

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Wilshire Blvd 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 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

Mothers

- Toasted Wheat Germ

Beverages

365 Every Day Value™

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

Ceres Fruit Juices

- Papaya Juice

Knudsen

- Low Sodium Veggie Juice

Lakewood Juice

- Organic Pure Carrot Juice

Martinellis

- Apple Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
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

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Marin Food Specialties

Marinated Artichoke Hearts

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup
Organic Blackberry Applesauce

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

Cereal

365 Organic Every Day Value™

High Fiber Cereal
Oat & Honey Granola

Cereal (Cont'd)

Barbara's Bakery

Honey Rice Puffins Cereal

Bob's Red Mill

Rolled Hot 10 Grain Cereal
Rolled Hot 5 Grain Cereal
Thick Rolled Oats

Erewhon

Maple Oatmeal

Health Valley

Fiber 7 Flakes
Oat Bran with Raisin Flakes
Organic Amaranth Flakes
Organic Blue Corn Flakes
Organic Golden Flax Cereal

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola
Organic Puffed Corn Cereal

Old Wessex

Oat Bran Hot Cereal

Us Mill

Uncle Sam 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

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, Seasoned

Annie's Naturals

Thousand Island Dressing

Grey Poupon

Dijon Mustard

The Ojai Cook

Light Lemonaise

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

Brent And Sams

White Chocolate Macadamia Cookies

Midel

Lemon Snap Cookies

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

Walkerscottish Cookies

Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Organic Brown Rice Snaps, Black Sesame

Crackers (Cont'd)

Edward & Sons

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Helios Nutrition

Organic Peach Kefir

Organic Plain Kefir

Organic Vanilla Kefir

Horizon

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

Stonyfield Farm

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 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 Vanilla Yogurt

Organic O'Soy Strawberry/Peach Yogurt, 6-pack

Organic Wild Berry Yogurt Smoothies, 4 pack

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 Vanilla Raspberry Yogurt

Dairy (Cont'd)

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

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Entrees and Mixes

Fantastic Foods

- Whole Wheat Couscous

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 Foods (Cont'd)

365 Every Day Value™

- Frozen Sliced Peaches

365 Organic Every Day Value™

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

Ben And Jerrys

- Vanilla Ice Cream

Haagen-Dazs

- Coffee Frozen Yogurt
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

Reeds Ginger Brew

- Ginger Green Tea Ice Cream

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Jams and Nut Butters

Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

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

Mild Salsa

Soups

Health Valley

Lentil Soup - No Salt

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

No Salt Chicken Broth

Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes