

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Glendale Store, Southern Pacific 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 Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Fearn

- Raw Wheat Germ

Lake Champlain Chocolates

- Unsweetened Cocoa

Baking Needs (Cont'd)

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda

Beverages (Cont'd)

365 Every Day Value™

Orange Creme Soda
Raspberry Soda
Root Beer Soda

Bionaturae

Organic Apricot Nectar Juice
Organic Pear Nectar Juice

Knudsen

Low Sodium Veggie Juice

Martinellis

Apple Juice

Orangina

Sparkling Citrus Beverage

Bread

365 Organic Every Day Value™

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

Food For Life

Bran Bread
Cinnamon Raisin Bread
Ezekiel Bread, Low Salt
Organic 7 Grain Bread
Organic Ezekial 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

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

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

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

Bob's Red Mill

Rolled Hot 10 Grain Cereal

Cereal (Cont'd)

Erewhon

Maple Oatmeal

Health Valley

Fiber 7 Flakes

Oat Bran Flakes Cereal

Oat Bran with Raisin Flakes

Organic Blue Corn Flakes

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Organic Puffed Corn Cereal

Us Mill

Uncle Sam 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

Hain Pure Food

Caramel Popcorn Cakes

Kettle Brand®

Potato Chips, Unsalted 5 oz

Newman's Own Organic

Unsalted Round Pretzels

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

Grey Poupon

Dijon Mustard

The Ojai Cook

Light Lemonaise

Westbrae

Dijon Mustard

Stoneground Mustard

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Abigails

Ginger Snap Cookies

Arico

Double Chocolate Cookies

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Key Lime White Chocolate Cookies

Oatmeal Raisin Cookies

Health Valley

Apple Cobbler Cereal Bars

Dutch Apple Granola Bars

Fat Free Apple Cinnamon Tarts

Fat Free Blueberry Apple Granola Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Fat Free Raspberry Tarts

Fat Free Strawberry Tarts

Fat Free Sweet Cherry Tarts

Oat Bran Graham Crackers

Cookies and Snack Bars (Cont'd)

Health Valley

Peanut Crunch Granola Bar
Strawberry Cereal Bars
Wild Berry Granola Bar

Heavens Scent

Premium Chocolate Chip Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
Montana's Chocolate Chip Cookies

Mi-Del

Chocolate Snap Cookies

Midel

Lemon Snap Cookies
Vanilla Snap Cookies

Newman's Own Organic

Chocolate Creme Filled Cookies
Organic Chocolate Chip Cookies
Organic Double Chocolate Mint Chip Cookies
Organic Espresso Chocolate Chip Cookies
Organic Orange Chocolate Chip Cookies
Organic O's Cookies

Shady Maple

Organic Honey Waffles

St Amour

Low Fat Cinnamon Cookies
Low Fat Lemon Vanilla Cookies
Praline Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Onion Garlic
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, Cheddar
Organic Brown Rice Snaps, Toasted Onion

Crackers (Cont'd)

Edward & Sons

Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Health Valley

Fat Free Vegetable Crackers

Dairy

Friendship

No Salt Cottage Cheese

Helios Nutrition

Organic Plain Kefir
Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve

Lactaid

Lactaid Milk, 2%
Lactaid Milk, Whole

Lifeway

Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 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
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

Dairy (Cont'd)

Stonyfield Farm

- 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 Strawberry Yogurt Smoothie, 10 oz
- Organic Vanilla Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothies, 4 pack
- YoBaby Banana/Vanilla Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt
- YoKids Squeezers Cherry/Berry Blitz
- YoKids Squeezers Screamin' Strawberry
- YoKids Strawberry BaNilla Blast 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

White Wave

- Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Desserts (Cont'd)

Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Vanilla Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Entrees and Mixes

Fantastic Foods

- Whole Wheat Couscous

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™

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

Ben And Jerrys

- Vanilla Ice Cream

Breyers

- Mint Chocolate Ice Cream

Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Orchard Peach Sorbet

Frozen Foods (Cont'd)

Haagen-Dazs

Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Vans

Mini Waffles
Original Blueberry Mini Waffles

Jams and Nut Butters

Im Health

Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey
Organic Soy Nut Butter

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Peach Preserves
Plum Preserves
Red Raspberry Preserves
Strawberry 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

Hot Salsa
Medium Salsa

Soups

Health Valley

5 Bean Soup- Fat Free
Black Bean Soup - No Salt
Corn & Vegetable Soup- Fat Free
Lentil Soup - No Salt
Minestrone Soup - No Salt
Mushroom Barley Soup - No Salt
Organic Black Bean No Salt Soup
Organic Tomato No Salt Soup
Potato Leek Soup - No Salt
Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses