

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Sacramento Store, Northern California 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

Ahl!Laska

Organic Chocolate Syrup

Ener-G

Egg Replacement

Rice Bran

Hain Featherweight

Low Salt Baking Powder

Ibarra

Mexican Chocolate

Lake Champlain Chocolates

Unsweetened Cocoa

Mothers

Toasted Wheat Germ

Baking Needs (Cont'd)

Pamela's Products

Ultra Chocolate Brownie Mix

Scharffenberger

Unsweetened Baking Chocolate Bar

Sunspire/Sunlight

Carob Chips Unsweetened

Chocolate Chips

Dark Organic Chocolate Chips

Beverages

365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

Club Soda

Cola

Cranberry Cocktail Juice

Ginger Ale

Italian Lemon Soda

Beverages (Cont'd)

365 Every Day Value™

Italian Lemon Sparkling Water
Italian Sparkling Lemon/Strawberry Water
Italian Strawberry Sparkling Water
Key Lime Soda
Orange Creme Soda
Orange Juice
Orange Juice High Pulp
Orange Juice with Calcium
Raspberry Soda
Root Beer Soda
Ruby Red Grapefruit Juice

365 Organic Every Day Value™

Apple Cranberry Juice
Apple Juice
Berry Juice
Cranberry Juice Cocktail
Lemonade Juice
Red Grape Juice

Droste

Imported Cocoa

Knudsen

Low Sodium Veggie Juice

Lightfull Foods

Cafe Latte Smoothie
Chocolate Satisfaction Smoothie
Mango Oasis Smoothie
Peachy Cream Smoothie

Martinellis

Apple Juice

Orangina

Sparkling Citrus Beverage

Bread

365 Organic Every Day Value™

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

Bread (Cont'd)

Alvarado Street Bakery

Sprouted Sourdough Bread

Berli

Spelt Bread
White Spelt Bread

Ener-G

Brown Rice Bread
Tapioca Loaf
White Rice Bread

Food For Life

Brown Rice Bread - Gluten & Wheat Free
Cinnamon Raisin Bread
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel 4:9 Sesame Bread
Organic Ezekiel Bread
Raisin Pecan Bread - Gluten & Wheat Free
Rice Almond Bread - Wheat Free
Sprouted Ezekiel Tortillas

French Meadow Bakery

Brown Rice Bread
European Sourdough Rye Bread

Nature's Path

Carrot Raisin Bread
Millet Rice Bread

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

Eden Foods

Adzuki Beans
Black Beans
Cannellini Beans
Garbanzo Beans
Kidney Beans
Organic Black Soy Beans

Canned Goods (Cont'd)

Minerva

Whole Roasted Chestnuts

Ocean Spray

Jellied Cranberry Sauce

Whole Cranberries

Santa Cruz Organic

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

Westbrae

Organic Black 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

Water Chestnuts, Whole

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

High Fiber Cereal

Oat & Honey Granola

Cereal (Cont'd)

Arrowhead Mills

7 Grain Organic Hot Cereal

Amaranth Flakes Cereal

Organic Kamut Flakes

Organic Shredded Wheat

Organic Spelt Flakes

Organic Sweetened Shredded Wheat Cereal

Barbara's Bakery

Honey Rice Puffins Cereal

Organic Brown Rice Crisps

Shredded Wheat

Bob's Red Mill

Brown Rice Farina Creamy Cereal

Rolled Hot 10 Grain Cereal

Thick Rolled Oats

Cascadian Farm

Granola - Oats & Honey

Multigrain Squares

EnviroKidz

Amazon Frosted Flakes Cereal

Koala Krisp Cereal - Organic

Erewhon

Maple Oatmeal

Oatmeal

Organic Raisin Bran Cereal

Kashi

7 Grain Puffed Kashi

Cinna-Raisin Crunch Cereal

Go Lean Cereal

Go Lean Crunch Cereal

Heart to Heart Cereal

Honey Puffed Kashi

Lundberg Farms

Organic Pure Creamy Rice Cereal

McCanns

Instant Oatmeal

Irish Tin Oatmeal

Oatmeal

Steel Cut Oats

Cereal (Cont'd)

Nature's Path

- Apple Cinnamon Oatmeal
- Flax 'n Oats Oatmeal
- Fruit Juice Sweetened Corn Flakes
- Ginger Zing Granola
- Hemp Plus Granola
- Heritage O's Cereal
- Hot Cereal - Variety Pack
- Maple Nut Oatmeal
- Muesli - Mesa Sunrise
- Multigrain Oat Bran Flakes
- 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
- Organic Puffed Millet Cereal

Old Wessex

- Scottish Style Oats

Pacific Grain

- Nutty Rice Cereal

Quinoa Corp

- Organic Quinoa Flakes

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

Chips, Pretzels and Snacks (Cont'd)

Arico

- Sea Salt Mist Cassava Chips

Barbara's Bakery

- Jalapeno Cheese Puffs
- Original Cheese Puffs

Eden Foods

- Brown Rice Crisps

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

- Organic Mochi
- Super Seed Mochi

Guiltless Gourmet

- No Salt Baked Chips

Hain Pure Food

- Plain Rice Sancks

Kettle Chips

- Honey Dijon Potato Chips
- No Salt Potato Chips

Lundberg Farms

- Brown Rice Cakes
- Honey Nut Rice Cakes
- Low Sodium Plain Brown Rice Cakes
- No Salt Brown Rice Cakes
- No Salt Organic Brown Rice Cakes
- Organic Salted Popcorn Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Wild Rice Cakes

Mr. Krispers

- Toasted Almond Chips

Newman's Own Organic

- Light Microwave Popcorn
- No Butter No Salt Microwave Popcorn

Chips, Pretzels and Snacks (Cont'd)

Newman's Own Organic

Unsalted Round Pretzels

Robert's American Gourmet

Pirate's Booty

Puffed Rice/Corn Veggie Booty

Smart Puffs

Terra

Blue Potato Chips

Original Chips

Sweet Potato Chips

Yukon Gold Onion and Garlic Chips

The Ginger People

Ginger Chips

Condiments

365 Every Day Value™

Balsamic Vinegar ,5 Years Old

365 Organic Every Day Value™

Balsamic Vinegar

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Dijon Mustard

German Mustard

Worcestershire Sauce

Annie's Naturals

Low Fat Raspberry Vinaigrette

Organic Green Garlic Dressing

Thousand Island Dressing

Briannas

Real French Vinaigrette

Follow Your Heart

Vegenaise Sandwich Spread

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Nasoya Foods

Fat Free Nayoanise

Tofu Nayoanise

Condiments (Cont'd)

Spectrum

Canola Lite Mayonnaise

Canola Mayonnaise

Organic Mayonnaise

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Honey Roasted Cranberry Delight Bar

Honey Roasted Granola Bar

Honey Roasted Trail Mix Bar

Lemon Wafers

Peanut Butter Cookies

Sugar Cookies

Barbara's Bakery

Blueberry Fig Bars

Chocolate Chip Snackimals

Raspberry Fig Bars

Raspberry Multigrain Cereal Bars

Traditional Fig Bars

Triple Berry Multigrain Cereal Bars

Wheat Free Fig Bars

Wheat Free Oatmeal Snackimals Cookies

Whole Wheat Fig Bars

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Oatmeal Raisin Cookies

White Chocolate Macadamia Cookies

Country Choice

Vanilla Creme Sandwich Cookies

EnviroKidz

Cheetah Berry Crispy Rice Bars

Koala Chocolate Crispy Rice Bars

Panda Peanut Butter Crispy Rice Bars

Heavens Scent

Chocolate Sandwich Cookies

Cookies and Snack Bars (Cont'd)

Kind Fruit & Nut Bars

Walnut & Date

LaraBar

Cherry Pie Bar

Maya

Organic Chocolate Bar

Organic Chocolate Coffee Bar

Organic Chocolate Mint Bar

Organic Chocolate Orange Bar

Midel

Arrowroots Animal Cookies - Gluten Free

Gingersnaps

Nana's

Chocolate Chip Cookies

Coconut Chip Cookies

Double Chocolate Cookie Bars

No Gluten Chocolate Crunch Cookies

No Gluten Ginger Cookie

Oatmeal Raisin Cookies

Orange Cranberry Cookies

Peanut Butter Cookies

Wheat Free Oatmeal Raisin

Nana's

No Gluten Lemon Cookies

Wheat Free Chocolate Chip Cookies

Newman's Own Organic

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

Pamela's Products

Chocolate Chip Walnut Cookies

Chunky Chocolate Chip Cookies - Wheat Free

Ginger Brown Rice Cookies

Peanut Butter Cookies

Shortbread Swirls - Wheat Free

Cookies and Snack Bars (Cont'd)

Shady Maple

Organic Honey Waffles

Organic Maple Waffles

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Seaweed Rice Crackers

Unsalted Tops Saltines

Wasabi Rice Crackers

Bisca

Organic Water 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

Rye Crispbread with Caraway

Hain Pure Food

Oyster Crackers

Kavli

5 Grain Crackers

Crispbread

Thick Crispbread

Ryvit

Dark Crispbread

High Fiber Crispbread

Rye Lite Crispbread

Sesame Rye Crispbread

Stacy's

Cinnamon Sugar Pitas

Simply Naked Bagel Chips

Simply Naked Pita

Crackers (Cont'd)

Stacy's

Simply Naked Pita Chips

Wasa Crispbread

Fiber Plus Crispbread
Golden Rye Crispbread
Hearty Rye Crispbread
Light Rye Crispbread

Dairy

365 Organic Every Day Value™

Butter
Unsalted Butter

Earth Balance

Soy Garden Margarine

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir
Organic Vanilla Kefir

Horizon

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

Lactaid

Lactaid Milk, 2%

Organic Valley

Organic Neufchatel

Stonyfield Farm

Cherry and Berry Squeeze Yogurt
Non Fat Blueberry Yogurt
Non Fat Chocolate Yogurt
Non Fat French Vanilla Yogurt
Non Fat Plain Yogurt
Non Fat Strawberry Yogurt
Organic Low Fat Just Peachy Yogurt
Organic Low Fat Raspberry Yogurt Smoothie
Organic Low Fat Strawberry Yogurt Smoothie
Organic Low Fat Tropical Fruit Yogurt Smoothie
Strawberry Peach Yogurt
Strawberry Squeeze Yogurt

Dairy (Cont'd)

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Peach Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Plain Soy Yogurt
Soy Yogurt - Blueberry
Soy Yogurt - Cherry
Soy Yogurt - Lemon
Soy Yogurt - Peach
Soy Yogurt - Raspberry
Soy Yogurt - Strawberry
Vanilla Soy Yogurt

Dairy Alternatives

365 Organic Every Day Value™

Soymilk, Unsweetened

Blue Diamond

Almond Breeze - Chocolate
Almond Breeze - Original
Almond Breeze - Vanilla

Grainassance

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

Dairy Alternatives (Cont'd)

Westsoy

- Vanilla Plus Soy Beverage
- Westsoy No Fat Vanilla
- Westsoy Original

White Wave

- Chocolate Silk Soy 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

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

365 Organic Every Day Value™

- Honey Roasted Cranberry Delight Bar
- Honey Roasted Granola Bar
- Honey Roasted Trail Mix Bar

Grainaissance

- Almond Amazake

LaraBar

- Cherry Pie Bar

Energy and Nutrition Bars/Drinks (Cont'd)

Maya

- Organic Chocolate Bar
- Organic Chocolate Coffee Bar
- Organic Chocolate Mint Bar
- Organic Chocolate Orange Bar

Entrees and Mixes

Bob's Red Mill

- Vegetable Protein

Ener-G

- Rice Bran

Near East

- Couscous

Organic Bistro Whole Life Meals

- Savory Turkey Entree
- Sockeye Salmon Cakes Entree

Organic Bistro Whole Life Meals

- Chicken Citron
- Ginger Chicken Entree
- Wild Salmon Entree

Ethnic Foods

365 Every Day Value™

- Bamboo Shoots, Sliced
- Water Chestnuts, Sliced
- Water Chestnuts, Whole

365 Organic Every Day Value™

- Blue Corn Taco Shells
- Coconut Milk
- Coconut Milk, Lite
- Yellow Corn Taco Shells

Eden Foods

- Organic Sesame Garlic Shitake

Sushi Sonic

- Wasabi Horseradish

Frozen Foods

365 Every Day Value™

- Broccoli Florettes
- Chocolate Soy Cream
- Crinkle Cut Fries
- 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
- Frozen Berry Blend
- Frozen Blackberries
- 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
- Super Sweet White Corn

Alvarado Street Bakery

- Sprouted Sourdough Bread

Ben And Jerrys

- Vanilla Ice Cream

Breyers

- Mint Chocolate Ice Cream

Cascadian Farm

- Country Style Potatoes
- Organic Hash Browns

Frozen Foods (Cont'd)

Haagen-Dazs

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

Imagine Foods

- Lil' Dream - Chocolate - Organic
- Lil' Dream - Vanilla - Organic

Organic Bistro Whole Life Meals

- Savory Turkey Entree
- Sockeye Salmon Cakes Entree

Organic Bistro Whole Life Meals

- Chicken Citron
- Ginger Chicken Entree
- Wild Salmon Entree

Perfect Additions

- Unsalted Chicken Stock
- Unsalted Veggie Stock

Rice Dream

- Rice Dream - Vanilla Swiss Almond
- Vanilla Rice Dream Beverage

Soy Delicious

- Almond Pecan Soy Frozen Dessert
- Vanilla Soy Frozen Dessert

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

Vans

- Mini Waffles
- Original Blueberry Mini Waffles

Whole Catch™

- Sea Scallops

Grains and Rice

Kashi

- 7 Grain Kashi Pilaf

Lundberg Farms

- Countrywild Brown Rice
- Organic Basmati Brown Rice
- Organic Basmati Rice

Grains and Rice (Cont'd)

Lundberg Farms

Wild Blend Brown Rice

Jams and Nut Butters

365 Every Day Value™

Creamy Peanut Butter

Crunchy Peanut Butter

Arrowhead Mills

Organic Sesame Tahini

Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Peach Fruit Spread

Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Cherry Preserves

Blueberry Preserves

Orange Marmalade

Peach Preserves

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

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Organic Every Day Value™

Dried Apricots

Dried Cherries

Dried Cranberries

Dried Cranberries & Apples

Dried Fruit Delight Mix

Roasted & Salted 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

Spaghetti

Tri-color Fusilli

365 Organic Every Day Value™

Fusilli

Whole Wheat Linguine

Whole Wheat Spaghetti

Sauces, Salsas and Dips

Green Mountain Gringo

Garlic Salsa

Hot Salsa

Medium Salsa

Seafood

Whole Catch™

Sea Scallops

Soups

365 Organic Every Day Value™

Low Sodium Chicken Broth

Health Valley

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

Split Pea Soup - No Salt

Vegetable Soup - No Salt

Shelton's

Chicken Broth Low Salt, Low Fat

Organic Chicken Broth - Fat Free/Low Sodium

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses