

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Providence 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

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, Seasoned

Tortilla Corn

Berlin Natural Bakery

Spelt Bread

Sprouted Spelt Bread

Food For Life

Bran Bread

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

Organic Ezekiel Bread

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

Canned Goods

Crown Prince

Baby Water Clams

Low Salt Kipper Snacks

Divina

Sweet Roasted Peppers

Yellow Roasted Peppers

Eden

Black Beans

Cannellini Beans

Kidney Beans, Organic

Navy Beans, Organic

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans

Organic Garbanzo 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

Nature's Path

Hemp Plus Granola

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips/Pretzels/Snacks

Boston Popcorn

Lite Popcorn

Chips/Pretzels/Snacks (Cont'd)

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, Seasoned

Golds

Dijon Mustard
Mustard with Horseradish

Grey Poupon

Country Dijon Mustard
Dijon Mustard

Nathans New York

Deli Mustard

Westbrae

Dijon 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

Kinnikinnick

KinniKritters Animal Cookies
S'moreables Graham Style Crackers

Cookies and Snack Bars (Cont'd)

Mi-Del

Chocolate Snap Cookies

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Dairy

Butterwork

Non Fat Vanilla Yogurt

Friendship

No Salt Cottage Cheese

Horizon

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Zausner

Whipped Cream Cheese

Dairy Alternatives

WestSoy

Westsoy No Fat Vanilla

Desserts

Echo Farms

Rice Pudding

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach
Frozen Fruit Whole Raspberries

Frozen Foods (Cont'd)

365 Every Day Value™

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

Haagen-Dazs

Mango Sorbet

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Grains and Rice

Semchi

Premium Brown Rice

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread

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

Jams and Nut Butters (Cont'd)

Joyva Corp.

Sesame Tahini

Kimes Apple Butter

Unsweetened Apple Butter

St. Dalfour

Blueberry Preserves
Four Fruit Preserves
Peach Preserves
Strawberry Preserves

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

Titos Taco & Cantina

Fiesta Cilantro Salsa
Homestyle Salsa

Soups

Health Valley

Black Bean Soup - No Salt
Lentil Soup - No Salt
Minestrone Soup - No Salt
Organic Tomato No Salt Soup
Potato Leek Soup - No Salt

Soups (Cont'd)

Health Valley

- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses