

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Portland 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 Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Fearn

- Raw Wheat Germ

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
- Italian Strawberry Sparkling Water

Droste

- Imported Cocoa

Knudsen

- Low Sodium Veggie Juice

Beverages (Cont'd)

Lakewood Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Martinellis

Apple Juice

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

Millet Rice Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Baby Water Clams

Low Salt Kipper Snacks

Canned Goods (Cont'd)

Divina

Sweet Roasted Peppers

Eden Foods

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo 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

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

Cereal (Cont'd)

Barbara's Bakery

Honey Rice Puffins Cereal

Bob's Red Mill

Rolled Hot 10 Grain Cereal

Thick Rolled Oats

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Organic Puffed Corn Cereal

Perky's

Nutty Flax Cereal

Nutty Rice Cereal

Us Mill

Uncle Sam Cereal

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

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

Condiments (Cont'd)

Annie's Naturals

Thousand Island Dressing

Briannas

Real French Vinaigrette

Hain Pure Food

Light Safflower Mayonnaise

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Brent And Sams

Chocolate Chip Cookies

Health Valley

Strawberry Cereal Bars

Heavens Scent

Angelica Double Chocolate Cookies

Spice Windmill Cookies

Thumb-Print Fudge Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic Double Chocolate Mint Chip Cookies

Organic Espresso Chocolate Chip Cookies

Organic Orange Chocolate Chip Cookies

Organic O's Cookies

Shady Maple

Organic Honey Waffles

Organic Maple Waffles

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

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

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir
Organic Vanilla Kefir

Horizon

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

Lifeway

Fat Free Strawberry Kefir

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 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 Vanilla Yogurt
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

Dairy (Cont'd)

Stonyfield Farm

YoBaby Banana/Vanilla Yogurt
YoBaby Blueberry/Apple Yogurt
YoBaby Peach/Pear Yogurt
YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
YoKids Strawberry Vanilla Raspberry Yogurt

White Wave

Blueberry Soy Yogurt
Peach Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Soy Yogurt - Strawberry
Vanilla Soy Yogurt

Dairy Alternatives

Westsoy

Light Plain Soy Beverage

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

Ethnic Foods

365 Every Day Value™

Bamboo Shoots, Sliced
Water Chestnuts, Whole

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

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™

- 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

Breyers

- Mint Chocolate Ice Cream

Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Orchard Peach Sorbet

Reeds Ginger Brew

- Ginger Green Tea Ice Cream

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Jams and Nut Butters

Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blackberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Strawberry Fruit Spread

Joyva Corp.

- Sesame Tahini

St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves

Jams and Nut Butters (Cont'd)

St. Dalfour

- Four Fruit 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

Sauces, Salsas and Dips

Green Mountain Gringo

- Hot 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

Wholesome Foods

Organic Blackstrap Molasses