

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Cincinnati Store, Mid-Atlantic 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.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Fearn

Raw Wheat Germ

Lake Champlain Chocolates

Unsweetened Cocoa

Mothers

Toasted Wheat Germ

Shiloh Farms

Coarse Bran

Beverages

365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Bionaturae

Organic Apricot Nectar Juice

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

Beverages (Cont'd)

Looza Fruit Juices

Mango Nectar Juice

Vruit

Berry Veggie Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Berlin Natural Bakery

Spelt Bread

Sprouted Spelt Bread

White Spelt Bread

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

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Baby Water Clams

Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

Canned Goods (Cont'd)

Eden

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans (chick peas), Organic

Kidney Beans, Organic

Navy Beans, Organic

Pinto Beans, Organic

Marin Food Specialties

Marinated Artichoke Hearts

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans

Organic Garbanzo Beans

Organic Kidney Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Bob's Red Mill

Rolled Hot 10 Grain Cereal

Rolled Hot 5 Grain Cereal

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips/Pretzels/Snacks

Garden Of Eatin

Blue Corn Sesame Chips
Salted Blue Corn Chips

Mothers

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

The Ojai Cook

Light Lemonaise

Westbrae

Dijon Mustard
Stoneground Mustard
Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Abigails

Ginger Snap Cookies

Brent And Sams

Chocolate Chip Pecan Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Scand

Bran Crispbread

Dairy

Friendship

No Salt Cottage Cheese

Horizon

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

Lactaid

Lactaid Milk, Whole

Seven Stars

Maple Yogurt

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Peach Soy Yogurt
Plain Soy Yogurt
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

Eden

Organic Sesame Garlic Shitake

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™

Frozen Berry Blend
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries
Haricot Verts

Cascadian Farm

Organic Chopped Spinach

Haagen-Dazs

Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Soy Boy

Tofu Ravioli

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

RiceSelect

Texmati White Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread
Organic Blueberry Fruit Spread

Jams and Nut Butters (Cont'd)

Cascadian Farm

Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Strawberry Fruit Spread

Im Health

Creamy Soy Nut Butter with Honey

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Peach Preserves
Red Raspberry Preserves
Strawberry Preserves

Miscellaneous Grocery

Scand

Bran Crispbread

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/Dips

Green Mountain Gringo

Chile Salsa
Garlic Salsa
Hot Salsa

Sauces/Salsas/Dips (Cont'd)

Green Mountain Gringo

Medium Salsa

Mild Salsa

Soups

Health Valley

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Split Pea 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