

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Baseline Store, Rocky Mountain 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

Beverages

365 Every Day Value™

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Knudsen

Low Sodium Veggie Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Food For Life

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

Organic Ezekiel Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

Nature's Path

Carrot Raisin Bread

Pacific Bakery

Kamut Bread

Canned Goods

Crown Prince

Low Salt Kipper Snacks

Eden

Black Beans
Cannellini Beans
Garbanzo Beans (chick peas), Organic
Navy Beans, Organic

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

Bob's Red Mill

Rolled Hot 5 Grain Cereal
Thick Rolled Oats

Nature's Path

Hemp Plus Granola

Us Mill

Uncle Sam Cereal

Cheese

Organic Valley

Organic Mozzarella

Chips/Pretzels/Snacks

Garden Of Eatin'

Black Bean Chili Chips
Blue Corn Sesame Chips
Salted Blue Corn Chips

Chips/Pretzels/Snacks (Cont'd)

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, Cheese & Garlic
Croutons, Seasoned

Grey Poupon

Country Dijon Mustard

Westbrae

Stoneground Mustard
Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Apple Cobbler Cereal Bars
Strawberry Cereal Bars

Kinnikinnick

S'moreables Graham Style Crackers

Walkerscottish Cookies

Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Dairy

Horizon

Chocolate Milk, Single Serve
Organic Neufchatel Spreadable Cheese
Strawberry Milk, Single Serve

Dairy (Cont'd)

Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

Organic Valley

- Organic Neufchatel

White Wave

- Black Cherry Soy Yogurt
- Plain Soy Yogurt

Dairy Alternatives

White Wave

- Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Entrees and Mixes

Fantastic Foods

- Whole Wheat Couscous

RiceSelect

- Risotto Rice

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™

- Frozen Berry Blend
- Frozen Blackberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- 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

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

Grains and Rice

RiceSelect

- Jasmati White Rice
- Texmati Brown Rice

Jams and Nut Butters

Cascadian Farm

- Organic Grape Fruit Spread

Joyva Corp.

- Sesame Tahini

St. Dalfour

- Black Cherry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

Pasta

365 Every Day Value™

- No Boil Lasagna

Prepared Foods

Rapunzel

No Salt Vegetable Bouillon

Sauces/Salsas/Dips

Green Mountain Gringo

Garlic Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Soups

Health Valley

Lentil Soup - No Salt

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses