

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Sebastopol 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 Plus Strawberry/Banana & Raspberry/Pear Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Fearn

- Raw Wheat Germ

Ibarra

- Mexican Chocolate

Baking Needs (Cont'd)

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

Martinellis

- Apple Juice

Bread

365 Organic Every Day Value™

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

Berli

Spelt Bread

Food For Life

Organic 7 Grain Bread
Organic Ezekiel 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
Millet Rice Bread

Pacific Bakery

Kamut Bread

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Eden Foods

Adzuki Beans
Garbanzo Beans
Kidney Beans
Navy Beans

Marin Food Specialties

Marinated Artichoke Hearts

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup

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

Bob's Red Mill

Rolled Hot 10 Grain Cereal

Nature's Path

Hemp Plus Granola
Organic Puffed Corn Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Newman's Own Organic

Unsalted Round Pretzels

Condiments

365 Organic Every Day Value™

Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned

Briannas

Real French Vinaigrette

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Condiments (Cont'd)

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

KinniTOOS Vanilla Sandwich Creme Cookies

Newman's Own Organic

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic O's Cookies

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Tamari Sesame

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Dairy

Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

Lactaid

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz

Dairy (Cont'd)

Stonyfield Farm

Organic Cream Top French Vanilla Yogurt, 32 oz

Organic Cream Top Plain Yogurt, 32 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Strawberry Yogurt, 32 oz

Organic Low Fat Vanilla, 32 oz

Organic Vanilla Yogurt Smoothie, 10 oz

Organic Wild Berry Yogurt Smoothie, 10 oz

YoBaby Banana/Vanilla Yogurt

YoBaby Blueberry/Apple Yogurt

YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

YoKids Squeezers Cherry/Berry Blitz

YoKids Squeezers Screamin' Strawberry

YoKids Strawberry Vanilla Raspberry Yogurt

White Wave

Blueberry Soy Yogurt

Peach Soy Yogurt

Whole Soy

Vanilla Soy Yogurt

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding

Oetker

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

Eden Foods

Organic Sesame Garlic Shitake

Edward & Sons

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™

- Crinkle Cuts
- Frozen Berry Blend
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

Breyers

- Chocolate Ice Cream

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Jams and Nut Butters

Bionaturae

- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread
- Organic Wild Berry Fruit Spread

Cascadian Farm

- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread

Joyva Corp.

- Sesame Tahini

St. Dalfour

- Black Cherry Preserves
- Blueberry Preserves
- Orange Marmalade
- Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

- No Boil Lasagna

Tinkyada

- Brown Rice Spaghetti

Sauces, Salsas and Dips

Organicville

- Organic Pineapple Salsa

Soups

Health Valley

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

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Wholesome Foods

- Organic Blackstrap Molasses