

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Sonoma 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 Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Ibarra

- Mexican Chocolate

Baking Needs (Cont'd)

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

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

Droste

- Imported Cocoa

Knudsen

- Low Sodium Veggie Juice

Martinellis

- Apple Juice

Bread

365 Organic Every Day Value™

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

Food For Life

Cinnamon Raisin Bread
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial 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

Canned Goods

Crown Prince

Baby Water Clams

Eden Foods

Cannellini Beans
Kidney Beans

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup
Organic Blackberry Applesauce

Westbrae

Organic Black 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

Canned/Jarred Goods (Cont'd)

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

Bob's Red Mill

Thick Rolled Oats

Nature's Path

Hemp Plus Granola

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

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Seasoned

Briannas

Real French Vinaigrette

Condiments (Cont'd)

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

Newman's Own Organic

Chocolate Creme Filled Cookies
Mint Creme Filled Cookies
Organic Chocolate Chip Cookies
Organic Orange 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
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Plain Kefir

Horizon

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

Dairy (Cont'd)

Lifeway

Fat Free Strawberry Kefir

Stonyfield Farm

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, 6 oz
Organic Low Fat Caramel Yogurt
Organic Low Fat Plain Yogurt, 32 oz
Organic Low Fat Vanilla, 32 oz
Organic Raspberry Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothies, 4 pack
Organic Vanilla Yogurt Smoothie, 10 oz
Organic Wild Berry Yogurt Smoothie, 10 oz
YoBaby Banana/Vanilla Yogurt
YoBaby Blueberry/Apple Yogurt
YoBaby Peach/Pear Yogurt
YoBaby Plus Strawberry/Banana & Raspberry/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
Peach 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

Tapioca Pudding

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

Eden Foods

Organic Sesame Garlic Shitake

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Frozen Foods

365 Every Day Value™

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

Vanilla Ice Cream

Breyers

Mint Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

Frozen Foods (Cont'd)

Perfect Additions

Unsalted Beef Stock

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Original Blueberry Mini Waffles

Jams and Nut Butters

Cascadian Farm

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

Im Health

Crunchy Soy Nut Butter

St. Dalfour

Black Cherry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Pasta

365 Every Day Value™

No Boil Lasagna

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Mild Salsa

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses