

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Long 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)

Knudsen

Low Sodium Veggie Juice

Martinellis

Apple Juice

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Caesar
Croutons, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Food For Life

Bran Bread
Cinnamon Raisin Bread
Ezekiel Bread, Low Salt

Bread (Cont'd)

Food For Life

- 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
- Millet Rice Bread

Pacific Bakery

- Kamut 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
- Organic Black Soy Beans
- Pinto Beans, Organic

Santa Cruz Organic

- Cinnamon Applesauce Cup

Westbrae

- Organic Garbanzo 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
- Organic Puffed Corn Cereal

Us Mill

- Uncle Sam Cereal

Cheese

Alta Dena Dairy

- Raw Milk Goat Cheese

Organic Valley

- Organic Mozzarella

Chips/Pretzels/Snacks

Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

Newman's Own Organic

- Unsalted Round Pretzels

Condiments

365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned

Annie's Naturals

- Thousand Island Dressing

Grey Poupon

- Dijon Mustard

Condiments (Cont'd)

Westbrae

- Dijon 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

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- Montana's Chocolate Chip Cookies
- S'moreables Graham Style Crackers

St Amour

- Praline Cookies
- Rock and Roll Chocolate Cookies

Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds

Crackers

365 Every Day Value™

- Unsalted Tops Saltines

Scand

- Bran Crispbread

Wasa Crispbread

- Fiber Plus Crispbread

Dairy

Horizon

- Chocolate Milk, Single Serve

Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

Dairy (Cont'd)

Organic Valley

- Organic Neufchatel

White Wave

- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla Soy Yogurt

Dairy Alternatives

White Wave

- Non Dairy Vanilla Soy Beverage

Desserts

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

Santa Cruz Organic

- Organic Chocolate Syrup

Ethnic Foods

Sushi Sonic

- Wasabi Horseradish

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 Foods (Cont'd)

365 Organic Every Day Value™

Frozen Wild Blueberries

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

Jams and Nut Butters

Im Health

Creamy Soy Nut Butter

Crunchy Soy Nut Butter

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Cherry Preserves

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry 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

Soups

Health Valley

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

Sweeteners

Plantation Molasses

Blackstrap Molasses

Wholesome Foods

Organic Blackstrap Molasses