Low Sodium

SPECIAL DIETS SERIES

CELEBRATING YOUR CHOICES | WHOLE FOODS MARKET

Somerset 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 atWFMSpecialDiets@wholefoods.com.

Baking Needs

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
- Italian Strawberry Sparkling Water

Bionaturae

- Organic Apricot Nectar Juice

Beverages (Cont'd)

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

Bread (Cont'd)

365 Organic Every Day Value™
- Tortilla Corn

Berlin Natural Bakery
- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

Food For Life
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial 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

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
- Organic Black Soy Beans
- Pinto Beans, Organic

Canned Goods (Cont'd)

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 10 Grain Cereal
- Rolled Hot 5 Grain Cereal
- Rolled Hot 7 Grain Cereal
- Thick Rolled Oats

Nature's Path
- Hemp Plus Granola

Us Mill
- Uncle Sam Cereal

Cheese

Organic Valley
- Organic Mozarella

Vermont Butter-Cheese
- Quark Cheese

Chips/Pretzels/Snacks

Garden Of Eatin
- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Mothers
- No Salt Rice Cakes

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

- Dijon Mustard

Westbrae

- Stoneground Mustard
- Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

- Fig Bar Cookies

Country Choice

- Chocolate Creme Sandwich Cookies
- Duplex Sandwich Cookies
- Vanilla Creme Sandwich Cookies

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

Desserts

Kozy Shack

- Chocolate Pudding
- Rice Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

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 Ice Cream

Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Jams and Nut Butters

Bionaturae

- Organic Plum Fruit Spread
- Organic Wild Berry Fruit Spread

Jams and Nut Butters (Cont'd)

Cascadian Farm

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

Im Health

- Creamy Soy Nut Butter

St. Dalfour

- Black Cherry 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
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Sweeteners

Plantation Molasses

- Blackstrap Molasses