

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Durham Store, South 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Chatfields

Cocoa Powder

Fearn

Raw Wheat Germ

Mothers

Toasted Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Beverages (Cont'd)

365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Ceres Fruit Juices

Guava Juice

Droste

Imported Cocoa

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™

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

Berli

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

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

Canned Goods

Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

Divina

- Sweet Roasted Peppers

Eden Foods

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Kidney Beans
- 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
- Water Chestnuts, Sliced

Canned/Jarred Goods (Cont'd)

365 Organic Every Day Value™

- Black Beans

Cereal

365 Organic Every Day Value™

- High Fiber Cereal
- Oat & Honey Granola

Bob's Red Mill

- Rolled Hot 5 Grain Cereal
- Thick Rolled Oats

Kashi

- Cinna-Raisin Crunch Cereal

Nature's Path

- Hemp Plus Granola

Cheese

Organic Valley

- Organic Mozzarella

Chips, Pretzels and Snacks

Garden Of Eatin

- Black Bean Chili Chips
- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Kettle Chips

- No Salt Potato Chips

Condiments

365 Organic Every Day Value™

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

Annie's Naturals

- Thousand Island Dressing

Westbrae

- Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Country Choice

Vanilla Creme Sandwich Cookies

Hain Pure Food

Chocolate Animal Cookies

Midel

Lemon Snap Cookies

Vanilla Snap Cookies

Newman's Own Organic

Alphabet Chocolate Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic Espresso Chocolate Chip Cookies

Organic Orange Chocolate Chip Cookies

Organic O's Cookies

Shady Maple

Organic Maple Waffles

Crackers

Stacy's

Cinnamon Sugar Pitas

Simply Naked Bagel Chips

Simply Naked Pita

Dairy

365 Every Day Value™

2% Milk

Skim Milk

Erivan Yogurt

Plain Yogurt

Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

Lactaid

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Dairy (Cont'd)

Stonyfield Farm

Cherry and Berry Squeeze Yogurt

Non Fat Apricot Mango Yogurt

Non Fat Blueberry Yogurt

Non Fat Chocolate Yogurt

Non Fat French Vanilla Yogurt

Non Fat Plain Yogurt

Non Fat Raspberry Yogurt

Non Fat Strawberry Yogurt

Organic Low Fat Caramel Yogurt

Organic Low Fat Just Peachy Yogurt

Organic Low Fat Plain Yogurt

Organic Low Fat Raspberry Yogurt Smoothie

Organic Low Fat Strawberry Yogurt Smoothie

Organic Plain Yogurt

Organic Strawberry Cream Yogurt

Organic Vanilla Yogurt

Organic Wild Blueberry Yogurt

Strawberry Peach Yogurt

Strawberry Squeeze Yogurt

White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

Whole Soy

Plain Soy Yogurt

Soy Yogurt - Strawberry

Vanilla Soy Yogurt

Dairy Alternatives

365 Organic Every Day Value™

Soy milk, Unsweetened

Westsoy

Plus Plain Soy Beverage

Vanilla Plus Soy Beverage

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Entrees and Mixes

Rice Select

- Risotto Rice

Ethnic Foods

365 Every Day Value™

- Bamboo Shoots, Sliced
- Water Chestnuts, Sliced

Eden Foods

- Organic Sesame Garlic Shitake

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™

- Crinkle Cuts
- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Potatoes O'Brien

Ben And Jerrys

- Deep Dark Chocolate Ice Cream
- Vanilla Ice Cream

Frozen Foods (Cont'd)

Rice Dream

- Vanilla Rice Dream Beverage

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Original Blueberry Mini Waffles

Grains and Rice

Rice Select

- Brown Rice Sesame Thins
- White Rice

Jams and Nut Butters

365 Every Day Value™

- Fruit Spread Imported Apricot
- Fruit Spread Imported Black Cherry
- Fruit Spread Imported Blackberry
- Fruit Spread Imported Raspberry
- Fruit Spread Imported Strawberry

Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread

Cascadian Farm

- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

Im Health

- Organic Soy Nut Butter

Joyva Corp.

- Sesame Tahini

Kimes Apple Butter

- Unsweetened Apple Butter

St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

Soups

Health Valley

Lentil Soup - No Salt

Minestrone Soup - No Salt

No Salt Chicken Broth

Organic Tomato No Salt Soup

Split Pea Soup - No Salt

Vegetable Soup - No Salt

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses