

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Alamo Quarry 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 Blueberry/Apple Yogurt
- YoBaby Peach/Pear 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

Baking Needs (Cont'd)

Mothers

- Toasted Wheat Germ

Scharffenberger

- Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

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

Droste

- Imported Cocoa

Beverages (Cont'd)

Hersheys Chocolate

Cocoa

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Pure Carrot Juice

Martinellis

Apple Juice

Orangina

Sparkling Citrus Beverage

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
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

Nature's Path

Carrot Raisin Bread
Millet Rice 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
Garbanzo Beans
Kidney Beans
Navy Beans
Pinto Beans

Marin Food Specialties

Marinated Artichoke Hearts

Santa Cruz Organic

Cinnamon Applesauce Cup

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
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)

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Organic Puffed Corn 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, Cheese & Garlic

Croutons, Seasoned

Briannas

Real French Vinaigrette

Condiments (Cont'd)

The Ojai Cook

Light Lemonaise

Westbrae

Stoneground Mustard

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars

Blueberry Apple Fruit & Yogurt Bars

Cherry Apple Fruit & Yogurt Bars

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

Midel

Vanilla Snap Cookies

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon 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 Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Bisca

Organic Water Crackers

Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Unsalted 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

Low Fat Cracked Pepper Crackers

Low Fat Sesame Crackers

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

Lifeway

Fat Free Strawberry Kefir

Organic Valley

Organic Neufchatel

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

Dairy (Cont'd)

Stonyfield Farm

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

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 Plain Yogurt, 6 oz

Organic Low Fat Vanilla Yogurt

Organic Low Fat Vanilla, 32 oz

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

Organic Strawberry Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothies, 4 pack

Organic Vanilla Yogurt Smoothie, 10 oz

Organic Wild Berry Yogurt Smoothies, 4 pack

YoBaby Banana/Vanilla Yogurt

YoBaby Blueberry/Apple Yogurt

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

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Ethnic Foods

Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach
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

Ben And Jerrys

Vanilla Ice Cream

Haagen-Dazs

Vanilla Frozen Yogurt

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Grains and Rice

Rice Select

Brown Rice Sesame Thins

Jams and Nut Butters

Bionaturae

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

Cascadian Farm

Organic Apricot Fruit Spread
Organic Blackberry Fruit Spread
Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry 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 Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Four Fruit Preserves
Peach Preserves
Plum Preserves
Red Raspberry Preserves
Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Pasta (Cont'd)

Tinkyada

Brown Rice Spaghetti

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces, Salsas and Dips

Green Mountain Gringo

Garlic Salsa

Hot Salsa

Mild Salsa

Soups

Health Valley

Mushroom Barley Soup - No Salt

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses