

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Park City 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™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Ceres Fruit Juices

Guava Juice

Beverages (Cont'd)

Knudsen

Low Sodium Veggie Juice

Lakewood 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

French Meadow Bakery

- European Sourdough Rye Bread

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
- Garbanzo Beans (chick peas), Organic
- Kidney Beans, Organic
- Navy Beans, Organic
- Pinto Beans, Organic

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

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

- 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

Briannas

- Real French Vinaigrette

The Ojai Cook

- Light Lemonaise

Westbrae

- Dijon Mustard
- Stoneground Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Brent And Sams

Oatmeal Raisin 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

Shady Maple

Organic Honey Waffles

Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

Dairy

Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

White Wave

Black Cherry Soy Yogurt

Peach Soy Yogurt

Vanilla Soy Yogurt

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Oetker

Organic Chocolate Pudding

Entrees and Mixes

Fantastic Foods

Whole Wheat Couscous

Ethnic Foods

Eden

Organic Sesame Garlic Shitake

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

Haricot Verts

Ben And Jerrys

Deep Dark Chocolate Ice Cream

Vanilla Ice Cream

Stonyfield Farm

Vanilla Fudge Frozen Yogurt

Vans

Mini Waffles

Grains and Rice

RiceSelect

Jasmati White Rice

Jams and Nut Butters

Cascadian Farm

Organic Apricot Fruit Spread

Organic Blackberry Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

Jams and Nut Butters (Cont'd)

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blackcurrant Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Peach Preserves
Red Raspberry Preserves
Strawberry Preserves

Sweeteners

Plantation Molasses

Blackstrap Molasses

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

Soups

Health Valley

Minestrone Soup - No Salt
Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes