

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Mount Washington 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

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Bionaturae

Organic Pear 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

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

Food For Life

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

French Meadow Bakery

European Sourdough Rye Bread

Nature's Path

Carrot Raisin Bread

Shiloh Farms

7 Grain Bread
No Salt 7 Grain Sprouted Bread

Vermont Bread

Cinnamon Raisin Bread
Organic Spelt Bread
Whole Wheat Sourdough Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

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

Minerva

Whole Roasted Chestnuts

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
Thick Rolled Oats

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Cheese

Organic Valley

Organic Mozzarella

Chips/Pretzels/Snacks

Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

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

Grey Poupon

Country Dijon Mustard

Dijon Mustard

The Ojai Cook

Light Lemonaise

Westbrae

Dijon Mustard

Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Cookies and Snack Bars (Cont'd)

Abigails

Ginger Snap Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Scand

Bran Crispbread

Dairy

Coach Dairy

Goat Milk Yogurt Drink

Friendship

No Salt Cottage Cheese

Horizon

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Parmalat

1% Milk

Skim Milk

Seven Stars

Maple Yogurt

Seven Stars Farm

Low Fat Maple Yogurt

White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

Dairy Alternatives

WestSoy

Westsoy No Fat Vanilla

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding

Oetker

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

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

Ben And Jerrys

Deep Dark Chocolate Ice Cream
Vanilla Caramel Fudge Ice Cream
Vanilla Ice Cream

Breyers

Chocolate Ice Cream
Mint Chocolate Ice Cream

Cascadian Farm

Organic Chopped Spinach

Haagen-Dazs

Coffee Frozen Yogurt
Mango Sorbet
Orchard Peach Sorbet
Raspberry Frozen Yogurt

Frozen Foods (Cont'd)

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 Wild Berry Fruit Spread

Cascadian Farm

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

Im Health

Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey

Joyva Corp.

Sesame Tahini

Kimes Apple Butter

Unsweetened Apple Butter

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

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/Dips

Green Mountain Gringo

Chile Salsa

Garlic Salsa

Hot Salsa

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