

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



San Rafael 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

Fearn

Raw Wheat Germ

Ibarra

Mexican Chocolate

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

Ceres Fruit Juices

Guava Juice

Papaya Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Bread (Cont'd)

Berlin Natural Bakery

- Spelt Bread
- White Spelt Bread

Food For Life

- 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

Nature's Path

- Carrot Raisin Bread

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
- Organic Black Soy Beans

Marin Food Specialties

- Marinated Artichoke Hearts

Santa Cruz Organic

- Cinnamon Applesauce Cup

Westbrae

- Organic Black Beans
- Organic Garbanzo Beans
- Organic Kidney Beans
- Organic Pinto 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

- Salted Blue Corn Chips

Newman's Own Organic

- Unsalted Round Pretzels

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

Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- S'moreables Graham Style Crackers

Cookies and Snack Bars (Cont'd)

Walkerscottish Cookies

Assorted Shortbread
Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Dairy

Horizon

Chocolate Milk, Single Serve
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

White Wave

Blueberry Soy Yogurt
Peach Soy Yogurt
Vanilla Soy Yogurt

Desserts

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach
Frozen Fruit Whole Raspberries
Frozen Fruit Whole Strawberries
Frozen Sliced Peaches

Frozen Foods (Cont'd)

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

Deep Dark Chocolate Ice Cream
Vanilla Ice Cream

Breyers

Mint Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt
Mango Sorbet
Raspberry Frozen Yogurt
Vanilla Frozen Yogurt

Perfect Additions

Unsalted Chicken Stock

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge 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 Blackberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry Fruit Spread

Joyva Corp.

Sesame Tahini

Jams and Nut Butters (Cont'd)

St. Dalfour

- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Red Raspberry Preserves
- Strawberry Preserves

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Soups

Health Valley

- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- Organic Tomato No Salt Soup
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses

Wholesome Foods

- Organic Blackstrap Molasses