

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

White Plains Store, Northeast 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 Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Baking Needs (Cont'd)

Bakers

- Unsweetened Baking Chocolate

Chatfields

- Cocoa Powder

Fearn

- Raw Wheat Germ

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Shiloh Farms

- Coarse Bran

Beverages

365 Every Day Value™

Club Soda
Fresh Squeezed Grapefruit Juice
Fresh Squeezed Orange Juice
Italian Lemon Sparkling Water
Italian Sparkling Orange/Lime/Pink Grapefruit Water
Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Bionaturae

Organic Apricot Nectar Juice

Ceres Fruit Juices

Guava Juice

Droste

Imported Cocoa

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice
Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Martinellis

Apple Juice

Bread

365 Organic Every Day Value™

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

B&C Bakehouse

Organic Whole Wheat Dinner Rolls

Berli

Spelt Bread
Sprouted Spelt Bread
White Spelt Bread

Bread (Cont'd)

Food For Life

Bran Bread
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

Nature's Path

Carrot Raisin Bread

Shiloh Farms

7 Grain Bread
No Salt 7 Grain Sprouted Bread

Vermont Bread

Cinnamon Raisin Bread
Oatmeal Bread
Old Fashioned White Bread
Organic Oat Bread
Organic Spelt Bread
Organic Wheat Bread
Sprouted Wheat Bread
Sunflower Sesame Bread
Whole Wheat Bread
Whole Wheat Sourdough Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers
Yellow Roasted Peppers

Eden Foods

Adzuki Beans
Black Beans
Cannellini Beans

Canned Goods (Cont'd)

Eden Foods

- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Pinto Beans

Minerva

- Whole Roasted Chestnuts

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

Bob's Red Mill

- Rolled Hot 10 Grain Cereal
- Thick Rolled Oats

Erewhon

- Maple Oatmeal

Cereal (Cont'd)

Health Valley

- Cranberry Crunch Cereal

Kashi

- Cinna-Raisin Crunch Cereal

Nature's Path

- Hemp Plus Granola

Old Wessex

- Oat Bran Hot Cereal

Us Mill

- Uncle Sam Cereal

Cheese

Organic Valley

- Organic Mozzarella

Vermont Butter-Cheese

- Quark Cheese

Chips, Pretzels and Snacks

Bearitos

- No Salt Tortilla Chips

Boston Popcorn

- Lite Popcorn

Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Mothers

- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

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

ConSORZIO

Baja Lime Marinade

Golds

Mustard with Horseradish

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Hain Pure Food

Light Safflower Mayonnaise

Nathans New York

Deli Mustard

Newman's Own

Steak Sauce

The Ojai Cook

Light Lemonaise

Westbrae

Dijon Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Brent And Sams

Chocolate Chip Cookies
Chocolate Chip Pecan Cookies

Destrooper

Crisp Butter Wafers

Health Valley

Apple Cobbler Cereal Bars
Fat Free Blueberry Cereal Bars
Fat Free Chocolate Chip Granola Bars
Strawberry Cereal Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
Montana's Chocolate Chip Cookies

Cookies and Snack Bars (Cont'd)

Mi-Del

Chocolate Snap Cookies

Midel

Vanilla Snap Cookies

Newman's Own Organic

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

Shady Maple

Organic Honey Waffles
Organic Maple Waffles

Walkerscottish Cookies

Shortbread Fingers
Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame
Brown Rice Snaps, Unsalted Sesame
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Scand

Bran Crispbread

Dairy

Calabro

Fat Free Ricotta

Coach Dairy

Goat Milk Blueberry Yogurt Drink
Goat Milk Yogurt Drink

Dairy (Cont'd)

Coach Dairy

Strawberry Yogurt Drink

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

Horizon

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

Parmalat

1% Milk

2% Low Fat Milk

Skim Milk

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 Cream Top Strawberries & Cream Yogurt, 6 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 Fat Free Strawberry Yogurt, Fruit on the Bottom, 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 Plain Yogurt, 6 oz

Organic Low Fat Strawberry Yogurt, 32 oz

Organic Low Fat Vanilla Yogurt

Organic Low Fat Vanilla, 32 oz

Organic O'Soy Strawberry/Peach Yogurt, 6-pack

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

Organic Wild Berry Yogurt Smoothies, 4 pack

YoBaby Banana/Vanilla Yogurt

YoBaby Blueberry/Apple Yogurt

YoBaby Drinkable Yogurt, Banana

YoBaby Drinkable Yogurt, Peach

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

Blueberry Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

Whole Soy

Soy Yogurt - Strawberry

Vanilla Soy Yogurt

Zausner

Whipped Cream Cheese

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Bascoms

Large Pearl Tapioca

Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

Rice Select

Risotto Rice

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

Frozen Foods (Cont'd)

Breyers

Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

Soy Boy

Tofu Ravioli

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

Rice Select

Brown Rice Sesame Thins

Jasmati White Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread

Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread

Organic Blackberry Fruit Spread

Organic Blueberry Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

Im Health

Creamy Soy Nut Butter

Creamy Soy Nut Butter with Honey

Crunchy Soy Nut Butter

Joyva Corp.

Sesame Tahini

Jams and Nut Butters (Cont'd)

Oskri Organics

Organic Tahini

St. Dalfour

Black Raspberry Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Plum Preserves

Red Raspberry Preserves

Strawberry Preserves

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Bionaturae

Organic Bilberry Fruit Nectar

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Tinkyada

Brown Rice Spaghetti

Sauces, Salsas and Dips

Green Mountain Gringo

Garlic Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Jardines

Texacante Salsa

Soups

Health Valley

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Split Pea Soup - No Salt

Vegetable Soup - No Salt

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses