

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



West Vancouver 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.

Beverages

365 Every Day Value™

Club Soda

Ceres Fruit Juices

Guava Juice

Papaya Juice

Bread

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Seasoned

Food For Life

Ezekiel Bread, Low Salt

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Bread (Cont'd)

Food For Life

Sprouted Ezekiel Tortillas

Kinnikinnick

Many Wonder Multigrain Rice Bread

Pizza Crusts, 7 Inch

Raisin Tapioca Rice Bread

Nature's Path

Carrot Raisin Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Cereal

Bob's Red Mill

Rolled Hot 7 Grain Cereal

Nature's Path

Ginger Zing Granola

Hemp Plus Granola

Organic Puffed Corn Cereal

Condiments

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Seasoned

Briannas

Real French Vinaigrette

The Ojai Cook

Light Lemonaise

Cookies and Snack Bars

Arico

Double Chocolate Cookies

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Key Lime White Chocolate Cookies

Oatmeal Raisin Cookies

White Chocolate Macadamia Cookies

Country Choice

Chocolate Creme Sandwich Cookies

Vanilla Creme Sandwich Cookies

Kinnikinnick

Ginger Snap Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

Walkerscottish Cookies

Assorted Shortbread

Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Crackers (Cont'd)

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Organic Brown Rice Snaps, Black Sesame

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Nejaimes

Original Crispbread

Desserts

Kozy Shack

Rice Pudding

Tapioca Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Frozen Foods

365 Organic Every Day Value™

Crinkle Cuts

Kinnikinnick

Many Wonder Multigrain Rice Bread

Pizza Crusts, 7 Inch

Raisin Tapioca Rice Bread

Jams and Nut Butters

Hero

Raspberry Fruit Preserves

St. Dalfour

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Plum Preserves

Red Raspberry Preserves

Strawberry Preserves

Pasta

Tinkyada

Brown Rice Spaghetti

Sauces, Salsas and Dips

Jardines

Texacante Salsa

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses