

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Westminster 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 Blueberry/Apple Yogurt
- YoBaby Peach/Pear Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Mothers

- Toasted Wheat Germ

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

Beverages (Cont'd)

Droste

- Imported Cocoa

Knudsen

- Low Sodium Veggie Juice

Lakewood Juice

- Organic Pure Carrot Juice

Martinellis

- Apple Juice

Bread

365 Organic Every Day Value™

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

Bread (Cont'd)

Food For Life

Bran Bread
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel 4:9 Sesame Bread
Organic Ezekiel Bread
Sprouted Ezekiel Tortillas

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Eden Foods

Adzuki Beans
Garbanzo Beans

Santa Cruz Organic

Cinnamon Applesauce Cup

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
Bamboo Shoots, Sliced
Solid White Albacore Tuna w/No Salt Added
Tongol Tuna, No Salt
Tongol Tuna, with Salt

Cereal

365 Organic Every Day Value™

High Fiber Cereal

Barbara's Bakery

Honey Rice Puffins Cereal

Cereal (Cont'd)

Bob's Red Mill

Thick Rolled Oats

Nature's Path

Hemp Plus Granola

Old Wessex

Oat Bran Hot Cereal

Perky's

Nutty Flax Cereal
Nutty Rice Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

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

Annie's Naturals

Thousand Island Dressing

Westbrae

Dijon Mustard
Stoneground Mustard

Cookies and Snack Bars

Health Valley

Apple Cobbler Cereal Bars

Newman's Own Organic

Alphabet Cinnamon Cookies

Organic O's Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Organic Raspberry Yogurt

Organic Strawberry Yogurt

Strawberry Milk, Single Serve

Stonyfield Farm

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

Organic Fat Free Plain Yogurt, 6 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Plain Yogurt, 6 oz

Organic Low Fat Vanilla Yogurt

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 Vanilla Yogurt Smoothie, 10 oz

Organic Wild Berry Yogurt Smoothies, 4 pack

YoBaby Banana/Vanilla Yogurt

Dairy (Cont'd)

Stonyfield Farm

YoBaby Blueberry/Apple Yogurt

YoBaby Peach/Pear Yogurt

YoKids Squeezers Cherry/Berry Blitz

YoKids Strawberry Vanilla Raspberry Yogurt

White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Oetker

Organic Chocolate Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

Rice Select

Risotto Rice

Ethnic Foods

365 Every Day Value™

Bamboo Shoots, Sliced

Frozen Foods

365 Every Day Value™

Frozen Fruit Whole Strawberries

365 Organic Every Day Value™

Crinkle Cuts

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Frozen Wild Blueberries

Ben And Jerrys

Deep Dark Chocolate Ice Cream

Haagen-Dazs

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

Grains and Rice

Rice Select

Brown Rice Sesame Thins

Jams and Nut Butters

Joyva Corp.

Sesame Tahini

St. Dalfour

Black 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

Mild Salsa

Soups

Health Valley

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