Honey Dijon Potato Chips
No Salt Potato Chips

Lundberg Farms

Brown Rice Cakes
No Salt Brown Rice Cakes
Organic Wild Rice Cakes

Mothers

Caramel Popcorn
No Salt Rice Cakes

Mr. Krispers

Toasted Almond Chips

Nana's

Yellow Tortilla Chips

Newman's Own Organic

Light Microwave Popcorn
No Butter No Salt Microwave Popcorn
Unsalted Round Pretzels

Newman's Own Organics

Pretzel Nuggets

Robert's American Gourmet

Pirate's Booty
Puffed Rice/Corn Veggie Booty
Smart Puffs

Terra

Blue Potato Chips
Sweet Potato Spiced Chips

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Every Day Value™

Balsamic Vinegar ,5 Years Old

365 Organic Every Day Value™

Balsamic Vinegar
Croutons, Butter & Garlic
Croutons, Caesar

Condiments (Cont'd)

365 Organic Every Day Value™

Croutons, Cheese & Garlic
Croutons, Seasoned
Dijon Mustard
German Mustard
Worcestershire Sauce

Annie's Naturals

Balsamic Vinaigrette
Low Fat Raspberry Vinaigrette
Organic Green Garlic Dressing

Briannas

Fat Free Lemon Tarragon Dressing

Consorzio

Baja Lime Marinade

Follow Your Heart

Vegenaise Sandwich Spread

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Nasoya Foods

Fat Free Nayonaise
Tofu Nayonaise

Newman's Own

Steak Sauce

Spectrum

Canola Lite Mayonnaise
Canola Mayonnaise
Organic Mayonnaise

Westbrae

Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies
Lemon Wafers

Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars
Apple Cinnamon Multigrain Cereal Bars
Blueberry Apple Fruit & Yogurt Bars

Cookies and Snack Bars (Cont'd)

Barbara's Bakery

- Blueberry Multigrain Cereal Bars
- Cherry Multigrain Cereal Bars
- Chocolate Chip Snackanimals
- Raspberry Fig Bars
- Raspberry Multigrain Cereal Bars
- Strawberry Multigrain Cereal Bars
- Triple Berry Multigrain Cereal Bars
- Wheat Free Oatmeal Snackanimals
- Whole Wheat Fig Bars

Brent And Sams

- Chocolate Chip Cookies

Destrooper

- Crisp Butter Wafers

EnviroKidz

- Cheetah Berry Crispy Rice Bars
- Koala Chocolate Crispy Rice Bars
- Panda Peanut Butter Crispy Rice Bars

Health Valley

- Apple Cobbler Cereal Bars
- Fat Free Blueberry Cereal Bars
- Fat Free Chocolate Chip Granola Bars
- Peanut Crunch Granola Bar
- Strawberry Cereal Bars

Kind Fruit & Nut Bars

- Walnut & Date

Maya

- Organic Chocolate Bar
- Organic Chocolate Mint Bar

Midel

- Arrowroots Animal Cookies - Gluten Free
- Chocolate Snap Cookies
- Gingersnaps
- Lemon Snap Cookies
- 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

Cookies and Snack Bars (Cont'd)

Newman's Own Organic

- Organic Orange Chocolate Chip Cookies
- Organic O's Cookies

Pamela's Products

- Chocolate Chip Walnut Cookies
- Ginger Brown Rice Cookies
- Lemon Shortbread - Wheat Free
- Peanut Butter Cookies
- Shortbread Butter Cookies

Crackers

365 Every Day Value™

- Seaweed Rice Crackers
- Unsalted Tops Saltines
- Wasabi Rice Crackers

Edward & Sons

- Brown Rice Sesame Snaps - Fat Free No Salt
- Fat Free Tamari Sesame Brown Rice Snaps
- No Salt Organic Brown Rice Snaps
- Organic Brown Rice Snaps - Cheddar Low Salt/Fat
- Organic Brown Rice Snaps - Vegetable Low Salt/Fat
- Toasted Onion Organic Brown Rice Snaps

Finn Crisp

- Dark Crispbread
- Multigrain Crispbread
- Rye Crispbread with Caraway

Health Valley

- Health Valley Rice Bran Crackers
- Low Fat Cracked Pepper Crackers

Kavli

- 5 Grain Crackers
- Crispbread
- Thick Crispbread

Nejames

- Garlic Crispbread

Ryvit

- Dark Crispbread
- High Fiber Crispbread
- Sesame Rye Crispbread

Crackers (Cont'd)

Scand

Bran Crispbread

Sesmark Foods

Brown Rice Thins

Stacy's

Cinnamon Sugar Pitas

Simply Naked Pita

Simply Naked Pita Chips

Wasa Crispbread

Golden Rye Crispbread

Hearty Rye Crispbread

Light Rye Crispbread

Dairy

365 Organic Every Day Value™

Butter

Unsalted Butter

Butterwork

Non Fat Vanilla Yogurt

Calabro

Fat Free Ricotta

Cedar's Mediterranean Food Inc

Garlic Lovers Hummus

Tomato Basil Hummus

Vegetable Hummus

Coach Dairy

Goat Milk Yogurt Drink

Earth Balance

Soy Garden Margarine

Erivan Yogurt

Plain Yogurt

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Peach Kefir

Organic Plain Kefir

Organic Vanilla Kefir

Dairy (Cont'd)

Horizon

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 1% Low Fat

Lactaid Milk, 2%

Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Parmalat

1% Milk

2% Low Fat Milk

Skim Milk

Sabra

Mediterranean Salad

Tahini Hummus

Sabra

Tahini Hummus

Seven Stars

Low Fat Maple Yogurt

Maple Yogurt

Stonyfield Farm

Cherry and Berry Squeeze Yogurt

Non Fat Apricot Mango Yogurt

Non Fat Blueberry Yogurt

Non Fat Chocolate Yogurt

Non Fat French Vanilla Yogurt

Non Fat Plain Yogurt

Non Fat Raspberry Yogurt

Non Fat Strawberry Yogurt

Organic Low Fat Caramel Yogurt

Organic Low Fat Just Peachy Yogurt

Organic Low Fat Plain Yogurt

Organic Low Fat Raspberry Yogurt Smoothie

Organic Low Fat Strawberry Yogurt Smoothie

Organic Low Fat Tropical Fruit Yogurt Smoothie

Organic Plain Yogurt

Organic Strawberry Cream Yogurt

Organic Vanilla Yogurt

Organic Wild Blueberry Yogurt

Strawberry Peach Yogurt

Strawberry Squeeze Yogurt

Dairy (Cont'd)

White Wave

Blueberry Soy Yogurt
Peach Soy Yogurt
Plain Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Soy Yogurt - Lemon
Soy Yogurt - Peach
Soy Yogurt - Raspberry
Soy Yogurt - Strawberry

Zausner

Whipped Cream Cheese

Dairy Alternatives

365 Organic Every Day Value™

Soymilk, Unsweetened

Blue Diamond

Almond Breeze - Original
Almond Breeze - Vanilla

Grainiassance

Almond Amazake

Imagine Foods

Soy Dream Original
Soy Dream Vanilla

Pacific Foods

Hazelnut Beverage
Original Oat Beverage

Rice Dream

Enriched Chocolate
Organic Enriched Original
Rice Dream Vanilla

Vitasoy

Vitasoy Light Vanilla
Vitasoy Original
Vitasoy Vanilla

Westsoy

Low Fat Vanilla Rice Drink
Plus Plain Soy Beverage
Westsoy Low Fat Plain
Westsoy Low Fat Vanilla

Dairy Alternatives (Cont'd)

Westsoy

Westsoy Low Fat Vanilla Calcium
Westsoy No Fat Vanilla
Westsoy Original
Westsoy Plain Low Fat Calcium

White Wave

Chai Silk Soy Beverage
Chocolate Silk Soy Beverage
Non Dairy Plain Beverage
Non Dairy Vanilla Soy Beverage
Plain 1% Silk Soy Beverage
Plain Silk Soy Beverage - Aseptic
Vanilla Silk Soy Beverage
Vanilla Silk Soy Beverage - Aseptic

Desserts

365 Every Day Value™

Chocolate Soy Cream
Vanilla Soy Cream

Ah!Laska

Organic Chocolate Syrup

Gaga's Sherbetter

Chocolate Sherbet
Raspberry Sherbet

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Energy and Nutrition Bars/Drinks

Grainiassance

Almond Amazake

Maya

Organic Chocolate Bar
Organic Chocolate Mint Bar

Entrees and Mixes

Bob's Red Mill

Vegetable Protein

Near East

Couscous

Rice Select

Risotto Rice

Ethnic Foods

365 Every Day Value™

Asian Stir Fry
Bamboo Shoots, Sliced
Water Chestnuts, Sliced

365 Organic Every Day Value™

Blue Corn Taco Shells
Coconut Milk
Coconut Milk, Lite

Kame

Rice Crackers - Plain

Frozen Foods

365 Every Day Value™

Asian Stir Fry
Broccoli Florettes
Chocolate Soy Cream
Cut Okra
Edamame Pods
Frozen Chopped Spinach
Frozen Cut Corn
Frozen Fruit Whole Raspberries
Frozen Fruit Whole Strawberries
Frozen Sliced Peaches
Mixed Vegetables
Shelled Edamame Beans, Blanched
Shredded Hashbrowns
Vanilla Soy Cream

365 Organic Every Day Value™

Asparagus Spears
Crinkle Cuts
Cut Green Beans
Edamame Pods
Frozen Berry Blend
Frozen Blackberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Supersweet Corn
Frozen Wild Blueberries
Mixed Vegetables
Peas & Carrots
Potatoes O'Brien
Shelled Edamame Beans
Shoestring Potatoes
Sugar Snap Peas
Super Sweet White Corn

Ben And Jerrys

Vanilla Caramel Fudge Ice Cream

Breyers

Chocolate Ice Cream
Mint Chocolate Ice Cream

Gaga's Sherbetter

Chocolate Sherbet
Raspberry Sherbet

Haagen-Dazs

Mango Sorbet

Rice Dream

Vanilla Rice Dream Beverage

Soy Delicious

Chunky Mint Soy Frozen Dessert

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Whole Catch™

Sea Scallops

Grains and Rice

Lundberg Farms

Organic Basmati Brown Rice
Organic Basmati Rice

Rice Select

Brown Rice Sesame Thins
Jasmati White Rice

Grains and Rice (Cont'd)

Rice Select

White Rice

Jams and Nut Butters

365 Every Day Value™

Creamy Peanut Butter
Crunchy Peanut Butter

Bionaturae

Organic Apricot Fruit Spread
Organic Peach Fruit Spread
Organic Plum Fruit Spread

Cascadian Farm

Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Hero

Apricot Fruit Preserves
Black Cherry Fruit Preserves
Blackberry Fruit Preserves
Blackcurrant Fruit Preserves
Blueberry Fruit Preserves
Peach Fruit Preserves
Raspberry Fruit Preserves
Strawberry Fruit Preserves

Im Health

Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey

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

Jams and Nut Butters (Cont'd)

St. Dalfour

Red Raspberry Preserves
Strawberry Preserves

Meat Alternatives

365 Organic Every Day Value™

Extra Firm Tofu
Firm Tofu

Morinu

Firm Tofu - Organic

Nasoya Foods

Extra Firm Tofu - Organic
Firm Tofu - Organic
Silken Tofu - Organic
Soft Tofu - Organic

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Bionaturae

Organic Bilberry Fruit Nectar

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Organic Every Day Value™

Dried Apricots
Dried Cherries
Fruit, Chocolate & Nut Mix
Hulabaloo Mix
Roasted & Unsalted Soynuts
Thompson Raisins

Whole Kids Organic™

Raisins - 6 pk
Seedless Thompson Raisins

Oils

365 Organic Every Day Value™

Expeller Pressed Canola Oil
Olive Oil Imported

Pasta

365 Every Day Value™

No Boil Lasagna
Pasta, Capellini
Pasta, Fusilli
Pasta, Linguine
Pasta, Penne Rigate
Spaghetti
Tri-color Fusilli

365 Organic Every Day Value™

Lasagne
Whole Wheat Fusilli
Whole Wheat Linguine
Whole Wheat Penne Rigate
Whole Wheat Shells
Whole Wheat Spaghetti

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Chile Salsa
Garlic Salsa
Hot Salsa
Medium Salsa
Mild Salsa

Melindas

Pepper Sauce

Titos Taco & Cantina

Fiesta Cilantro Salsa

Seafood

Whole Catch™

Sea Scallops

Soups

365 Organic Every Day Value™

Low Sodium Chicken Broth

Health Valley

5 Bean Soup- Fat Free
Black Bean Soup - No Salt
Corn & Vegetable Soup- Fat Free
Lentil Soup - No Salt
Minestrone Soup - No Salt
Organic Tomato No Salt Soup
Potato Leek Soup - No Salt
Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses