

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Wynnewood 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

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

Beverages (Cont'd)

365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Apple & Eve

Apple Juice

Knudsen

Low Sodium Veggie Juice

Lakewood 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

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

Shiloh Farms

7 Grain Bread
No Salt 7 Grain Sprouted Bread

Vermont Bread

Cinnamon Raisin Bread
Organic Wheat 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

Canned Goods (Cont'd)

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

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Bob's Red Mill

Rolled Hot 5 Grain Cereal
Thick Rolled Oats

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

No Salt Rice 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

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

Abigails

Ginger Snap Cookies

Brent And Sams

Oatmeal Raisin Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Scand

Bran Crispbread

Dairy

Friendship

No Salt Cottage Cheese

Horizon

Organic Neufchatel Spreadable Cheese

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

Rice 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

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 Caramel Fudge Ice Cream

Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

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
- Organic Wild Berry Fruit Spread

Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Grape Fruit Spread

Im Health

- Creamy Soy Nut Butter with Honey
- Crunchy Soy Nut Butter

Jams and Nut Butters (Cont'd)

Joyva Corp.

- Sesame Tahini

Kimes Apple Butter

- Unsweetened Apple Butter

St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- 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

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses