

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Palo Alto 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

Fearn

Raw Wheat Germ

Ibarra

Mexican Chocolate

Mothers

Toasted Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

Club Soda

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Beverages (Cont'd)

Droste

Imported Cocoa

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

Food For Life

Organic 7 Grain Bread

Organic Ezekial Bread

Sprouted Ezekiel Tortillas

Canned Goods

Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

Divina

- Sweet Roasted Peppers

Eden Foods

- Adzuki Beans
- Black Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans

Santa Cruz Organic

- Cinnamon Applesauce Cup
- Organic Blackberry Applesauce

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin
- 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
- Water Chestnuts, Whole

365 Organic Every Day Value™

- Black Beans

Cereal

365 Organic Every Day Value™

- Oat & Honey Granola

Nature's Path

- Hemp Plus Granola
- Organic Puffed Corn Cereal

Us Mill

- Uncle Sam Cereal

Cheese

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

Newman's Own Organic

- Unsalted Round Pretzels

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned

Annie's Naturals

- Thousand Island Dressing

Briannas

- Real French Vinaigrette

Grey Poupon

- Country Dijon Mustard

Westbrae

- Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

- Fig Bar Cookies

Brent And Sams

- Chocolate Chip Cookies
- Chocolate Chip Pecan Cookies

Newman's Own Organic

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

Walkerscottish Cookies

- Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Stacy's

Cinnamon Sugar Pitas

Simply Naked Pita

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Plain Kefir

Horizon

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

Stonyfield Farm

Cherry and Berry Squeeze Yogurt

Non Fat Chocolate Yogurt

Non Fat French Vanilla Yogurt

Non Fat Plain 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

White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Vanilla Soy Yogurt

Whole Soy

Vanilla Soy Yogurt

Dairy Alternatives

365 Organic Every Day Value™

Soymilk, Unsweetened

Westsoy

Vanilla Plus Soy Beverage

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

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

Water Chestnuts, Whole

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 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

Frozen Foods (Cont'd)

Perfect Additions

Unsalted Chicken Stock

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vans

Mini Waffles

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread

Organic Blueberry 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

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

Hot Salsa

Medium Salsa

Mild Salsa

Soups

Health Valley

Minestrone Soup - No Salt

Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Bouillon Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses