

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Potrero Hill 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>

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 Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Fearn

- Raw Wheat Germ

Baking Needs (Cont'd)

Ibarra

- Mexican Chocolate

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

Beverages (Cont'd)

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™

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

Berli

Spelt Bread

Food For Life

Cinnamon Raisin Bread
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekiel 4:9 Sesame Bread
Organic Ezekiel Bread
Sprouted Ezekiel Tortillas

French Meadow Bakery

European Sourdough Rye Bread

Nature's Path

Carrot Raisin Bread

Pacific Bakery

Kamut Bread

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Eden Foods

Adzuki Beans
Black Beans
Cannellini Beans
Garbanzo Beans
Kidney Beans
Navy Beans

Marin Food Specialties

Marinated Artichoke Hearts

Canned Goods (Cont'd)

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

Barbara's Bakery

Honey Rice Puffins Cereal

Erewhon

Maple Oatmeal

Nature's Path

Hemp Plus Granola
Organic Puffed Corn Cereal

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

Newman's Own Organic

Unsalted Round Pretzels

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

Conorzio

Baja Lime Marinade

Grey Poupon

Country Dijon Mustard
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

Kinnikinnick

KinniKritters Animal Cookies
KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
S'moreables Graham Style Crackers

Cookies and Snack Bars (Cont'd)

Newman's Own Organic

Alphabet Chocolate Cookies
Chocolate Creme Filled Cookies
Mint Creme Filled Cookies
Organic Chocolate Chip Cookies
Organic O's Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Bisca

Organic Water Crackers

Edward & Sons

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

Dairy

Horizon

Chocolate Milk, Single Serve
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, Whole

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 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 Peach Yogurt, 6 oz
Organic Fat Free Plain Yogurt, 32 oz
Organic Fat Free Plain Yogurt, 6 oz
Organic Low Fat Caramel Yogurt

Dairy (Cont'd)

Stonyfield Farm

Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Plain Yogurt, 32 oz
Organic Low Fat Vanilla Yogurt
Organic Low Fat Vanilla, 32 oz
Organic Raspberry Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothie, 10 oz
Organic Vanilla Yogurt Smoothie, 10 oz
Organic Wild Berry Yogurt Smoothie, 10 oz
YoBaby Banana/Vanilla Yogurt
YoBaby Blueberry/Apple Yogurt
YoBaby Drinkable Yogurt, Banana
YoBaby Drinkable Yogurt, Peach
YoBaby Peach/Pear Yogurt
YoBaby Simply Plain Yogurt
YoKids Squeezers Cherry/Berry Blitz
YoKids Squeezers Screamin' Strawberry
YoKids Strawberry BaNilla Blast Yogurt
YoKids Strawberry Vanilla Raspberry Yogurt

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Plain Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Soy Yogurt - Strawberry
Vanilla Soy Yogurt

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding

Desserts (Cont'd)

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame

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 Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries

Ben And Jerrys

Deep Dark Chocolate Ice Cream
Vanilla Ice Cream

Breyers

Mint Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt
Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Perfect Additions

Unsalted Chicken Stock

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Frozen Foods (Cont'd)

Vans

- Mini Waffles
- Original Blueberry Mini Waffles

Jams and Nut Butters

Bionaturae

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

Cascadian Farm

- Organic Grape Fruit Spread

Joyva Corp.

- Sesame Tahini

St. Dalfour

- Blackcurrant Preserves
- Blueberry Preserves
- Orange Marmalade
- Peach Preserves
- Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

- No Boil Lasagna

Tinkyada

- Brown Rice Spaghetti

Prepared Foods

Rapunzel

- No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

Sauces, Salsas and Dips (Cont'd)

Organicville

- Organic Pineapple Salsa

Soups

Health Valley

- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Potato Leek Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses