

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

Ah!Laska

Organic Chocolate Syrup

Chatfields

Cocoa Powder

Ener-G

Egg Replacement

Rice Bran

Fearn

Raw Wheat Germ

Jaclyns Food

Organic Whole Wheat Plain Bread Crumbs

Mothers

Toasted Wheat Germ

Baking Needs (Cont'd)

Scharffenberger

Unsweetened Baking Chocolate Bar

Sunspire/Sunlight

Carob Chips Unsweetened

Beverages

365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

Club Soda

Cola

Cranberry Cocktail Juice

Fresh Squeezed Grapefruit Juice

Ginger Ale

Italian Strawberry Sparkling Water

Key Lime Soda

Orange Creme Soda

Orange Juice

Orange Juice High Pulp

Beverages (Cont'd)

365 Every Day Value™

Raspberry Soda
Root Beer Soda
Ruby Red Grapefruit Juice

365 Organic Every Day Value™

Apple Cranberry Juice
Apple Juice
Cranberry Juice Cocktail
Red Grape Juice
Rice Milk, Vanilla

Bionaturae

Organic Plum Nectar Juice

Ceres Fruit Juices

Guava Juice

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Orangina

Sparkling Citrus Beverage

Vruit

Apple Carrot Juice
Berry Veggie Juice

Bread

365 Organic Every Day Value™

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

Berli

Sprouted Spelt Bread
White Spelt Bread

Ener-G

Brown Rice Bread
White Rice Bread

Bread (Cont'd)

Food For Life

Brown Rice Bread - Gluten & Wheat Free
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial Bread
Organic Ezekiel 4:9 Sesame Bread
Organic Ezekiel Bread
Raisin Pecan Bread - Gluten & Wheat Free
Rice Almond Bread - Wheat Free
Sprouted Ezekiel Tortillas

Whole Kitchen™

Organic Blue Corn 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
Navy Beans
Organic Black Soy Beans
Pinto Beans

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Organic Blackberry Applesauce

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin
Apricot Halves in Pear Juice
Bamboo Shoots, Sliced
Black Beans, No Salt Added
Garbanzo Beans, No Salt Added
Kidney Beans, No Salt Added
Solid White Albacore Tuna w/No Salt Added

Canned/Jarred Goods (Cont'd)

365 Every Day Value™

Tongol Tuna, No Salt
Tongol Tuna, with Salt
Water Chestnuts, Sliced
Water Chestnuts, Whole

365 Organic Every Day Value™

Black Beans
Cinnamon Applesauce
Coconut Milk
Diced Tomatoes, No Salt Added
Garbanzo Beans
Italian Cherry Tomatoes with Basil
Italian Whole Peeled Tomatoes with Basil
Kidney Beans

Cereal

365 Organic Every Day Value™

Golden Flax Flakes
Hearty Whole Grain Toasted O's
High Fiber Cereal
Oat & Honey Granola

Arrowhead Mills

Organic Kamut Flakes
Organic Spelt Flakes
Organic Sweetened Shredded Wheat Cereal

Barbara's Bakery

Honey Rice Puffins Cereal
Shredded Wheat

Bob's Red Mill

Mighty Tasty Gluten Free Hot Cereal
Rolled Hot 10 Grain Cereal
Rolled Hot 5 Grain Cereal
Rolled Hot 7 Grain Cereal

Cascadian Farm

Granola - Oats & Honey
Multigrain Squares

EnviroKidz

Amazon Frosted Flakes Cereal
Koala Krisp Cereal - Organic

Cereal (Cont'd)

Erewhon

Fat Free Rice Cereal

Familia

Muesli - No Sugar

Kashi

7 Grain Puffed Kashi
Cinna-Raisin Crunch Cereal
Go Lean Cereal
Go Lean Crunch Cereal
Heart to Heart Cereal
Honey Puffed Kashi

Mcanns

Instant Oatmeal
Irish Tin Oatmeal
Oatmeal

Nature's Path

Apple Cinnamon Oatmeal
Flax 'n Oats Oatmeal
Fruit Juice Sweetened Corn Flakes
Ginger Zing Granola
Hemp Plus Granola
Heritage Flakes
Heritage O's Cereal
Hot Cereal - Variety Pack
Maple Nut Oatmeal
Millet Rice Flakes
Muesli - Mesa Sunrise
Muesli - Mesa Sunrise Multigrain
O's Cereal
Optimum Slim Cereal
Organic 8 Grain Flakes
Organic Fruit Juice Sweetened Corn Flakes
Organic Heritage Flakes
Organic Honey'd Sweetened Cornflakes

Pacific Grain

Nutty Rice Cereal

Quinoa Corp

Organic Quinoa Flakes

Us Mill

Uncle Sam Cereal

Cheese

Soyco Foods

Grated Rice Parmesan

Chips, Pretzels and Snacks

365 Every Day Value™

Tortilla Chips White Salted

365 Organic Every Day Value™

Tortilla Chips Blue Salted

Tortilla Chips White Salted

Barbara's Bakery

Jalapeno Cheese Puffs

Bearitos

No Oil Microwave Popcorn

No Salt Microwave Popcorn

No Salt White Tortilla Chips

Food Should Taste Good

Multi-Grain Tortilla Chips

Olive Tortilla Chips

Garden Of Eatin'

Black Bean Chili Chips

Blue Corn Sesame Chips

Salted Blue Corn Chips

Green Mountain Gringo

Tortilla Chips

Guiltless Gourmet

No Salt Baked Chips

Kettle Chips

Honey Dijon Potato Chips

No Salt Potato Chips

Lundberg Farms

Honey Nut Rice Cakes

Low Sodium Plain Brown Rice Cakes

No Salt Organic Brown Rice Cakes

Organic Salted Popcorn Rice Cakes

Organic Wild Rice Cakes

Nana's

Yellow Tortilla Chips

Newman's Own Organic

Unsalted Round Pretzels

Chips, Pretzels and Snacks (Cont'd)

Robert's American Gourmet

Pirate's Booty

Puffed Rice/Corn Veggie Booty

Smart Puffs

Terra

Blue Potato Chips

Original Chips

Sweet Potato Chips

Sweet Potato Spiced Chips

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Dijon Mustard

German Mustard

Worcestershire Sauce

Annie's Naturals

Balsamic Vinaigrette

Low Fat Raspberry Vinaigrette

Organic Green Garlic Dressing

Thousand Island Dressing

Follow Your Heart

Vegenaise

Vegenaise Sandwich Spread

Nasoya Foods

Fat Free Nayonnaise

Tofu Nayonnaise

Spectrum

Canola Lite Mayonnaise

Canola Mayonnaise

Westbrae

Stoneground Mustard

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

- Fig Bar Cookies
- Honey Roasted Granola Bar
- Honey Roasted Trail Mix Bar
- Lemon Wafers

Barbara's Bakery

- Blueberry Multigrain Cereal Bars
- Cherry Multigrain Cereal Bars
- Wheat Free Fig Bars
- Wheat Free Oatmeal Snackanimals
- Wheat Free Oatmeal Snackimals Cookies

Country Choice

- Vanilla Creme Sandwich Cookies

EnviroKidz

- Cheetah Berry Crispy Rice Bars
- Koala Chocolate Crispy Rice Bars
- Panda Peanut Butter Crispy Rice Bars

Health Valley

- Apple Cobbler Cereal Bars
- Strawberry Cereal Bars

Kind Fruit & Nut Bars

- Walnut & Date

LaraBar

- Cherry Pie Bar

Maya

- Organic Chocolate Bar
- Organic Chocolate Coffee Bar
- Organic Chocolate Mint Bar
- Organic Chocolate Orange Bar

Midel

- Arrowroots Animal Cookies - Gluten Free
- Gingersnaps
- Lemon Snap Cookies
- Mini Pecan Cookies - Gluten Free
- Vanilla Snap Cookies

Nana's

- No Gluten Chocolate Crunch Cookies
- No Gluten Ginger Cookie
- Oatmeal Raisin Cookies

Cookies and Snack Bars (Cont'd)

Newman's Own Organic

- Alphabet Chocolate 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

Pamela's Products

- Chocolate Chip Walnut Cookies
- Ginger Brown Rice Cookies
- Shortbread Butter Cookies

Shady Maple

- Organic Maple Waffles

Walkerscottish Cookies

- Shortbread Tails

Crackers

365 Every Day Value™

- Seaweed Rice Crackers
- Unsalted Tops Saltines
- Wasabi Rice Crackers

Barbara's Bakery

- Organic Wheatines

Edward & Sons

- No Salt Organic Brown Rice Snaps
- Organic Brown Rice Snaps - Vegetable Low Salt/Fat

Finn Crisp

- Dark Crispbread

Health Valley

- Health Valley Rice Bran Crackers

Hol Grain

- No Salt Rice Crackers

Kavli

- Crispbread

Ryvit

- Dark Crispbread
- High Fiber Crispbread
- Sesame Rye Crispbread

Crackers (Cont'd)

Sesmark Foods

Brown Rice Thins

Stacy's

Cinnamon Sugar Pitas
Simply Naked Bagel Chips
Simply Naked Pita
Simply Naked Pita Chips

Wasa Crispbread

Hearty Rye Crispbread

Dairy

365 Every Day Value™

2% Milk
Skim Milk

365 Organic Every Day Value™

Butter
Unsalted Butter

Cedar's Mediterranean Food Inc

Garlic Lovers Hummus
Tomato Basil Hummus
Vegetable Hummus

Coach Dairy

Goat Milk Yogurt Drink

Erivan Yogurt

Plain Yogurt

Helios Nutrition

Organic Plain Kefir
Organic Vanilla Kefir

Lactaid

Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

Stonyfield Farm

Cherry and Berry Squeeze Yogurt
Non Fat Apricot Mango Yogurt
Non Fat Blueberry Yogurt
Non Fat Chocolate Yogurt

Dairy (Cont'd)

Stonyfield Farm

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 Low Fat Tropical Fruit 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

Soy Yogurt - Cherry
Soy Yogurt - Lemon
Soy Yogurt - Peach
Soy Yogurt - Raspberry
Soy Yogurt - Strawberry
Vanilla Soy Yogurt

Dairy Alternatives

365 Organic Every Day Value™

Rice Milk, Vanilla
Soy milk, Unsweetened

Blue Diamond

Almond Breeze - Chocolate
Almond Breeze - Original
Almond Breeze - Vanilla

Dairy Alternatives (Cont'd)

Imagine Foods

Soy Dream Original

Pacific Foods

Hazelnut Beverage

Vanilla Almond Milk

Rice Dream

Enriched Chocolate

Organic Enriched Original

Rice Dream Vanilla

Soyco Foods

Grated Rice Parmesan

Vitasoy

Vitasoy Light Vanilla

Vitasoy Original

Vitasoy Vanilla

Westsoy

Low Fat Vanilla Rice Drink

Plus Plain Soy Beverage

Vanilla Plus Soy Beverage

Westsoy No Fat Vanilla

Westsoy Original

Westsoy Plain Low Fat Calcium

White Wave

Chai Silk Soy Beverage

Chocolate Silk Soy Beverage

Non Dairy Plain Beverage

Non Dairy Vanilla Soy Beverage

Plain 1% Silk Soy Beverage

Plain Silk Soy Beverage - Aseptic

Vanilla Silk Soy Beverage

Vanilla Silk Soy Beverage - Aseptic

Desserts

365 Every Day Value™

Chocolate Soy Cream

Vanilla Soy Cream

Ah!Laska

Organic Chocolate Syrup

Desserts (Cont'd)

Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Energy and Nutrition Bars/Drinks

365 Organic Every Day Value™

Honey Roasted Granola Bar

Honey Roasted Trail Mix Bar

LaraBar

Cherry Pie Bar

Maya

Organic Chocolate Bar

Organic Chocolate Coffee Bar

Organic Chocolate Mint Bar

Organic Chocolate Orange Bar

Entrees and Mixes

Bob's Red Mill

Vegetable Protein

Ener-G

Rice Bran

Near East

Couscous

Rice Select

Risotto Rice

Ethnic Foods

365 Every Day Value™

Asian Stir Fry

Bamboo Shoots, Sliced

Water Chestnuts, Sliced

Water Chestnuts, Whole

365 Organic Every Day Value™

Blue Corn Taco Shells

Coconut Milk

Ethnic Foods (Cont'd)

365 Organic Every Day Value™

Yellow Corn Taco Shells

Sushi Sonic

Wasabi Horseradish

Frozen Foods

365 Every Day Value™

Asian Stir Fry
Broccoli Florettes
Chocolate Soy Cream
Crinkle Cut Fries
Cut Okra
Edamame Pods
Frozen Chopped Spinach
Frozen Cut Corn
Frozen Fruit Whole Raspberries
Frozen Fruit Whole Strawberries
Frozen Sliced Peaches
Mixed Vegetables
Shelled Edamame Beans, Blanched
Shredded Hashbrowns
Vanilla Soy Cream

365 Organic Every Day Value™

Asparagus Spears
Crinkle Cuts
Cut Green Beans
Edamame Pods
Frozen Berry Blend
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Supersweet Corn
Frozen Wild Blueberries
Mixed Vegetables
Peas & Carrots
Potatoes O'Brien
Shelled Edamame Beans
Shoestring Potatoes
Sugar Snap Peas
Super Sweet White Corn

Frozen Foods (Cont'd)

Amy's

Organic Strawberry Toaster Pops

Ben And Jerrys

Deep Dark Chocolate Ice Cream

Rice Dream

Rice Dream - Vanilla Swiss Almond
Vanilla Rice Dream Beverage

Soy Delicious

Chunky Mint Soy Frozen Dessert
Vanilla Soy Frozen Dessert

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vans

Original Blueberry Mini Waffles

Whole Catch™

Sea Scallops

Grains and Rice

Kashi

7 Grain Kashi Pilaf

Rice Select

Brown Rice Sesame Thins
White Rice

Jams and Nut Butters

365 Every Day Value™

Creamy Peanut Butter
Crunchy Peanut Butter
Fruit Spread Imported Apricot
Fruit Spread Imported Black Cherry
Fruit Spread Imported Blackberry
Fruit Spread Imported Raspberry
Fruit Spread Imported Strawberry

Cascadian Farm

Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Joyva Corp.

Sesame Tahini

Jams and Nut Butters (Cont'd)

Kimes Apple Butter

Unsweetened Apple Butter

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Strawberry Preserves

Meat Alternatives

365 Organic Every Day Value™

Extra Firm Tofu
Firm Tofu

Morinu

Firm Tofu - Organic

Nasoya Foods

Extra Firm Tofu - Organic
Firm Tofu - Organic
Silken Tofu - Organic
Soft Tofu - Organic

Nutritional Supplements

Bionaturae

Organic Bilberry Fruit Nectar

Whole Foods Market™

Daily without Iron
Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Organic Every Day Value™

Dried Apricots
Dried Cherries
Dried Cranberries & Apples
Dried Fruit Delight Mix
Hulabaloo Mix
Roasted & Salted Soynuts
Roasted & Unsalted Soynuts
Thompson Raisins

Nuts, Seeds and Dried Fruits (Cont'd)

Whole Kids Organic™

Raisins - 6 pk
Seedless Thompson Raisins

Oils

365 Organic Every Day Value™

Expeller Pressed Canola Oil

Pasta

365 Every Day Value™

No Boil Lasagna
Pasta, Fusilli
Spaghetti

365 Organic Every Day Value™

Lasagne
Spaghetti

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Enricos Sauces

Mild Picante Salsa

Green Mountain Gringo

Chile Salsa
Hot Salsa
Medium Salsa
Mild Salsa

Seafood

Whole Catch™

Sea Scallops

Soups

365 Organic Every Day Value™

Low Sodium Chicken Broth

Soups (Cont'd)

Health Valley

- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- No Salt Chicken Broth
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Shelton's

- Chicken Broth Low Salt, Low Fat

Sweeteners

Plantation Molasses

- Blackstrap Molasses

Wholesome Foods

- Organic Blackstrap Molasses