

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Tribeca Store, Northeast 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

Mothers

Toasted Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

Baking Needs (Cont'd)

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

Apple & Eve

Apple Juice

Beverages (Cont'd)

Bionaturae

Organic Apricot Nectar Juice
Organic Pear Nectar Juice

Ceres Fruit Juices

Guava 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

Spelt Bread
Sprouted 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

Nature's Path

Carrot Raisin Bread

Nejames

Crispbread

Bread (Cont'd)

Shiloh Farms

7 Grain Bread

Vermont Bread

Organic Spelt 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

Eden

Adzuki Beans
Black Beans
Cannellini Beans
Garbanzo Beans (chick peas), Organic
Kidney Beans, Organic
Navy Beans, Organic
Pinto Beans, Organic

Minerva

Whole Roasted Chestnuts

Santa Cruz Organic

Cinnamon Applesauce Cup

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
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
Salt & Butter Popped Corn 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

Condiments (Cont'd)

Briannas

Real French Vinaigrette

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Brent And Sams

Chocolate Chip Cookies
Chocolate Chip Pecan Cookies

Health Valley

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

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
Montana's Chocolate Chip Cookies
S'moreables Graham Style Crackers

Mi-Del

Chocolate Snap Cookies

Walkerscottish Cookies

Shortbread Fingers
Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Nejaimes

Original Crispbread

Scand

Bran Crispbread

Dairy

Calabro

Fat Free Ricotta

Coach Dairy

Goat Milk Blueberry Yogurt Drink
Goat Milk Yogurt Drink
Strawberry Yogurt Drink

Dairy (Cont'd)

Friendship

No Salt Cottage Cheese

Horizon

Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

Parmalat

1% Milk

2% Low Fat Milk

Skim Milk

White Wave

Plain Soy Yogurt

Zausner

Whipped Cream Cheese

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding

Rice Pudding

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Santa Cruz Organic

Organic Chocolate Syrup

Entrees and Mixes

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 Ice Cream

Breyers

Chocolate Ice Cream

Mint Chocolate Ice Cream

Haagen-Dazs

Coffee Frozen Yogurt

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

Soy Boy

Tofu Ravioli

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

Grains and Rice

RiceSelect

Jasmati White Rice

Texmati Brown Rice

Semchi

Premium Brown Rice

Premium White Rice

Jams and Nut Butters

Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread
- Organic Wild Berry 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
- Creamy Soy Nut Butter with Honey
- Crunchy Soy Nut Butter

Joyva Corp.

- Sesame Tahini

Kimes Apple Butter

- Unsweetened Apple Butter

St. Dalfour

- Blueberry Preserves
- Red Raspberry Preserves

Miscellaneous Grocery

Scand

- Bran Crispbread

Nutritional Supplements

Bionaturae

- Organic Bilberry Fruit Nectar

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

- Peach Medium Salsa

Soups

Health Valley

- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- No Salt Chicken Broth
- 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 Bouillon Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses

Wholesome Foods

- Organic Blackstrap Molasses