

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Sugarhouse 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

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

Beverages (Cont'd)

Ceres Fruit Juices
Guava Juice

Knudsen

Low Sodium Veggie Juice

Lakewood Juice

Organic Coconut Juice
Organic Pure Carrot Juice

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, Seasoned
- Tortilla Corn

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

Nature's Path

- Carrot Raisin 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
- Cannellini Beans
- Garbanzo Beans (chick peas), Organic
- Kidney Beans, Organic
- Navy Beans, Organic
- Organic Black Soy Beans

Marin Food Specialties

- Marinated Artichoke Hearts

Santa Cruz Organic

- Cinnamon Applesauce Cup

Westbrae

- Organic Black Beans
- Organic Kidney Beans

Canned Goods (Cont'd)

Westbrae

- 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
- Rolled Hot 7 Grain Cereal

Cheese

Alta Dena Dairy

- Raw Milk Goat Cheese

Organic Valley

- Organic Mozzarella

Chips/Pretzels/Snacks

Garden Of Eatin

- Black Bean Chili Chips
- 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, Seasoned

Condiments (Cont'd)

Briannas

Real French Vinaigrette

Westbrae

Dijon Mustard
Stoneground Mustard

Cookies and Snack Bars

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies
KinniTOOS Vanilla Sandwich Creme Cookies
Montana's Chocolate Chip Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Dairy

Horizon

Organic Neufchatel Spreadable Cheese
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

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

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Desserts (Cont'd)

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™

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 Caramel Fudge Ice Cream
Vanilla Ice Cream

Haagen-Dazs

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

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

Jams and Nut Butters (Cont'd)

Cascadian Farm

- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

Joyva Corp.

- Sesame Tahini

St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry 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

- Garlic Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

Soups

Health Valley

- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

- Blackstrap Molasses