

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Poplar Store, South 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

Chatfields

Cocoa Powder

Fearn

Raw Wheat Germ

Mothers

Toasted Wheat Germ

Beverages

365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Italian Lemon Sparkling Water

Beverages (Cont'd)

365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

Ceres Fruit Juices

Guava Juice

Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

Bread (Cont'd)

Berlin Natural Bakery

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

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
- Kidney Beans, Organic
- Navy Beans, Organic
- Pinto Beans, Organic

Santa Cruz Organic

- Cinnamon Applesauce Cup

Westbrae

- Organic Black 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
- Thick Rolled Oats

Kashi

- Cinna-Raisin Crunch Cereal

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

Condiments

365 Organic Every Day Value™

- Croutons, Cheese & Garlic
- Croutons, Seasoned

Annie's Naturals

- Thousand Island Dressing

Briannas

- Real French Vinaigrette

Westbrae

- Dijon Mustard
- Stoneground Mustard
- Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Country Choice

Chocolate Creme Sandwich Cookies

Duplex Sandwich Cookies

Vanilla Creme Sandwich Cookies

Heavens Scent

Angelica Vanilla Cookies

Premium Chocolate Chip Cookies

Thumb-Print Fudge 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

Mi-Del

Chocolate Snap Cookies

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Health Valley

Fat Free Whole Wheat Crackers

Scand

Bran Crispbread

Dairy

Lactaid

Lactaid Milk, 2%

Organic Valley

Organic Neufchatel

Desserts

Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

Desserts (Cont'd)

Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

Entrees and Mixes

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

Vanilla Ice Cream

Breyers

Chocolate Ice Cream

Cascadian Farm

Organic Sweet Corn

Vans

Mini Waffles

Grains and Rice

RiceSelect

Texmati Brown Rice

Jams and Nut Butters

365 Every Day Value™

Fruit Spread Imported Apricot

Fruit Spread Imported Black Cherry

Fruit Spread Imported Blackberry

Jams and Nut Butters (Cont'd)

365 Every Day Value™

Fruit Spread Imported Raspberry

Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

Cascadian Farm

Organic Apricot Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

Im Health

Creamy Soy Nut Butter

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Cherry Preserves

Black Raspberry Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Plum Preserves

Red Raspberry Preserves

Strawberry Preserves

Miscellaneous Grocery

Scand

Bran Crispbread

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

Enricos Sauces

Mild Picante Salsa

Green Mountain Gringo

Chile Salsa

Garlic Salsa

Hot Salsa

Medium Salsa

Mild Salsa

Soups

Health Valley

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

Organic Low Salt Boullion Cubes

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses