

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Oakville Store, Midwest 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.

Beverages

365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice

Lakewood Juice

- Organic Coconut Juice

Bread

365 Organic Every Day Value™

- Croutons, Caesar
- Croutons, Seasoned
- Tortilla Corn

Food For Life

- Ezekiel Bread, Low Salt
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread

Bread (Cont'd)

Food For Life

- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

Nature's Path

- Carrot Raisin Bread
- Millet Rice Bread

Cereal

Nature's Path

- Ginger Zing Granola
- Hemp Plus Granola
- Organic Puffed Corn Cereal

Chips/Pretzels/Snacks

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, Seasoned

The Ojai Cook

Light Lemonaise

Cookies and Snack Bars

Country Choice

Chocolate Creme Sandwich Cookies

Duplex Sandwich Cookies

Vanilla Creme Sandwich Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Desserts

Santa Cruz Organic

Organic Chocolate Syrup

Frozen Foods

365 Organic Every Day Value™

Crinkle Cuts

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Jams and Nut Butters

St. Dalfour

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Red Raspberry Preserves

Strawberry Preserves

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses