

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Laurelhurst 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 Drinkable Yogurt, Banana
- YoBaby Peach/Pear Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Bakers

- Unsweetened Baking Chocolate

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

Knudsen

- Low Sodium Veggie Juice

Beverages (Cont'd)

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™

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

Food For Life

Organic 7 Grain 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

Low Salt Kipper Snacks

Eden Foods

Adzuki Beans
Black Beans
Cannellini Beans
Garbanzo Beans
Navy Beans
Organic Black Soy Beans
Pinto Beans

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans
Organic Kidney Beans
Organic Pinto Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin
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
Rolled Hot 7 Grain Cereal
Thick Rolled Oats

Nature's Path

Hemp Plus Granola
Organic Puffed Corn Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

Garden Of Eatin

Red Corn Chips
Salted Blue Corn Chips

Condiments

365 Organic Every Day Value™

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

Briannas

Real French Vinaigrette

Condiments (Cont'd)

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Cookies and Snack Bars

Kinnikinnick

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

Newman's Own Organic

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

Crackers

Edward & Sons

Brown Rice Snaps, Onion Garlic
Brown Rice Snaps, Tamari Seaweed
Brown Rice Snaps, Tamari Sesame

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir
Organic Vanilla Kefir

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz
Organic Raspberry Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothie, 10 oz
Organic Vanilla Yogurt Smoothie, 10 oz
Organic Wild Berry Yogurt Smoothie, 10 oz
YoBaby Drinkable Yogurt, Banana
YoBaby Peach/Pear Yogurt
YoKids Squeezers Cherry/Berry Blitz
YoKids Squeezers Screamin' Strawberry

Dairy (Cont'd)

Stonyfield Farm

YoKids Strawberry Vanilla Raspberry 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

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

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

365 Organic Every Day Value™

Crinkle Cuts
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries

Frozen Foods (Cont'd)

Haagen-Dazs

Mango Sorbet
Vanilla Frozen Yogurt

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread

Joyva Corp.

Sesame Tahini

St. Dalfour

Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Red Raspberry Preserves

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

Medium Salsa

Soups

Health Valley

Minestrone Soup - No Salt
Organic Tomato No Salt Soup
Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses