

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Framingham Store, North 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

365 Every Day Value™

100% Pure Pumpkin

Bakers

Unsweetened Baking Chocolate

Chatfields

Cocoa Powder

Fearn

Raw Wheat Germ

Lake Champlain Chocolates

Unsweetened Cocoa

Mothers

Toasted Wheat Germ

Baking Needs (Cont'd)

Scharffenberger

Unsweetened Baking Chocolate Bar

Shiloh Farms

Coarse Bran

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

Beverages (Cont'd)

Apple & Eve

Apple Juice

Ceres Fruit Juices

Papaya Juice

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Martinellis

Apple 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

Food For Life

Bran Bread

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

French Meadow Bakery

European Sourdough Rye Bread

Nejaimes

Crispbread

Shiloh Farms

No Salt 7 Grain Sprouted Bread

Bread (Cont'd)

When Pigs Fly

Cinnamon Raisin Bread

Harvest Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

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

Organic Black Soy Beans

Pinto Beans, Organic

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans

Organic Garbanzo Beans

Organic Kidney 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 5 Grain Cereal

Rolled Hot 7 Grain Cereal

Thick Rolled Oats

Cereal (Cont'd)

Nature's Path

Hemp Plus Granola
Organic Puffed Corn Cereal

Old Wessex

Oat Bran Hot Cereal

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips/Pretzels/Snacks

Boston Popcorn

Lite Popcorn

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

Briannas

Real French Vinaigrette

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Condiments (Cont'd)

Hain Pure Food

Light Safflower Mayonnaise

The Ojai Cook

Light Lemonaise

Westbrae

Dijon Mustard
Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

Destrooper

Crisp Butter Wafers

Health Valley

Apple Cobbler Cereal Bars
Fat Free Blueberry Cereal Bars
Strawberry Cereal Bars

Kinnikinnick

KinniKritters Animal Cookies
Montana's Chocolate Chip Cookies
S'moreables Graham Style Crackers

Mi-Del

Chocolate Snap Cookies

Shady Maple

Organic Maple Waffles

Walkerscottish Cookies

Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Scand

Bran Crispbread

Dairy

Butterwork

Non Fat Vanilla Yogurt

Calabro

Fat Free Ricotta

Coach Dairy

Goat Milk Yogurt Drink

Friendship

No Salt Cottage Cheese

Horizon

Chocolate Milk, Single Serve
Organic Neufchatel Spreadable Cheese
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 1% Low Fat
Lactaid Milk, 2%
Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Parmalat

Skim Milk

Seven Stars Farm

Low Fat Maple Yogurt

White Wave

Blueberry Soy Yogurt
Peach Soy Yogurt
Plain Soy Yogurt
Vanilla Soy Yogurt

Zausner

Whipped Cream Cheese

Dairy Alternatives

WestSoy

Westsoy No Fat Vanilla

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Echo Farms

Coffee Caramel Pudding
Rice Pudding
Tapioca Pudding

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

Fantastic Foods

Whole Wheat Couscous

RiceSelect

Risotto Rice

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

Ben And Jerrys

Deep Dark Chocolate Ice Cream
Vanilla Caramel Fudge Ice Cream

Frozen Foods (Cont'd)

Ben And Jerrys

Vanilla Ice Cream

Breyers

Mint Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

Soy Boy

Tofu Ravioli

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

RiceSelect

Jasmati White Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Cascadian Farm

Organic Blueberry Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

Im Health

Creamy Soy Nut Butter

Creamy Soy Nut Butter with Honey

Organic Soy Nut Butter

Joyva Corp.

Sesame Tahini

Jams and Nut Butters (Cont'd)

Kimes Apple Butter

Unsweetened Apple Butter

St. Dalfour

Black Cherry Preserves

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

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

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces/Salsas/Dips

Green Mountain Gringo

Garlic Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Jardines

Texacante Salsa

Titos Taco & Cantina

Fiesta Cilantro Salsa

Homestyle Salsa

Soups

Health Valley

- 5 Bean Soup- Fat Free
- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Organic Tomato No Salt Soup
- Potato Leek Soup - No Salt
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses

Wholesome Foods

- Organic Blackstrap Molasses