

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Pikes Peak 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

Lake Champlain Chocolates

Unsweetened Cocoa

Mothers

Toasted Wheat Germ

Scharffenberger

Unsweetened Baking Chocolate Bar

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

Ceres Fruit Juices

Guava Juice

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

Beverages (Cont'd)

Looza Fruit Juices

Mango Nectar Juice

Martinellis

Apple Juice

Vruit

Berry 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 7 Grain Bread

Organic Ezekiel 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

Divina

Sweet Roasted Peppers

Eden

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans (chick peas), Organic

Canned Goods (Cont'd)

Eden

Kidney 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 10 Grain Cereal

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
- Salt & Butter Popped Corn Cakes

Newman's Own Organic

- Unsalted Round Pretzels

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

Annie's Naturals

- Thousand Island Dressing

Briannas

- Real French Vinaigrette

Grey Poupon

- Dijon Mustard

The Ojai Cook

- Light Lemonaise

Westbrae

- Stoneground Mustard
- Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

- Fig Bar 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

Cookies and Snack Bars (Cont'd)

Kinnikinnick

- S'moreables Graham Style Crackers

Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds

Crackers

365 Every Day Value™

- Unsalted Tops Saltines

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Horizon

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

Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

Organic Valley

- Organic Neufchatel

White Wave

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla Soy Yogurt

Dairy Alternatives

WestSoy

- Westsoy No Fat Vanilla

Desserts

Kozy Shack

- Chocolate Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Desserts (Cont'd)

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™

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

Haagen-Dazs

Mango Sorbet
Vanilla Frozen Yogurt

Stonyfield Farm

Vanilla Fudge Frozen Yogurt

Grains and Rice

RiceSelect

Jasmati White Rice
Texmati Brown Rice
Texmati White Rice

Jams and Nut Butters

Cascadian Farm

Organic Blackberry Fruit Spread
Organic Grape Fruit Spread
Organic Strawberry Fruit Spread

Joyva Corp.

Sesame Tahini

St. Dalfour

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

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

365 Every Day Value™

No Boil Lasagna

Sauces/Salsas/Dips

Green Mountain Gringo

Chile Salsa
Garlic Salsa
Hot Salsa
Medium Salsa
Mild Salsa

Soups

Health Valley

Organic Tomato No Salt Soup
Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses