

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

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

Ahl!Laska

Organic Chocolate Syrup

Ener-G

Egg Replacement
Rice Bran

Fearn

Raw Wheat Germ

Hain Featherweight

Low Salt Baking Powder

Ibarra

Mexican Chocolate

Mothers

Toasted Wheat Germ

Baking Needs (Cont'd)

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
Italian Lemon Sparkling Water
Italian Orange Soda
Italian Pink Grapefruit Soda

Beverages (Cont'd)

365 Every Day Value™

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

365 Organic Every Day Value™

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

Knudsen

Low Sodium Veggie Juice

Lightfull Foods

Cafe Latte Smoothie
Chocolate Satisfaction Smoothie
Peachy Cream Smoothie

Looza Fruit Juices

Mango Nectar Juice

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

Sesame Seed Bagels
Sprouted Sourdough Bread

Ener-G

Brown Rice Bread
Tapioca Loaf
White Rice Bread

Food For Life

Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel Bread
Rice Almond Bread - Wheat Free
Sprouted Ezekiel Tortillas

Nature's Path

Millet Rice Bread
Rye Bread

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

Eden Foods

Adzuki Beans
Black Beans
Garbanzo Beans
Navy Beans

Minerva

Whole Roasted Chestnuts

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

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

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
Kidney Beans

Whole Kids Organic™

Organic Apple Cinnamon Apple Sauce

Cereal

365 Organic Every Day Value™

Hearty Whole Grain Toasted O's
High Fiber Cereal
Oat & Honey Granola

Barbara's Bakery

Honey Rice Puffins Cereal
Shredded Wheat

Bob's Red Mill

Brown Rice Farina Creamy Cereal

Cascadian Farm

Granola - Oats & Honey
Multigrain Squares

EnviroKidz

Koala Krisp Cereal - Organic

Erewhon

Organic Raisin Bran Cereal

Cereal (Cont'd)

Familia

Muesli - No Sugar

Kashi

7 Grain Puffed Kashi
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

Nature's Path

Apple Cinnamon Oatmeal
Flax 'n Oats Oatmeal
Ginger Zing Granola
Hemp Plus Granola
Heritage O's Cereal
Hot Cereal - Variety Pack
Maple Nut Oatmeal
Muesli - Mesa Sunrise
Muesli - Mesa Sunrise Multigrain
Multigrain Flakes
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

Old Wessex

Scottish Style Oats

Pacific Grain

Nutty Rice Cereal

Quinoa Corp

Organic Quinoa Flakes

Cereal (Cont'd)

Us Mill

Uncle Sam Cereal

Cheese

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

Barbara's Bakery

Natural Cheese Puffs

Original Cheese Puffs

Food Should Taste Good

Jalapeno Tortilla Chips

Multi-Grain Tortilla Chips

Olive Tortilla Chips

Garden Of Eatin'

Blue Corn Sesame Chips

Salted Blue Corn Chips

Totopos Chili Lime Chips

Grainaissance

Chocolate Brownie Mochi

Organic Mochi

Raisin Cinnamon Bread

Hain Pure Food

Plain Rice Snacks

Kettle Chips

Honey Dijon Potato Chips

No Salt Potato Chips

Lundberg Farms

Brown Rice Cakes

Low Sodium Plain Brown Rice Cakes

No Salt Brown Rice Cakes

Organic Salted Popcorn Rice Cakes

Organic Tamari Seaweed Rice Cakes

Organic Wild Rice Cakes

Chips, Pretzels and Snacks (Cont'd)

Newman's Own Organic

Light Microwave Popcorn

No Butter No Salt Microwave Popcorn

Unsalted Round Pretzels

Robert's American Gourmet

Pirate's Booty

Pirate's Booty Snack Bag

Puffed Rice/Corn Veggie Booty

Smart Puffs

Terra

Blue Potato Chips

Original Chips

Sweet Potato 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

Briannas

Real French Vinaigrette

Consorzio

Baja Lime Marinade

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Nasoya Foods

Tofu Mayonnaise

Spectrum

Canola Lite Mayonnaise

Canola Mayonnaise

Condiments (Cont'd)

Spectrum

Organic Mayonnaise

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Honey Roasted Trail Mix Bar

Lemon Wafers

Peanut Butter Cookies

Barbara's Bakery

Blueberry Fig Bars

Chocolate Chip Snackanimals

Wheat Free Fig Bars

Wheat Free Oatmeal Snackanimals

Wheat Free Oatmeal Snackimals Cookies

Whole Wheat Fig Bars

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

EnviroKidz

Cheetah Berry Crispy Rice Bars

Koala Chocolate Crispy Rice Bars

Panda Peanut Butter Crispy Rice Bars

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

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Cookies and Snack Bars (Cont'd)

Newman's Own Organic

Organic 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

Lemon Shortbread - Wheat Free

Peanut Butter Cookies

Pecan Shortbread Cookies - Wheat Free

Shortbread Butter Cookies

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Seaweed Rice Crackers

Unsalted Tops Saltines

Wasabi Rice Crackers

Edward & Sons

Fat Free Tamari Sesame Brown Rice Snaps

No Salt Organic Brown Rice Snaps

Organic Brown Rice Snaps - Vegetable Low Salt/Fat

Finn Crisp

Dark Crispbread

Rye Crispbread with Caraway

Hain Pure Food

Oyster Crackers

Health Valley

Health Valley Rice Bran Crackers

Kavli

5 Grain Crackers

Crispbread

Thick Crispbread

Ryvit

Dark Crispbread

High Fiber Crispbread

Sesame Rye Crispbread

Crackers (Cont'd)

Sesmark Foods

Brown Rice Thins

Stacy's

Cinnamon Sugar Pitas
Simply Naked Bagel Chips
Simply Naked Pita

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 Plain Kefir

Horizon

Chocolate Milk, Single Serve
Organic Strawberry Yogurt
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

Stonyfield Farm

Cherry and Berry Squeeze Yogurt
Non Fat Blueberry Yogurt
Non Fat Chocolate Yogurt
Non Fat French Vanilla Yogurt
Non Fat Plain Yogurt
Organic Low Fat Just Peachy Yogurt
Organic Low Fat Raspberry 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
Plain Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

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

Dairy Alternatives

365 Organic Every Day Value™

Rice Beverage, Original
Rice Beverage, Vanilla
Soy milk, 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
Vanilla Almond Milk

Rice Dream

Enriched Chocolate
Organic Enriched Original
Rice Dream Vanilla

Vitasoy

Vitasoy Light Vanilla
Vitasoy Original

Dairy Alternatives (Cont'd)

Westsoy

Vanilla Plus Soy Beverage

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 - Aseptic

Desserts

365 Every Day Value™

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 Trail Mix Bar

Grainaissance

Almond Amazake

LaraBar

Cherry Pie Bar

Maya

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

Entrees and Mixes

Ener-G

Rice Bran

Near East

Couscous

Organic Bistro Whole Life Meals

Savory Turkey Entree

Organic Bistro Whole Life Meals

Ginger Chicken Entree
Pescado Veracruz Entree
Wild Salmon Entree

Ethnic Foods

365 Every Day Value™

Asian Stir Fry
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

Frozen Foods

365 Every Day Value™

Asian Stir Fry
Broccoli Florettes
Cut Okra
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
Cut Green Beans
Edamame Pods
Frozen Berry Blend

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- 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
- Super Sweet White Corn

Alvarado Street Bakery

- Sesame Seed Bagels
- Sprouted Sourdough Bread

Amy's

- Organic Strawberry Toaster Pops

Ben And Jerrys

- 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

Organic Bistro Whole Life Meals

- Savory Turkey Entree

Organic Bistro Whole Life Meals

- Ginger Chicken Entree
- Pescado Veracruz Entree
- Wild Salmon Entree

Perfect Additions

- Unsalted Beef Stock
- Unsalted Chicken Stock

Soy Delicious

- Almond Pecan Soy Frozen Dessert

Frozen Foods (Cont'd)

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Whole Catch™

- Sea Scallops

Grains and Rice

Lundberg Farms

- Countrywild Brown Rice
- Organic Basmati Brown Rice
- Organic Basmati Rice
- 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 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
- Blackcurrant Preserves
- Blueberry Preserves
- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

Meat Alternatives

365 Organic Every Day Value™

Extra Firm Tofu
Firm Tofu

Nasoya Foods

Soft Tofu - Organic

Nutritional Supplements

Whole Foods Market™

Daily without Iron
Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Organic Every Day Value™

Dried Apricots
Dried Cranberries
Dried Fruit Delight Mix
Fruit, Chocolate & Nut Mix
Hulabaloo 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, Linguine
Pasta, Penne Rigate
Spaghetti
Tri-color Fusilli

365 Organic Every Day Value™

Elbows
Farfalle
Fusilli
Lasagne

Pasta (Cont'd)

365 Organic Every Day Value™

Linguine
Penne Rigate
Spaghetti
Whole Wheat Fusilli
Whole Wheat Linguine
Whole Wheat Penne Rigate
Whole Wheat Spaghetti

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Hot Salsa
Medium Salsa
Mild Salsa

Seafood

Whole Catch™

Sea Scallops

Soups

365 Organic Every Day Value™

Low Sodium Chicken Broth

Health Valley

Lentil Soup - No Salt
Minestrone Soup - No Salt
Vegetable Soup - No Salt

Shelton's

Chicken Broth Low Salt, Low Fat

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses