

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Upper Arlington 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.

Baby & Infant Food

Stonyfield Farm

YoBaby Drinkable Yogurt, Peach

Baking Needs

Fearn

Raw Wheat Germ

Mothers

Toasted Wheat Germ

Shiloh Farms

Coarse Bran

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Bionaturae

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

Ceres Fruit Juices

Guava Juice

Lakewood Juice

Organic Coconut Juice

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™

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

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Eden

Adzuki Beans
Black Beans
Cannellini Beans
Kidney Beans, Organic
Navy Beans, Organic
Pinto Beans, Organic

Marin Food Specialties

Marinated Artichoke Hearts

Westbrae

Organic Black Beans
Organic Garbanzo Beans
Organic Kidney Beans

Canned/Jarred Goods

365 Organic Every Day Value™

Black Beans

Cereal

365 Organic Every Day Value™

High Fiber Cereal

Bob's Red Mill

Thick Rolled Oats

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Chips, Pretzels and Snacks

Garden Of Eatin

Blue Corn Sesame Chips

Kettle Brand®

Potato Chips, Unsalted 5 oz

Newman's Own Organic

Unsalted Round Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned

Annie's Naturals

Thousand Island Dressing

Westbrae

Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Cookies and Snack Bars (Cont'd)

Abigails

Ginger Snap Cookies

Brent And Sams

Oatmeal Raisin Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

Newman's Own Organic

Organic Chocolate Chip Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Dairy

Friendship

No Salt Cottage Cheese

Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

Lifeway

Fat Free Strawberry Kefir

Seven Stars

Maple Yogurt

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz

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

Organic Fat Free Chocolate Underground Yogurt, 6 oz

Organic Fat Free French Vanilla Yogurt, 6 oz

Dairy (Cont'd)

Stonyfield Farm

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 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 Strawberry Yogurt, 32 oz

Organic Low Fat Vanilla Yogurt

Organic Low Fat Vanilla, 32 oz

Organic Raspberry Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothie, 10 oz

Organic Wild Berry Yogurt Smoothie, 10 oz

Organic Wild Berry Yogurt Smoothies, 4 pack

YoBaby Drinkable Yogurt, Peach

YoKids Squeezers Cherry/Berry Blitz

YoKids Squeezers Screamin' Strawberry

YoKids Strawberry Vanilla Raspberry Yogurt

White Wave

Peach Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

Dairy Alternatives

WestSoy

Westsoy No Fat Vanilla

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

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
- Haricot Verts

Ben And Jerrys

- Vanilla Ice Cream

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

Grains and Rice

RiceSelect

- Jasmati White Rice

Jams and Nut Butters

Bionaturae

- Organic Wild Berry Fruit Spread

Cascadian Farm

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

Im Health

- Crunchy Soy Nut Butter

St. Dalfour

- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

- No Boil Lasagna

Sauces, Salsas and Dips

Green Mountain Gringo

- Chile Salsa
- Garlic Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

Soups

Health Valley

- Lentil Soup - No Salt
- Organic Tomato No Salt Soup
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Wholesome Foods

- Organic Blackstrap Molasses