

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Newtonville 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

Bakers

Unsweetened Baking Chocolate

Chatfields

Cocoa Powder

Fearn

Raw Wheat Germ

Ibarra

Mexican Chocolate

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

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

White Spelt Bread

Food For Life

Bran Bread

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

Nejames

Crispbread

Bread (Cont'd)

Shiloh Farms

No Salt 7 Grain Sprouted Bread

Vermont Bread

Organic Oat Bread

Organic Spelt Bread

Organic Wheat Bread

Whole Wheat Sourdough Bread

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

Divina

Sweet Roasted Peppers

Yellow Roasted Peppers

Eden

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans (chick peas), Organic

Kidney Beans, Organic

Navy Beans, Organic

Santa Cruz Organic

Cinnamon Applesauce Cup

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

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

Vermont Butter-Cheese

- Quark Cheese

Chips/Pretzels/Snacks

Bearitos

- No Salt Tortilla Chips

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

Condiments (Cont'd)

Grey Poupon

- Country Dijon Mustard
- Dijon Mustard

Hain Pure Food

- Light Safflower Mayonnaise

Westbrae

- 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

Mi-Del

- Chocolate Snap Cookies

Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds

Crackers

365 Every Day Value™

- Unsalted Tops Saltines

Nejames

- Original Crispbread

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

Lactaid

Lactaid Milk, 1% Low Fat

Lactaid Milk, 2%

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Parmalat

1% Milk

2% Low Fat Milk

Skim Milk

Zausner

Whipped Cream Cheese

Dairy Alternatives

WestSoy

Westsoy No Fat Vanilla

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

RiceSelect

Risotto Rice

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

Vanilla Ice Cream

Breyers

Chocolate Ice Cream

Mint Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

Perfect Additions

Unsalted Chicken Stock

Unsalted Veggie Stock

Soy Boy

Tofu Ravioli

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

RiceSelect

Texmati Brown Rice
Texmati White Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread
Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Blackberry Fruit Spread
Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Strawberry Fruit Spread

Im Health

Chunky Soy Nut Butter with Honey
Creamy Soy Nut Butter
Creamy Soy Nut Butter with Honey
Crunchy Soy Nut Butter
Organic Soy Nut Butter

Joyva Corp.

Sesame Tahini

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

Chile Salsa
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

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses