

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

Fearn

Raw Wheat Germ

Lake Champlain Chocolates

Unsweetened Cocoa

Mothers

Toasted Wheat Germ

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

Beverages (Cont'd)

365 Every Day Value™

Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Bionaturae

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

Ceres Fruit Juices

Guava Juice

Droste

Imported Cocoa

Hersheys Chocolate

Cocoa

Knudsen

Low Sodium Veggie Juice

Beverages (Cont'd)

Lakewood Juice

Organic Pure Carrot 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
Tortilla Corn

Baldwin Hill

Organic Whole Spelt Bread
Raisin Spelt Bread

Berli

Spelt Bread
Sprouted Spelt Bread

Food For Life

Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel 4:9 Sesame Bread
Organic Ezekiel Bread

Vermont Bread

Oatmeal Bread
Old Fashioned White Bread
Organic Oat Bread
Organic Spelt Bread
Organic Wheat Bread
Whole Wheat Bread
Whole Wheat Sourdough Bread

When Pigs Fly

Cinnamon Raisin Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

Eden Foods

Adzuki Beans
Kidney Beans
Navy 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™

Apricot Halves in Pear Juice
Bamboo Shoots, Sliced
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

Cereal

365 Organic Every Day Value™

High Fiber Cereal
Oat & Honey Granola

Bob's Red Mill

Rolled Hot 10 Grain Cereal
Rolled Hot 5 Grain Cereal

Cereal (Cont'd)

Bob's Red Mill

Thick Rolled Oats

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

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

Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

Kettle Chips

No Salt Potato Chips

Mothers

No Salt Rice Cakes

Newman's Own Organic

Unsalted Round Pretzels

Newman's Own Organics

Pretzel Nuggets

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

Consorzio

Baja Lime Marinade

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Nathans New York

Deli Mustard

The Ojai Cook

Light Lemonaise

Westbrae

Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Destrooper

Crisp Butter Wafers

Health Valley

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Midel

Chocolate Snap Cookies

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

Organic O's Cookies

Cookies and Snack Bars (Cont'd)

Walkerscottish Cookies

Shortbread Fingers
Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Nejames

Original Crispbread

Scand

Bran Crispbread

Stacy's

Cinnamon Sugar Pitas
Simply Naked Pita
Simply Naked Pita Chips

Dairy

Butterwork

Non Fat Vanilla Yogurt

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

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 2%
Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Dairy (Cont'd)

Parmalat

2% Low Fat Milk

Sabra

Mediterranean Salad

Seven Stars

Low Fat 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 Just Peachy Yogurt
Organic Low Fat Plain Yogurt
Organic Low Fat Raspberry 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

White Wave

Blueberry Soy Yogurt
Peach Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Plain Soy Yogurt
Soy Yogurt - Strawberry

Zausner

Whipped Cream Cheese

Dairy Alternatives

365 Organic Every Day Value™

Soy milk, Unsweetened

Dairy Alternatives (Cont'd)

Westsoy

- Plus Plain Soy Beverage
- Vanilla Plus Soy Beverage

White Wave

- Non Dairy Vanilla Soy Beverage

Desserts

Echo Farms

- Rice Pudding

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Ethnic Foods

365 Every Day Value™

- Bamboo Shoots, Sliced
- Water Chestnuts, Sliced

Eden Foods

- Organic Sesame Garlic Shitake

Sushi Sonic

- Wasabi Horseradish

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™

- Crinkle Cuts
- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Potatoes O'Brien

Ben And Jerrys

- Deep Dark Chocolate Ice Cream
- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

Breyers

- Mint Chocolate Ice Cream

Haagen-Dazs

- Mango Sorbet

Rice Dream

- Vanilla Rice Dream Beverage

Soy Boy

- Tofu Ravioli

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Grains and Rice

Rice Select

- Brown Rice Sesame Thins
- Jasmati White Rice

Semchi

- Premium White Rice

Jams and Nut Butters

Bionaturae

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

Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Strawberry Fruit Spread

Jams and Nut Butters (Cont'd)

Hero

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

Im Health

- Chunky Soy Nut Butter with Honey
- 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
- 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

Prepared Foods

Rapunzel

- No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

- Chile Salsa
- Garlic Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

Titos Taco & Cantina

- Fiesta Cilantro Salsa
- Homestyle Salsa

Soups

Health Valley

- 5 Bean Soup- Fat Free
- Black Bean Soup - No Salt
- Minestrone Soup - No Salt
- Potato Leek Soup - No Salt
- 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