

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Metcalf Store, Rocky Mountain 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 Drinkable Yogurt, Banana
- YoBaby Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Mothers

- Toasted Wheat Germ

Baking Needs (Cont'd)

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

- Club Soda
- Fresh Squeezed Grapefruit Juice
- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

Ceres Fruit Juices

- Papaya Juice

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

Vruit

Berry Veggie Juice

Bread

365 Organic Every Day Value™

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

Food For Life

Cinnamon Raisin Bread
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

Pacific Bakery

Kamut 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

Eden Foods

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

Marin Food Specialties

Marinated Artichoke Hearts

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

Cereal (Cont'd)

Bob's Red Mill

Rolled Hot 5 Grain Cereal
Rolled Hot 7 Grain Cereal

Nature's Path

Hemp Plus Granola

Perky's

Nutty Rice Cereal

Cheese

Alta Dena Dairy

Raw Milk Goat Cheese

Organic Valley

Organic Mozzarella

Vermont Butter-Cheese

Quark Cheese

Chips, Pretzels and Snacks

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

Mothers

Salt & Butter Popped Corn Cakes

Newman's Own Organics

Pretzel Nuggets

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

Grey Poupon

Dijon Mustard

The Ojai Cook

Light Lemonaise

Westbrae

Stoneground Mustard
Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Brent And Sams

Chocolate Chip Pecan Cookies

Health Valley

Fat Free Apple Cinnamon Tarts
Fat Free Blueberry Cereal Bars
Fat Free Raspberry Tarts
Strawberry Cereal Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
S'moreables Graham Style Crackers

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

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, Toasted Onion
Organic Brown Rice Snaps, Vegetable

Health Valley

Low Fat Cracked Pepper Crackers
Low Fat Sesame Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Plain Kefir
Organic Vanilla Kefir

Horizon

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

Lactaid

Lactaid Milk, 2%
Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

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 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

Dairy (Cont'd)

Stonyfield Farm

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 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 Strawberry Yogurt, 32 oz
Organic Low Fat Vanilla Yogurt
Organic Low Fat Vanilla, 32 oz
Organic O'Soy Strawberry/Peach Yogurt, 6-pack
Organic Raspberry Yogurt Smoothie, 10 oz
Organic Strawberry Yogurt Smoothies, 4 pack
Organic Vanilla Yogurt Smoothie, 10 oz
Organic Wild Berry Yogurt Smoothies, 4 pack
YoBaby Banana/Vanilla Yogurt
YoBaby Drinkable Yogurt, Banana
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

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Peach Soy Yogurt
Plain Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Plain Soy Yogurt
Vanilla Soy Yogurt

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

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™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

Ben And Jerrys

- Vanilla Ice Cream

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Frozen Foods (Cont'd)

Vans

- Mini Waffles
- Original Blueberry Mini Waffles

Grains and Rice

Rice Select

- Brown Rice Sesame Thins
- Jasmati White Rice
- White Rice

Jams and Nut Butters

Bionaturae

- Organic Peach Fruit Spread
- Organic Plum Fruit Spread
- Organic Wild Berry Fruit Spread

Cascadian Farm

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

Im Health

- Creamy Soy Nut Butter
- Organic Soy Nut Butter

Joyva Corp.

- Sesame Tahini

St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Peach Preserves
- Red Raspberry Preserves

Nutritional Supplements

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

Garlic Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Soups

Health Valley

Minestrone Soup - No Salt

No Salt Chicken Broth

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

Sweeteners

Plantation Molasses

Blackstrap Molasses