Low Sodium

SPECIAL DIETS SERIES

CELEBRATING YOUR CHOICES | WHOLE FOODS MARKET

Valencia 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 atWFMSpecialDiets@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 Pure Carrot Juice

Martinellis

- Apple Juice

Bread

365 Organic Every Day Value™

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

Bread (Cont'd)

Food For Life
- 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
- 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

Eden
- Adzuki Beans
- Cannellini Beans
- Garbanzo Beans (chick peas), Organic
- Kidney Beans, Organic
- Navy 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
- Thick Rolled Oats

Nature's Path
- Hemp Plus Granola
- Organic Puffed Corn Cereal

Cheese

Alta Dena Dairy
- Raw Milk Goat Cheese

Organic Valley
- Organic Mozarella

Vermont Butter-Cheese
- Quark Cheese

Chips/Pretzels/Snacks

Garden Of Eatin
- Blue Corn Sesame Chips
- Salted Blue Corn Chips

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

Condiments (Cont'd)

Grey Poupon
- Dijon Mustard

Cookies and Snack Bars

365 Organic Every Day Value™
- Fig Bar Cookies

Abigails
- Ginger Snap Cookies

Health Valley
- Apple Cobbler Cereal Bars
- Fat Free Blueberry 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

Mi-Del
- Chocolate Snap Cookies

St Amour
- Low Fat Cinnamon Cookies
- Praline Cookies

Crackers

365 Every Day Value™
- Unsalted Tops Saltines

Health Valley
- Fat Free Whole Wheat Crackers

Scand
- Bran Crispbread

Wasa Crispbread
- Fiber Plus Crispbread

Dairy

Horizon
- Strawberry Milk, Single Serve

Dairy (Cont'd)

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

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

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 Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

Frozen Foods (Cont'd)

365 Organic Every Day Value™

- Haricot Verts

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Vanilla Frozen Yogurt

Stonyfield Farm

- Vanilla Fudge Frozen Yogurt

Vans

- Mini Waffles

Jams and Nut Butters

Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter
- Organic Soy Nut Butter

St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blueberry Preserves
- Orange Marmalade
- Peach 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

Soups

Health Valley

- 5 Bean Soup- Fat Free
- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- Organic Tomato No Salt Soup
- Potato Leek Soup - No Salt
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes