

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Gateway Store, Southwest 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 Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt

Baking Needs

365 Every Day Value™

- 100% Pure Pumpkin

Fearn

- Raw Wheat Germ

Mothers

- Toasted Wheat Germ

Baking Needs (Cont'd)

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

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

Ceres Fruit Juices

- Guava Juice
- Papaya Juice

Beverages (Cont'd)

Droste

Imported Cocoa

Hersheys Chocolate

Cocoa

Knudsen

Low Sodium Veggie Juice

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 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

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Baby Water Clams

Low Salt Kipper Snacks

Canned Goods (Cont'd)

Eden Foods

Adzuki Beans

Black Beans

Cannellini Beans

Kidney Beans

Navy Beans

Organic Black Soy Beans

Pinto Beans

Santa Cruz Organic

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

Westbrae

Organic Garbanzo 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

Bob's Red Mill

Rolled Hot 7 Grain Cereal

Thick Rolled Oats

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Organic Puffed Corn Cereal

Old Wessex

Oat Bran Hot Cereal

Cereal (Cont'd)

Perky's

Nutty Rice 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

Mothers

No Salt Rice Cakes

Salt & Butter Popped Corn Cakes

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

Annie's Naturals

Thousand Island Dressing

Briannas

Real French Vinaigrette

Condiments (Cont'd)

Grey Poupon

Dijon Mustard

Hain Pure Food

Light Safflower Mayonnaise

The Ojai Cook

Light Lemonaise

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 Pecan Cookies

Health Valley

Apple Cobbler Cereal Bars

Strawberry Cereal Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Midel

Vanilla Snap Cookies

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Mint Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic Orange Chocolate Chip Cookies

Organic O's Cookies

Walkerscottish Cookies

Shortbread Fingers

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

Crackers (Cont'd)

Edward & Sons

- Brown Rice Snaps, Unsalted 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
- Low Fat Cracked Pepper Crackers
- Low Fat Sesame Crackers

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Helios Nutrition

- Organic Plain Kefir
- Organic Vanilla Kefir

Horizon

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

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

Dairy (Cont'd)

Stonyfield Farm

- Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
- Organic Low Fat Plain Yogurt, 32 oz
- Organic Low Fat Vanilla Yogurt
- Organic Low Fat Vanilla, 32 oz
- Organic O'Soy Strawberry/Peach Yogurt, 6-pack
- Organic Raspberry Yogurt Smoothie, 10 oz
- Organic Strawberry Yogurt Smoothie, 10 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 Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear 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

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

Santa Cruz Organic

- Organic Chocolate Syrup

Entrees and Mixes

Rice Select

- Risotto Rice

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

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

Grains and Rice

Rice Select

- Brown Rice Sesame Thins
- White Rice

Jams and Nut Butters

Bionaturae

- Organic Blueberry Fruit Spread
- Organic Plum Fruit Spread
- Organic Wild Berry Fruit Spread

Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blackberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Strawberry Fruit Spread

Im Health

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

Joyva Corp.

- Sesame Tahini

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

Bionaturae

- Organic Bilberry Fruit Nectar

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

Jardines

Peach Medium Salsa

Soups

Health Valley

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

No Salt Chicken Broth

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses