

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Raintree 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 Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Fearn

- Raw Wheat Germ

Mothers

- Toasted Wheat Germ

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

Looza Fruit Juices

- Mango Nectar Juice

Martinellis

- Apple Juice

Bread

365 Organic Every Day Value™

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

Bread (Cont'd)

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

Nature's Path

- Carrot Raisin Bread
- Millet Rice 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

Santa Cruz Organic

- Cinnamon Applesauce Cup
- Organic Blackberry Applesauce

Westbrae

- Organic Black Beans
- Organic Pinto Beans

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin
- 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

Health Valley

- Oat Bran Flakes Cereal
- Organic Golden Flax Cereal

Kashi

- Cinna-Raisin Crunch Cereal

Perky's

- Nutty Rice Cereal

Cheese

Alta Dena Dairy

- Raw Milk Goat Cheese

Organic Valley

- Organic Mozzarella

Chips, Pretzels and Snacks

Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Kettle Brand®

- Potato Chips, Unsalted 5 oz

Condiments

365 Organic Every Day Value™

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

Annie's Naturals

- Thousand Island Dressing

Briannas

- Real French Vinaigrette

Cookies and Snack Bars

Health Valley

Amaranth Graham Crackers
Fat Free Blueberry Cereal Bars
Strawberry Cereal Bars

Heavens Scent

Spice Windmill Cookies

Kinnikinnick

KinniKritters Animal Cookies
KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies

Newman's Own Organic

Mint Creme Filled Cookies

Crackers

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

Dairy

Helios Nutrition

Organic Peach Kefir
Organic Plain Kefir

Horizon

Chocolate Milk, Single Serve

Lactaid

Lactaid Milk, 2%

Lifeway

Fat Free Strawberry Kefir

Stonyfield Farm

Organic Cream Top French Vanilla Yogurt, 32 oz
Organic Cream Top Strawberries & Cream Yogurt,
6 oz
Organic Fat Free Chocolate Underground Yogurt, 6
oz

Dairy (Cont'd)

Stonyfield Farm

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, 6 oz
Organic Low Fat Strawberry Yogurt, 32 oz
Organic Low Fat Vanilla Yogurt
Organic Low Fat Vanilla, 32 oz
Organic Strawberry Yogurt Smoothies, 4 pack
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 Blueberry/Apple 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

Blueberry Soy Yogurt
Peach Soy Yogurt
Vanilla Soy Yogurt

Whole Soy

Soy Yogurt - Strawberry
Vanilla Soy Yogurt

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding
Rice Pudding

Desserts (Cont'd)

Kozy Shack

Tapioca Pudding

Oetker

Organic Chocolate Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

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 Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Ben And Jerrys

Vanilla Ice Cream

Breyers

Mint Chocolate Ice Cream

Jams and Nut Butters

Joyva Corp.

Sesame Tahini

St. Dalfour

Blackcurrant Preserves

Blueberry Preserves

Red Raspberry 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

Mild Salsa

Soups

Health Valley

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

Potato Leek Soup - No Salt

Vegetable Soup - No Salt

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses