

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

River Forest 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.

Baking Needs

365 Every Day Value™
100% Pure Pumpkin

Fearn

Raw Wheat Germ

Mothers

Toasted Wheat Germ

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

Beverages (Cont'd)

365 Every Day Value™
Italian Strawberry Sparkling Water

Bionaturae

Organic Apricot Nectar Juice
Organic Pear Nectar Juice

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice
Organic Pure Carrot Juice

Martinellis

Apple Juice

Vruit

Berry Veggie Juice

Bread

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

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
- Millet Rice Bread

Canned Goods

Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

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
- Organic Kidney Beans
- Organic Pinto 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

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

Newman's Own Organic

- Unsalted Round Pretzels

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned

Briannas

- Real French Vinaigrette

Grey Poupon

- Dijon Mustard

Westbrae

- Stoneground Mustard
- Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Amaranth Graham Crackers
Apple Cobbler Cereal Bars
Fat Free Blueberry Cereal Bars
Fat Free Raspberry Tarts
Oat Bran Graham Crackers
Strawberry Cereal Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
Montana's Chocolate Chip Cookies

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

Dairy Alternatives

WestSoy

Westsoy No Fat Vanilla

Desserts

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Ethnic Foods

Sushi Sonic

Wasabi Horseradish

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 Caramel Fudge Ice Cream
Vanilla Ice Cream

Haagen-Dazs

Mango Sorbet
Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Perfect Additions

Unsalted Beef Stock
Unsalted Chicken Stock

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread
Organic Blueberry Fruit Spread
Organic Peach Fruit Spread
Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread
Organic Blackberry Fruit Spread
Organic Grape Fruit Spread

Jams and Nut Butters (Cont'd)

Cascadian Farm

Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Im Health

Creamy Soy Nut Butter
Organic Soy Nut Butter

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Peach Preserves
Red Raspberry Preserves
Strawberry Preserves

Miscellaneous Grocery

Scand

Bran Crispbread

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Sauces/Salsas/Dips

Green Mountain Gringo

Hot Salsa
Medium Salsa
Mild Salsa

Soups

Health Valley

5 Bean Soup- Fat Free
Black Bean Soup - No Salt
Lentil Soup - No Salt
Minestrone Soup - No Salt

Soups (Cont'd)

Health Valley

Organic Tomato No Salt Soup
Potato Leek Soup - No Salt
Split Pea Soup - No Salt
Vegetable Soup - No Salt

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses