

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Lamar 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. INGREDIENTS CHANGE. This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Ah!Laska

Organic Chocolate Syrup

#### Ener-G

Egg Replacement

Potato Flour

Potato Flour (Fine)

Rice Bran

Tapioca Flour

#### Fearn

Raw Wheat Germ

#### Hain Featherweight

Low Salt Baking Powder

### Baking Needs (Cont'd)

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Pamela's Products

Ultra Chocolate Brownie Mix

#### Scharffenberger

Unsweetened Baking Chocolate Bar

#### Sunspire/Sunlight

Carob Chips Unsweetened

Chocolate Chips

Dark Organic Chocolate Chips

### Beverages

#### 365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

## **Beverages (Cont'd)**

### **365 Every Day Value™**

- Club Soda
- Cola
- Cranberry Cocktail Juice
- Fresh Squeezed Orange Juice
- Ginger Ale
- Italian Lemon Soda
- Italian Lemon Sparkling Water
- Italian Pink Grapefruit Soda
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Italian Tangerine Soda
- Key Lime Soda
- Orange Creme Soda
- Orange Juice
- Orange Juice High Pulp
- Orange Juice with Calcium
- Raspberry Soda
- Root Beer Soda
- Ruby Red Grapefruit Juice

### **365 Organic Every Day Value™**

- Apple Cranberry Juice
- Apple Juice
- Berry Juice
- Cherry Juice
- Cranberry Juice Cocktail
- Lemonade Juice
- Red Grape Juice

### **Droste**

- Imported Cocoa

### **Knudsen**

- Low Sodium Veggie Juice

### **Lakewood Juice**

- Organic Pure Carrot Juice

### **Lightfull Foods**

- Cafe Latte Smoothie
- Chocolate Satisfaction Smoothie
- Mango Oasis Smoothie
- Peachy Cream Smoothie

## **Beverages (Cont'd)**

### **Vruit**

- Apple Carrot Juice
- Berry Veggie Juice
- Orange Veggie Juice
- Tropical Blend Juice

## **Bread**

### **365 Organic Every Day Value™**

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

### **Alvarado Street Bakery**

- Sesame Seed Bagels
- Sprouted Sourdough Bread

### **Ener-G**

- Brown Rice Bread
- Tapioca Loaf
- White Rice Bread

### **Food For Life**

- Bran Bread
- Brown Rice Bread - Gluten & Wheat Free
- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread - Gluten & Wheat Free
- Rice Almond Bread - Wheat Free
- Rice Pecan Bread - Gluten & Wheat Free
- Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

- European Sourdough Rye Bread

### **Nature's Path**

- Carrot Raisin Bread
- Millet Rice Bread
- Rye Bread

## **Bread (Cont'd)**

### **Whole Kitchen™**

Organic Blue Corn Tortillas

## **Candy and Chocolate**

### **Innocent Chocolate**

Cherry Pecan Fingerlings

Dark Fingerlings

Mint Fingerlings

Peruvian Trail Fingerlings

Raw Chocolate INCA

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

Low Salt Kipper Snacks

### **Daves Albacore Tuna**

No Salt Fancy Salmon

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Pinto Beans

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

### **Westbrae**

Organic Black Beans

Organic Garbanzo Beans

Organic Kidney Beans

Organic Pinto Beans

## **Canned/Jarred Goods**

### **365 Every Day Value™**

100% Pure Pumpkin

Apricot Halves in Pear Juice

Bamboo Shoots, Sliced

Black Beans, No Salt Added

Garbanzo Beans, No Salt Added

Kidney Beans, No Salt Added

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

Water Chestnuts, Sliced

### **365 Organic Every Day Value™**

Black Beans

Cinnamon Applesauce

Coconut Milk

Coconut Milk, Lite

Diced Tomatoes, No Salt Added

Garbanzo Beans

Italian Cherry Tomatoes with Basil

Italian Whole Peeled Tomatoes with Basil

Kidney Beans

## **Cereal**

### **365 Organic Every Day Value™**

Golden Flax Flakes

Hearty Whole Grain Toasted O's

High Fiber Cereal

Oat & Honey Granola

### **Arrowhead Mills**

Amaranth Flakes Cereal

Bear Mush Hot Cereal

Organic Instant Oatmeal

Organic Kamut Flakes

Organic Shredded Wheat

Organic Spelt Flakes

Organic Sweetened Shredded Wheat Cereal

### **Barbara's Bakery**

Apple Cinnamon Toasted O's

Honey Rice Puffins Cereal

Organic Breakfast O's

Organic Brown Rice Crisps

Organic Fruity Punch Wild Puffs Cereal

Shredded Wheat

## Cereal (Cont'd)

### Bob's Red Mill

- Brown Rice Farina Creamy Cereal
- Mighty Tasty Gluten Free Hot Cereal
- Rolled Hot 10 Grain Cereal
- Rolled Hot 5 Grain Cereal
- Rolled Hot 8 Grain Cereal
- Thick Rolled Oats

### Cascadian Farm

- Granola - Oats & Honey
- Multigrain Squares

### EnviroKidz

- Amazon Frosted Flakes Cereal
- Koala Krisp Cereal - Organic

### Erewhon

- Fat Free Rice Cereal
- Organic Brown Rice Cereal
- Organic Raisin Bran Cereal

### Familia

- Muesli - No Sugar

### Farina

- Hot Wheat Cereal

### Kashi

- 7 Grain Puffed Kashi
- Cinna-Raisin Crunch Cereal
- Go Lean Cereal
- Go Lean Crunch Cereal
- Heart to Heart Cereal
- Honey Puffed Kashi

### Lundberg Farms

- Organic Pure Creamy Rice Cereal

### McCanns

- Irish Tin Oatmeal
- Oatmeal

### Nature's Path

- Apple Cinnamon Oatmeal
- Flax 'n Oats Oatmeal
- Hemp Plus Granola
- Heritage O's Cereal
- Hot Cereal - Variety Pack
- Maple Nut Oatmeal
- Muesli - Mesa Sunrise Multigrain

## Cereal (Cont'd)

### Nature's Path

- Multigrain Oat Bran Flakes
- Oat Bran Millet Rice Flakes
- Optimum Slim Cereal
- Organic 8 Grain Flakes
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Heritage Flakes
- Organic Honey'd Sweetened Cornflakes
- Organic Puffed Corn Cereal
- Organic Puffed Millet Cereal

### Quinoa Corp

- Organic Quinoa Flakes

## Cheese

### Alta Dena Dairy

- Raw Milk Goat Cheese

### Organic Valley

- Organic Mozzarella

### Soyco Foods

- Grated Rice Parmesan

## Chips, Pretzels and Snacks

### 365 Every Day Value™

- Tortilla Chips White Salted

### 365 Organic Every Day Value™

- Tortilla Chips Blue Salted
- Tortilla Chips White Salted

### Arico

- Sea Salt Mist Cassava Chips

### Barbara's Bakery

- Jalapeno Cheese Puffs
- Original Cheese Puffs

### Bearitos

- No Oil Microwave Popcorn
- No Salt Microwave Popcorn
- No Salt Tortilla Chips
- Salted White Tortilla Chips

## **Chips, Pretzels and Snacks (Cont'd)**

### **Eden Foods**

Brown Rice Crisps

### **Food Should Taste Good**

Chocolate Tortilla Chips

Jalapeno Tortilla Chips

Multi-Grain Tortilla Chips

Olive Tortilla Chips

### **Garden Of Eatin**

Blue Corn Sesame Chips

Cantina White Chips

Salted Blue Corn Chips

Totopos Chili Lime Chips

### **Grainaissance**

Organic Mochi

Raisin Cinnamon Bread

Sesame Garlic Mochi

### **Guiltless Gourmet**

No Salt Baked Chips

### **Kettle Chips**

Honey Dijon Potato Chips

No Salt Potato Chips

### **Lundberg Farms**

Brown Rice Cakes

Buttery Caramel Rice Cakes

Honey Nut Rice Cakes

Low Sodium Plain Brown Rice Cakes

No Salt Brown Rice Cakes

No Salt Organic Brown Rice Cakes

Organic Wild Rice Cakes

### **Newman's Own Organic**

Light Microwave Popcorn

No Butter No Salt Microwave Popcorn

Unsalted Round Pretzels

### **Robert's American Gourmet**

Pirate's Booty

Pirate's Booty Snack Bag

Puffed Rice/Corn Veggie Booty

### **Terra**

Blue Potato Chips

Original Chips

Red Bliss Sundried Tomato Chips

## **Chips, Pretzels and Snacks (Cont'd)**

### **Terra**

Sweet Potato Chips

Sweet Potato Spiced Chips

Yukon Gold Potato Chips

## **Coffee and Tea**

### **365 Every Day Value™**

Ground French Vanilla Coffee

Ground Hazelnut Coffee

## **Condiments**

### **365 Every Day Value™**

Balsamic Vinegar ,5 Years Old

### **365 Organic Every Day Value™**

Balsamic Vinegar

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Dijon Mustard

German Mustard

Worcestershire Sauce

### **Annie's Naturals**

Balsamic Vinaigrette

Low Fat Raspberry Vinaigrette

### **Briannas**

Fat Free Lemon Tarragon Dressing

Real French Vinaigrette

### **Follow Your Heart**

Vegenaise

Vegenaise Sandwich Spread

### **Grey Poupon**

Dijon Mustard

### **Hain Pure Food**

Light Safflower Mayonnaise

### **Nasoya Foods**

Fat Free Nayonnaise

Tofu Nayonnaise

## Condiments (Cont'd)

### Spectrum

Canola Lite Mayonnaise  
Canola Mayonnaise  
Organic Mayonnaise

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard  
Unsweetened Un-Ketchup

### Whole Foods Market™

Tepin Black Bean Salsa

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies  
Honey Roasted Cranberry Delight Bar  
Honey Roasted Granola Bar  
Honey Roasted Trail Mix Bar  
Lemon Wafers  
Peanut Butter Cookies  
Sugar Cookies

### Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars  
Chocolate Chip Snackanimals  
Raspberry Fig Bars  
Traditional Fig Bars  
Triple Berry Multigrain Cereal Bars  
Wheat Free Fig Bars  
Wheat Free Oatmeal Snackanimals  
Wheat Free Oatmeal Snackimals Cookies  
Whole Wheat Fig Bars

### Brent And Sams

Chocolate Chip Cookies  
Oatmeal Raisin Cookies

### EnviroKidz

Cheetah Berry Crispy Rice Bars  
Koala Chocolate Crispy Rice Bars  
Panda Peanut Butter Crispy Rice Bars

### Health Valley

Apple Cobbler Cereal Bars  
Fat Free Apple Cinnamon Tarts

## Cookies and Snack Bars (Cont'd)

### Health Valley

Fat Free Blueberry Cereal Bars  
Fat Free Raspberry Tarts  
Fat Free Strawberry Tarts  
Fat Free Sweet Cherry Tarts  
Strawberry Cereal Bars

### Kind Fruit & Nut Bars

Walnut & Date

### Maya

Organic Chocolate Bar  
Organic Chocolate Coffee Bar  
Organic Chocolate Mint Bar  
Organic Chocolate Orange Bar

### Midel

Arrowroots Animal Cookies - Gluten Free  
Gingersnaps  
Vanilla Snap Cookies

### Nana's

No Gluten Chocolate Crunch Cookies  
No Gluten Ginger Cookie  
Oatmeal Raisin Cookies

### Nana's

No Gluten Lemon Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies  
Chocolate Creme Filled Cookies  
Mint Creme Filled Cookies  
Organic Chocolate Chip Cookies  
Organic Orange Chocolate Chip Cookies  
Organic O's Cookies

### Pamela's Products

Chocolate Chip Walnut Cookies  
Chunky Chocolate Chip Cookies - Wheat Free  
Ginger Brown Rice Cookies  
Lemon Shortbread - Wheat Free  
Peanut Butter Cookies  
Pecan Shortbread Cookies - Wheat Free  
Shortbread Swirls - Wheat Free

## **Cookies and Snack Bars (Cont'd)**

### **Walkerscottish Cookies**

Shortbread Fingers

### **Crackers**

#### **365 Every Day Value™**

Seaweed Rice Crackers

Unsalted Tops Saltines

Wasabi Rice Crackers

#### **Barbara's Bakery**

Organic Wheatines

#### **Edward & Sons**

Brown Rice Sesame Snaps - Fat Free No Salt

Fat Free Tamari Sesame Brown Rice Snaps

No Salt Organic Brown Rice Snaps

Organic Brown Rice Snaps - Vegetable Low Salt/Fat

Toasted Onion Organic Brown Rice Snaps

#### **Hain Pure Food**

Oyster Crackers

#### **Health Valley**

Fat Free Vegetable Crackers

Low Fat Cracked Pepper Crackers

#### **Kavli**

5 Grain Crackers

Crispbread

#### **Ryvit**

Dark Crispbread

Rye Lite Crispbread

#### **Stacy's**

Cinnamon Sugar Pitas

Simply Naked Bagel Chips

Simply Naked Pita

Simply Naked Pita Chips

#### **Wasa Crispbread**

Fiber Plus Crispbread

Golden Rye Crispbread

Light Rye Crispbread

## **Dairy**

### **365 Organic Every Day Value™**

Butter

Unsalted Butter

### **Cedar's Mediterranean Food Inc**

Garlic Lovers Hummus

Tomato Basil Hummus

Vegetable Hummus

### **Earth Balance**

Soy Garden Margarine

### **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

### **Organic Valley**

Organic Neufchatel

### **Stonyfield Farm**

Cherry and Berry Squeeze Yogurt

Non Fat Apricot Mango Yogurt

Non Fat Blueberry Yogurt

Non Fat Chocolate Yogurt

Non Fat French Vanilla Yogurt

Non Fat Plain Yogurt

Non Fat Raspberry Yogurt

Non Fat Strawberry Yogurt

Organic Low Fat Caramel Yogurt

Organic Low Fat Just Peachy Yogurt

Organic Low Fat Plain Yogurt

Organic Low Fat Raspberry Yogurt Smoothie

Organic Low Fat Strawberry Yogurt Smoothie

Organic Low Fat Tropical Fruit Yogurt Smoothie

Organic Plain Yogurt

Organic Strawberry Cream Yogurt

Organic Vanilla Yogurt

Organic Wild Blueberry Yogurt

Strawberry Peach Yogurt

Strawberry Squeeze 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 - Blueberry
- Soy Yogurt - Cherry
- Soy Yogurt - Lemon
- Soy Yogurt - Peach
- Soy Yogurt - Raspberry
- Soy Yogurt - Strawberry

## Dairy Alternatives

### 365 Organic Every Day Value™

- Soy milk, Unsweetened

### Blue Diamond

- Almond Breeze - Chocolate
- Almond Breeze - Original
- Almond Breeze - Vanilla

### Grainassance

- Almond Amazake

### Imagine Foods

- Soy Dream Original
- Soy Dream Vanilla

### Pacific Foods

- Hazelnut Beverage
- Original Oat Beverage
- Vanilla Almond Milk

### Rice Dream

- Enriched Chocolate
- Organic Enriched Original
- Rice Dream Vanilla

### Soyco Foods

- Grated Rice Parmesan

### Westsoy

- Vanilla Plus Soy Beverage
- Westsoy Low Fat Vanilla Calcium

## Dairy Alternatives (Cont'd)

### Westsoy

- Westsoy No Fat Vanilla
- Westsoy Plain Low Fat Calcium

### White Wave

- Chai Silk Soy Beverage
- Chocolate Silk Soy Beverage
- Non Dairy Plain Beverage
- Non Dairy Vanilla Soy Beverage
- Plain 1% Silk Soy Beverage
- Plain Silk Soy Beverage - Aseptic
- Vanilla Silk Soy Beverage
- Vanilla Silk Soy Beverage - Aseptic

## Desserts

### 365 Every Day Value™

- Chocolate Soy Cream
- Vanilla Soy Cream

### Ah!Laska

- Organic Chocolate Syrup

### Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Energy and Nutrition Bars/Drinks

### 365 Organic Every Day Value™

- Honey Roasted Cranberry Delight Bar
- Honey Roasted Granola Bar
- Honey Roasted Trail Mix Bar

### Grainassance

- Almond Amazake

### Maya

- Organic Chocolate Bar
- Organic Chocolate Coffee Bar
- Organic Chocolate Mint Bar
- Organic Chocolate Orange Bar

## Entrees and Mixes

### Bob's Red Mill

Vegetable Protein

### Ener-G

Rice Bran

### Fantastic Foods

Whole Wheat Couscous

### Near East

Couscous

### Organic Bistro Whole Life Meals

Savory Turkey Entree

Sockeye Salmon Cakes Entree

### Organic Bistro Whole Life Meals

Chicken Citron

Ginger Chicken Entree

Pescado Veracruz Entree

Wild Salmon Entree

### Rice Select

Risotto Rice

## Ethnic Foods

### 365 Every Day Value™

Asian Stir Fry

Bamboo Shoots, Sliced

Water Chestnuts, Sliced

### 365 Organic Every Day Value™

Blue Corn Taco Shells

Coconut Milk

Coconut Milk, Lite

## Frozen Foods

### 365 Every Day Value™

Asian Stir Fry

Broccoli Florettes

Chocolate Soy Cream

Crinkle Cut Fries

Cut Okra

Edamame Pods

Frozen Chopped Spinach

Frozen Cut Corn

Frozen Fruit Whole Raspberries

Frozen Fruit Whole Strawberries

## Frozen Foods (Cont'd)

### 365 Every Day Value™

Frozen Sliced Peaches

Mixed Vegetables

Shelled Edamame Beans, Blanched

Shredded Hashbrowns

Vanilla Soy Cream

### 365 Organic Every Day Value™

Asparagus Spears

Crinkle Cuts

Cut Green Beans

Edamame Pods

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Supersweet Corn

Frozen Wild Blueberries

Mixed Vegetables

Peas & Carrots

Potatoes O'Brien

Shelled Edamame Beans

Shoestring Potatoes

Sugar Snap Peas

Super Sweet White Corn

### Alvarado Street Bakery

Sesame Seed Bagels

Sprouted Sourdough Bread

### Ben And Jerrys

Vanilla Ice Cream

### Cascadian Farm

Country Style Potatoes

Organic Hash Browns

### Haagen-Dazs

Coffee Frozen Yogurt

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### Imagine Foods

Lil' Dream - Chocolate - Organic

Lil' Dream - Vanilla - Organic

## Frozen Foods (Cont'd)

### Organic Bistro Whole Life Meals

- Savory Turkey Entree
- Sockeye Salmon Cakes Entree

### Organic Bistro Whole Life Meals

- Chicken Citron
- Ginger Chicken Entree
- Pescado Veracruz Entree
- Wild Salmon Entree

### Rice Dream

- Vanilla Rice Dream Beverage

### Soy Delicious

- Almond Pecan Soy Frozen Dessert
- Chunky Mint Soy Frozen Dessert
- Vanilla Soy Frozen Dessert

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

### Whole Catch™

- Sea Scallops

## Grains and Rice

### Lundberg Farms

- Countrywild Brown Rice
- Organic Basmati Brown Rice
- Organic Basmati Rice
- Wild Blend Brown Rice

### Rice Select

- Brown Rice Sesame Thins
- Jasmati White Rice

## Jams and Nut Butters

### 365 Every Day Value™

- Creamy Peanut Butter
- Crunchy Peanut Butter

## Jams and Nut Butters (Cont'd)

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

### Hero

- Apricot Fruit Preserves
- Black Cherry Fruit Preserves
- Blackberry Fruit Preserves
- Raspberry Fruit Preserves

### Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Plum Preserves
- Strawberry Preserves

## Meat Alternatives

### 365 Organic Every Day Value™

- Extra Firm Tofu
- Firm Tofu

### Nasoya Foods

- Extra Firm Tofu - Organic
- Firm Tofu - Organic
- Silken Tofu - Organic
- Soft Tofu - Organic

## Nutritional Supplements

### Bionaturae

Organic Bilberry Fruit Nectar

### Whole Foods Market™

Daily without Iron

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Organic Every Day Value™

Diced Dried Apples

Dried Apricots

Dried Cherries

Dried Cranberries

Dried Cranberries & Apples

Dried Fruit Delight Mix

Hulabaloo Mix

Roasted & Unsalted Soynuts

Thompson Raisins

### Whole Kids Organic™

Raisins - 6 pk

Seedless Thompson Raisins

## Oils

### 365 Organic Every Day Value™

Expeller Pressed Canola Oil

Olive Oil Imported

## Pasta

### 365 Every Day Value™

No Boil Lasagna

Pasta, Capellini

Pasta, Fusilli

Pasta, Linguine

Pasta, Penne Rigate

Spaghetti

Tri-color Fusilli

### 365 Organic Every Day Value™

Lasagne

Linguine

Penne Rigate

Spaghetti

Whole Wheat Fusilli

Whole Wheat Linguine

## Pasta (Cont'd)

### 365 Organic Every Day Value™

Whole Wheat Penne Rigate

Whole Wheat Shells

Whole Wheat Spaghetti

## Prepared Foods

### Rapunzel

No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Green Mountain Gringo

Medium Salsa

### Jardines

Peach Medium Salsa

### Whole Foods Market™

Tepin Black Bean Salsa

## Seafood

### Whole Catch™

Sea Scallops

## Soups

### 365 Organic Every Day Value™

Low Sodium Chicken Broth

### Health Valley

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

No Salt Chicken Broth

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Vegetable Soup - No Salt

## Spices and Seasonings

### Organic Gourmet

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses