

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Bend Store, Pacific Northwest 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, Peach
- YoBaby Peach/Pear Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Mothers

- Toasted Wheat Germ

Beverages

365 Every Day Value™

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

Droste

- Imported Cocoa

Knudsen

- Low Sodium Veggie Juice

Lakewood Juice

- Organic Pure Carrot Juice

Looza Fruit Juices

- Mango Nectar Juice

Martinellis

- Apple Juice

Beverages (Cont'd)

Orangina

Sparkling Citrus Beverage

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Food For Life

Ezekiel Bread, Low Salt

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

Canned Goods

Crown Prince

Baby Water Clams

Eden Foods

Adzuki Beans

Cannellini Beans

Kidney Beans

Navy Beans

Organic Black Soy Beans

Pinto Beans

Marin Food Specialties

Marinated Artichoke Hearts

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

Canned Goods (Cont'd)

Westbrae

Organic Black Beans

Organic Garbanzo Beans

Organic Kidney Beans

Organic Pinto Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Bamboo Shoots, Sliced

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

Water Chestnuts, Whole

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

Nature's Path

Hemp Plus Granola

Old Wessex

Oat Bran Hot Cereal

Perky's

Nutty Rice Cereal

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

Garden Of Eatin

Red Corn Chips
Salted Blue Corn Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

Newman's Own Organic

Unsalted Round Pretzels

Newman's Own Organics

Pretzel Nuggets

Condiments

365 Organic Every Day Value™

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

Briannas

Real French Vinaigrette

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Kinnikinnick

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

Newman's Own Organic

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

Shady Maple

Organic Honey Waffles

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Onion Garlic
Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame
Brown Rice Snaps, Unsalted Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Vegetable

Dairy

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir
Organic Vanilla Kefir

Horizon

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz
Organic Cream Top French Vanilla Yogurt, 32 oz
Organic Low Fat Caramel Yogurt
Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Strawberry Yogurt, 32 oz
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 Wild Berry Yogurt Smoothie, 10 oz
YoBaby Banana/Vanilla Yogurt
YoBaby Blueberry/Apple Yogurt
YoBaby Drinkable Yogurt, Peach
YoBaby Peach/Pear Yogurt
YoKids Squeezers Cherry/Berry Blitz
YoKids Squeezers Screamin' Strawberry

Dairy (Cont'd)

Stonyfield Farm

- 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

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Vanilla Pudding

Entrees and Mixes

Fantastic Foods

- Whole Wheat Couscous

Ethnic Foods

365 Every Day Value™

- Bamboo Shoots, Sliced
- Water Chestnuts, Whole

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

Haagen-Dazs

- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

Vans

- Original Blueberry Mini Waffles

Jams and Nut Butters

Bionaturae

- Organic Peach Fruit Spread

Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blackberry Fruit Spread
- Organic Blueberry Fruit Spread

Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

Joyva Corp.

- Sesame Tahini

St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Orange Marmalade
- Peach Preserves
- Plum Preserves
- Red Raspberry Preserves
- Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

365 Organic Every Day Value™

Lasagne

Tinkyada

Brown Rice Spaghetti

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Chile Salsa

Medium Salsa

Mild Salsa

Soups

Health Valley

Lentil Soup - No Salt

Minestrone Soup - No Salt

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

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses