

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Mill Valley Store, Northern California 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

Mothers

Toasted Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Beverages (Cont'd)

Knudsen

Low Sodium Veggie Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Berlin Natural Bakery

White Spelt Bread

Food For Life

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Bread (Cont'd)

Food For Life

Sprouted Ezekiel Tortillas

French Meadow Bakery

European Sourdough Rye Bread

Nature's Path

Carrot Raisin Bread

Millet Rice Bread

Pacific Bakery

Kamut Bread

Canned Goods

Crown Prince

Baby Water Clams

Low Salt Kipper Snacks

Eden

Adzuki Beans

Marin Food Specialties

Marinated Artichoke Hearts

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans

Canned/Jarred Goods

365 Every Day Value™

100% Pure Pumpkin

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Nature's Path

Hemp Plus Granola

Organic Puffed Corn Cereal

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips/Pretzels/Snacks

Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

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

Grey Poupon

Country Dijon Mustard

Dijon Mustard

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Oatmeal Raisin Cookies

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

Cookies and Snack Bars (Cont'd)

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Dairy

Horizon

Chocolate Milk, Single Serve

Organic Valley

Organic Neufchatel

Desserts

Kozy Shack

Chocolate Pudding

Rice Pudding

Oetker

Organic Chocolate Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Frozen Foods

365 Every Day Value™

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

Frozen Foods (Cont'd)

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

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vans

Mini Waffles

Jams and Nut Butters

Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

Joyva Corp.

Sesame Tahini

St. Dalfour

Blueberry Preserves

Orange Marmalade

Red Raspberry Preserves

Strawberry Preserves

Nutritional Supplements

Bionaturae

Organic Bilberry Fruit Nectar

Nutritional Supplements (Cont'd)

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Sauces/Salsas/Dips

Green Mountain Gringo

Medium Salsa

Mild Salsa

Soups

Health Valley

Lentil Soup - No Salt

Minestrone Soup - No Salt

Potato Leek Soup - No Salt

Split Pea Soup - No Salt