

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Paradise Valley 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 Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

Mothers

- Toasted Wheat Germ

Baking Needs (Cont'd)

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
- Raspberry Soda
- Root Beer Soda

Beverages (Cont'd)

Ceres Fruit Juices

- Guava Juice
- Papaya Juice

Knudsen

- Low Sodium Veggie Juice

Martinellis

- Apple 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 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

- Cannellini Beans
- Garbanzo Beans
- Organic Black Soy Beans
- Pinto Beans

Canned Goods (Cont'd)

Marin Food Specialties

- Marinated Artichoke Hearts

Santa Cruz Organic

- Cinnamon Applesauce Cup

Westbrae

- Organic Black Beans
- Organic Garbanzo Beans
- Organic Kidney Beans

Canned/Jarred Goods

365 Every Day Value™

- 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 5 Grain Cereal
- Rolled Hot 7 Grain Cereal
- Thick Rolled Oats

Erewhon

- Maple Oatmeal

Kashi

- Cinna-Raisin Crunch Cereal

Nature's Path

- Hemp Plus Granola

Cheese

Alta Dena Dairy

- Raw Milk Goat Cheese

Cheese (Cont'd)

Organic Valley

Organic Mozzarella

Chips, Pretzels and Snacks

Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

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

Briannas

Real French Vinaigrette

Grey Poupon

Dijon Mustard

Newman's Own

Steak Sauce

Westbrae

Dijon Mustard

Stoneground Mustard

Unsweetened Un-Ketchup

Cookies and Snack Bars

Abigails

Ginger Snap Cookies

Brent And Sams

Chocolate Chip Cookies

White Chocolate Macadamia Cookies

Cookies and Snack Bars (Cont'd)

Health Valley

Amaranth Graham Crackers

Fat Free Blueberry Apple Granola Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Fat Free Strawberry Tarts

Fat Free Sweet Cherry Tarts

Oat Bran Graham Crackers

Strawberry Cereal Bars

Heavens Scent

Chocolate Sandwich Cookies

Thumb-Print Fudge Cookies

Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

S'moreables Graham Style Crackers

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic Double Chocolate Mint Chip Cookies

Organic O's Cookies

Walkerscottish Cookies

Shortbread Rounds

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, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Crackers (Cont'd)

Health Valley

- Fat Free Vegetable Crackers
- Fat Free Whole Wheat Crackers
- Low Fat Sesame Crackers

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Helios Nutrition

- Organic Plain Kefir

Lactaid

- Lactaid Milk, 2%

Lifeway

- Fat Free Strawberry Kefir

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
- 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 Caramel Yogurt
- Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 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

Dairy (Cont'd)

Stonyfield Farm

- 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
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- 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
- 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 Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

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

Haagen-Dazs

Mango Sorbet
Vanilla Frozen Yogurt

Stonyfield Farm

Vanilla Fudge Frozen Yogurt

Vans

Original Blueberry Mini Waffles

Jams and Nut Butters

Im Health

Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey
Crunchy Soy Nut Butter

Jams and Nut Butters (Cont'd)

Im Health

Organic Soy Nut Butter

St. Dalfour

Black Cherry Preserves
Blackcurrant Preserves
Blueberry Preserves
Orange Marmalade
Peach Preserves
Plum Preserves
Red Raspberry Preserves

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

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

Black Bean Soup - No Salt
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