

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Tenley Town 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 Apricot Nectar Juice

Organic Pear Nectar Juice

Ceres Fruit Juices

Guava Juice

Beverages (Cont'd)

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

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 Ezekiel Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

Nature's Path

Carrot Raisin Bread

Shiloh Farms

No Salt 7 Grain Sprouted Bread

Vermont Bread

Cinnamon Raisin Bread

Organic Spelt Bread

Sprouted Wheat Bread

Whole Wheat Sourdough 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

Eden

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans (chick peas), Organic

Kidney Beans, Organic

Navy Beans, Organic

Pinto Beans, Organic

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans

Organic Garbanzo 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

Health Valley

Fiber 7 Flakes

Cereal (Cont'd)

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Hemp Plus Granola

Us Mill

Uncle Sam Cereal

Cheese

Vermont Butter-Cheese

Quark Cheese

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

Condiments (Cont'd)

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

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

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, 2%

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Dairy (Cont'd)

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
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- 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

Frozen Foods (Cont'd)

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
- 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

- Jasmati White Rice
- Texmati White Rice

Jams and Nut Butters

Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread

Jams and Nut Butters (Cont'd)

Bionaturae

Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Grape Fruit Spread

Im Health

Creamy Soy Nut Butter

Creamy Soy Nut Butter with Honey

Crunchy Soy Nut Butter

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

Sweeteners

Plantation Molasses

Blackstrap Molasses