

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Cambie Store, Pacific Northwest 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.

Beverages

365 Every Day Value™

Club Soda

Ceres Fruit Juices

Guava Juice

Papaya Juice

Bread

365 Organic Every Day Value™

Croutons, Caesar

Croutons, Seasoned

Food For Life

Ezekiel Bread, Low Salt

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Bread (Cont'd)

Food For Life

Sprouted Ezekiel Tortillas

Kinnikinnick

Many Wonder Multigrain Rice Bread

Nature's Path

Carrot Raisin Bread

Millet Rice Bread

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Cereal

Nature's Path

- Ginger Zing Granola
- Hemp Plus Granola
- Organic Puffed Corn Cereal

Condiments

365 Organic Every Day Value™

- Croutons, Caesar
- Croutons, Seasoned

Briannas

- Real French Vinaigrette

Cookies and Snack Bars

Country Choice

- Chocolate Creme Sandwich Cookies
- Duplex Sandwich Cookies
- Vanilla Creme Sandwich Cookies

Kinnikinnick

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

Walkerscottish Cookies

- Assorted Shortbread
- Shortbread Fingers
- Shortbread Tails

Crackers

365 Every Day Value™

- Unsalted Tops Saltines

Desserts

Kozy Shack

- Rice Pudding
- Tapioca Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Frozen Foods

Kinnikinnick

- Many Wonder Multigrain Rice Bread

Jams and Nut Butters

St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

Sweeteners

Wholesome Foods

- Organic Blackstrap Molasses