

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Westport 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

Lake Champlain Chocolates

- Unsweetened Cocoa

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

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

Hersheys Chocolate

- 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

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

French Meadow Bakery

- European Sourdough Rye Bread

Nature's Path

- Carrot Raisin Bread

Nejames

- Crispbread

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

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

Canned Goods (Cont'd)

Eden Foods

- Adzuki Beans
- Black Beans
- Cannellini Beans
- 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

Cereal (Cont'd)

Erewhon

- Maple Oatmeal

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

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic

Condiments (Cont'd)

365 Organic Every Day Value™

Croutons, Seasoned

Golds

Mustard with Horseradish

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Hain Pure Food

Light Safflower Mayonnaise

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

Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

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

Mi-Del

Chocolate Snap Cookies

Cookies and Snack Bars (Cont'd)

Midel

Vanilla Snap Cookies

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic Espresso Chocolate Chip Cookies

Organic Orange Chocolate Chip Cookies

Organic O's Cookies

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

Nejames

Original Crispbread

Scand

Bran Crispbread

Dairy

Calabro

Fat Free Ricotta

Coach Dairy

Goat Milk Blueberry Yogurt Drink

Goat Milk Yogurt Drink

Strawberry Yogurt Drink

Dairy (Cont'd)

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 1% Low Fat

Lactaid Milk, 2%

Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

Parmalat

1% Milk

2% Low Fat Milk

Stonyfield Farm

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

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 Vanilla Yogurt

Dairy (Cont'd)

Stonyfield Farm

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

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

Desserts (Cont'd)

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

Rice Select

Risotto Rice

Ethnic Foods

Eden Foods

Organic Sesame Garlic Shitake

Edward & Sons

Brown Rice Snaps, Tamari Seaweed
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 Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries

Ben And Jerrys

Deep Dark Chocolate Ice Cream
Vanilla Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt
Mango Sorbet
Orchard Peach Sorbet
Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Frozen Foods (Cont'd)

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

Semchi

Premium White Rice

Jams and Nut Butters

Cascadian Farm

Organic Blackberry Fruit Spread
Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Hero

Blackberry Fruit Preserves
Peach Fruit Preserves

Im Health

Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey
Crunchy Soy Nut Butter

Joyva Corp.

Sesame Tahini

Kimes Apple Butter

Unsweetened Apple Butter

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade

Jams and Nut Butters (Cont'd)

St. Dalfour

- 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

Prepared Foods

Rapunzel

- No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

Jardines

- Peach Medium Salsa
- Texacante Salsa

Soups

Health Valley

- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Mushroom Barley Soup - No Salt
- No Salt Chicken Broth
- Organic Tomato No Salt Soup
- Potato Leek Soup - No Salt
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Wholesome Foods

- Organic Blackstrap Molasses