

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Wellesley 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 Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Bakers

- Unsweetened Baking Chocolate

Fearn

- Raw Wheat Germ

Baking Needs (Cont'd)

Lake Champlain Chocolates

- Unsweetened Cocoa

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Shiloh Farms

- Coarse Bran

Beverages

365 Every Day Value™

- Club Soda
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Sparkling Orange/Lime/Pink Grapefruit Water

Beverages (Cont'd)

365 Every Day Value™

Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Hersheys Chocolate

Cocoa

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Tortilla Corn

Berli

White Spelt Bread

Food For Life

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

Vermont Bread

Oatmeal Bread

Old Fashioned White Bread

Organic Oat Bread

Organic Spelt Bread

Organic Wheat Bread

Sprouted Wheat Bread

Whole Wheat Bread

Whole Wheat Sourdough Bread

When Pigs Fly

Cinnamon Raisin Bread

Harvest Bread

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Eden Foods

Adzuki 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

Erewhon

Maple Oatmeal

Kashi

Cinna-Raisin Crunch Cereal

Cereal (Cont'd)

Nature's Path

Hemp Plus Granola
Organic Puffed Corn Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Bearitos

No Salt Tortilla Chips

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

Mothers

No Salt Rice Cakes

Condiments

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Seasoned

Briannas

Real French Vinaigrette

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Newman's Own

Steak Sauce

Westbrae

Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Amaranth Graham Crackers

Cookies and Snack Bars (Cont'd)

Kinnikinnick

KinniKritters Animal Cookies
Montana's Chocolate Chip Cookies
S'moreables Graham Style Crackers

Mi-Del

Chocolate Snap Cookies

Midel

Lemon 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 Double Chocolate Mint Chip Cookies
Organic Espresso Chocolate Chip Cookies
Organic Orange Chocolate Chip Cookies
Organic O's Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Nejames

Original Crispbread

Stacy's

Simply Naked Pita Chips

Dairy

Calabro

Fat Free Ricotta

Friendship

No Salt Cottage Cheese

Dairy (Cont'd)

Helios Nutrition

Organic Plain Kefir

Horizon

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

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 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 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

Dairy (Cont'd)

Stonyfield Farm

YoBaby Drinkable Yogurt, Banana

YoBaby Drinkable Yogurt, Peach

YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

YoKids Squeezers Cherry/Berry Blitz

YoKids Squeezers Screamin' Strawberry

YoKids Strawberry BaNilla Blast Yogurt

White Wave

Blueberry Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

Whole Soy

Soy Yogurt - Strawberry

Vanilla Soy Yogurt

Zausner

Whipped Cream Cheese

Desserts

Echo Farms

Tapioca Pudding

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

Fantastic Foods

Whole Wheat Couscous

Ethnic Foods

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 Sliced Peaches

365 Organic Every Day Value™

- 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

Soy Boy

- Tofu Ravioli

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Grains and Rice

Rice Select

- Jasmati White Rice

Semchi

- Premium Brown Rice

Jams and Nut Butters

Bionaturae

- Organic Apricot Fruit Spread

Cascadian Farm

- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

Joyva Corp.

- Sesame Tahini

Kimes Apple Butter

- Unsweetened Apple Butter

St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves

Pasta

365 Every Day Value™

- No Boil Lasagna

Prepared Foods

Rapunzel

- No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

Jardines

- Peach Medium Salsa
- Pineapple Salsa
- Texacante Salsa

Titos Taco & Cantina

- Fiesta Cilantro Salsa

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses