

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Torrance 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

365 Every Day Value™

- 100% Pure Pumpkin

Baking Needs (Cont'd)

Chatfields

- Cocoa Powder

Fearn

- Raw Wheat Germ

Lake Champlain Chocolates

- Unsweetened Cocoa

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water

Beverages (Cont'd)

Ceres Fruit Juices

Guava Juice
Papaya Juice

Knudsen

Low Sodium Veggie Juice

Looza Fruit Juices

Mango Nectar Juice

Martinellis

Apple Juice

Orangina

Sparkling Citrus Beverage

Vruit

Berry Veggie Juice

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 Ezekiel 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

Pacific Bakery

Kamut Bread

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Eden Foods

Adzuki Beans
Black Beans
Garbanzo Beans
Kidney Beans
Navy Beans
Organic Black Soy Beans
Pinto Beans

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup
Organic Blackberry Applesauce

Westbrae

Organic Black Beans
Organic Garbanzo Beans
Organic Kidney 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 10 Grain Cereal
Rolled Hot 5 Grain Cereal
Thick Rolled Oats

Cereal (Cont'd)

Erewhon

Maple Oatmeal

Health Valley

Cranberry Crunch Cereal

Fiber 7 Flakes

Oat Bran Flakes Cereal

Organic Amaranth Flakes

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Organic Puffed Corn Cereal

Perky's

Nutty Flax Cereal

Nutty Rice 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

Black Bean Chili Chips

Red Corn 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

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

Consorzio

Baja Lime Marinade

Hain Pure Food

Light Safflower Mayonnaise

Newman's Own

Steak Sauce

Westbrae

Dijon Mustard

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Barbara's Bakery

Cherry Apple Fruit & Yogurt Bars

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Key Lime White Chocolate Cookies

White Chocolate Macadamia Cookies

Health Valley

Apple Cobbler Cereal Bars

Dutch Apple Granola Bars

Fat Free Apple Cinnamon Tarts

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Fat Free Raspberry Tarts

Fat Free Strawberry Tarts

Oat Bran Graham Crackers

Strawberry Cereal Bars

Cookies and Snack Bars (Cont'd)

Heavens Scent

Angelica Vanilla Cookies
Thumb-Print Fudge Cookies

Kinnikinnick

Montana's Chocolate Chip Cookies

Midel

Lemon Snap Cookies

Newman's Own Organic

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

St Amour

Low Fat Cinnamon Cookies
Low Fat Lemon Vanilla Cookies
Praline Cookies
Rock and Roll Chocolate 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
Organic Brown Rice Snaps, Black Sesame
Organic Brown Rice Snaps, Cheddar
Organic Brown Rice Snaps, Toasted Onion
Organic Brown Rice Snaps, Unsalted Plain
Organic Brown Rice Snaps, Vegetable

Health Valley

Fat Free Vegetable Crackers
Fat Free Whole Wheat Crackers
Low Fat Cracked Pepper Crackers
Low Fat Sesame Crackers

Crackers (Cont'd)

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Plain Kefir
Organic Vanilla Kefir

Horizon

Chocolate Milk, Single Serve
Organic Neufchatel Spreadable Cheese
Organic Raspberry Yogurt
Organic Strawberry Yogurt
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%
Lactaid Milk, Whole

Lifeway

Fat Free Raspberry Kefir
Fat Free Strawberry Kefir

Stonyfield Farm

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 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 Low Fat Caramel Yogurt
Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
Organic Low Fat Plain Yogurt, 32 oz
Organic Low Fat Strawberry Yogurt, 32 oz
Organic Low Fat Vanilla, 32 oz
Organic O'Soy Strawberry/Peach Yogurt, 6-pack
Organic Strawberry Yogurt Smoothies, 4 pack

Dairy (Cont'd)

Stonyfield Farm

- 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

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

Breyers

- Mint Chocolate Ice Cream

Haagen-Dazs

- Vanilla Frozen Yogurt

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

Vans

- Mini Waffles
- Original Blueberry Mini Waffles

Jams and Nut Butters

Bionaturae

- Organic Blueberry Fruit Spread

Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter
- Organic Soy Nut Butter

St. Dalfour

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

Sauces, Salsas and Dips

Jardines

Peach 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

Split Pea Soup - No Salt

Vegetable Soup - No Salt