Low Sodium

SPECIAL DIETS SERIES

CELEBRATING YOUR CHOICES | WHOLE FOODS MARKET

Yorkville 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.

Beverages

365 Every Day Value™

- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice

Ceres Fruit Juices

- Guava Juice
- Papaya Juice

Lakewood Juice

- Organic Coconut Juice

Bread

365 Organic Every Day Value™

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

Bread (Cont'd)

Food For Life

- Ezekiel Bread, Low Salt
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- 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, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned

Briannas

- Real French Vinaigrette

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

Walkerscottish Cookies

- Assorted Shortbread
- Shortbread Tails

Crackers

365 Every Day Value™

- Unsalted Tops Saltines

Desserts

Kozy Shack

- Rice Pudding
- Tapioca Pudding

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 Cherry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

Sweeteners

Wholesome Foods

- Organic Blackstrap Molasses