

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

New Center Point 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

Fearn

Raw Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

Beverages

365 Every Day Value™

Club Soda

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Beverages (Cont'd)

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

Bread (Cont'd)

Food For Life

- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

Candy and Chocolate

The Ginger People

- Spicy Apple Ginger Chews

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
- Navy Beans, Organic
- Organic Black Soy Beans
- Pinto Beans, Organic

Marin Food Specialties

- Marinated Artichoke Hearts

Minerva

- Whole Roasted Chestnuts

Santa Cruz Organic

- Cinnamon Applesauce Cup

Westbrae

- Organic Black 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 10 Grain Cereal
- Rolled Hot 5 Grain 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

Mothers

- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned

Annie's Naturals

- Thousand Island Dressing

Briannas

- Real French Vinaigrette

Grey Poupon

- Dijon Mustard

The Ojai Cook

- Light Lemonaise

Westbrae

- Dijon Mustard
- Stoneground Mustard

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
Montana's Chocolate Chip Cookies
S'moreables Graham Style Crackers

Shady Maple

Organic Honey Waffles
Organic Maple Waffles

Walkerscottish Cookies

Shortbread Fingers

Crackers

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Horizon

Chocolate Milk, Single Serve
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%
Lactaid Milk, Whole

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Peach Soy Yogurt

Desserts

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

365 Organic Every Day Value™

Frozen Berry Blend
Frozen Blackberries
Frozen Raspberries
Frozen Sliced Peaches
Frozen Strawberries
Frozen Wild Blueberries

Jams and Nut Butters

Cascadian Farm

Organic Grape Fruit Spread

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blueberry Preserves
Orange Marmalade
Red Raspberry Preserves
Strawberry Preserves

Nutritional Supplements

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
- Hot Salsa
- Medium Salsa
- Mild Salsa

Soups

Health Valley

- Minestrone Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses