

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Laguna Beach Store, Southern Pacific 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)

Bionaturae

Organic Pear Nectar Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Seasoned

Tortilla Corn

Food For Life

Bran Bread

Ezekiel Bread, Low Salt

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame 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

Kidney Beans, Organic

Organic Black Soy Beans

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

Nature's Path

Hemp Plus Granola

Cheese

Alta Dena Dairy

Raw Milk Goat Cheese

Cheese (Cont'd)

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, Butter & Garlic

Croutons, Seasoned

Briannas

Real French Vinaigrette

Newman's Own

Steak Sauce

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Fat Free Blueberry Cereal Bars

Heavens Scent

Premium Chocolate Chip Cookies

Thumb-Print Fudge Cookies

Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Crackers (Cont'd)

Scand

Bran Crispbread

Dairy

Horizon

Chocolate Milk, Single Serve
Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

Organic Valley

Organic Neufchatel

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Vanilla Soy Yogurt

Dairy Alternatives

White Wave

Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

Chocolate Pudding
Rice Pudding
Tapioca 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 Foods (Cont'd)

365 Organic Every Day Value™

Frozen Wild Blueberries
Haricot Verts

Ben And Jerrys

Vanilla Ice Cream

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt
Vanilla Fudge Frozen Yogurt

Jams and Nut Butters

Im Health

Creamy Soy Nut Butter

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Cherry Preserves
Black Raspberry Preserves
Blueberry Preserves
Four Fruit Preserves
Orange Marmalade
Peach 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

Green Mountain Gringo

Hot Salsa

Medium Salsa

Jardines

Peach Medium Salsa

Sweeteners

Wholesome Foods

Organic Blackstrap Molasses