

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Wilshire Blvd 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

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

Knudsen

Low Sodium Veggie Juice

Beverages (Cont'd)

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

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

Candy and Chocolate

The Ginger People

Spicy Apple Ginger Chews

Canned Goods

Crown Prince

Baby Water Clams
Low Salt Kipper Snacks

Eden

Garbanzo Beans (chick peas), Organic
Navy Beans, Organic

Santa Cruz Organic

Cinnamon Applesauce Cup

Westbrae

Organic Black Beans

Cereal

365 Organic Every Day Value™

Oat & Honey Granola

Bob's Red Mill

Rolled Hot 5 Grain Cereal
Thick Rolled Oats

Health Valley

Organic Amaranth Flakes

Nature's Path

Hemp Plus Granola
Organic Puffed Corn Cereal

Cereal (Cont'd)

Us Mill

Uncle Sam Cereal

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

Grey Poupon

Dijon Mustard

Cookies and Snack Bars

365 Organic Every Day Value™

Fig Bar Cookies

Kinnikinnick

KinniKritters Animal Cookies
Montana's Chocolate Chip Cookies

Walkerscottish Cookies

Shortbread Fingers

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Health Valley

Fat Free Whole Wheat Crackers

Scand

Bran Crispbread

Crackers (Cont'd)

Wasa Crispbread

Fiber Plus Crispbread

Dairy

Horizon

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

Lactaid

Lactaid Milk, 2%

White Wave

Blueberry Soy Yogurt

Peach 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

Frozen Foods (Cont'd)

365 Organic Every Day Value™

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Strawberries

Frozen Wild Blueberries

Haricot Verts

Ben And Jerrys

Vanilla Ice Cream

Haagen-Dazs

Vanilla Frozen Yogurt

Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vans

Mini Waffles

Jams and Nut Butters

Im Health

Creamy Soy Nut Butter with Honey

Crunchy Soy Nut Butter

Organic Soy Nut Butter

St. Dalfour

Black Cherry Preserves

Orange Marmalade

Miscellaneous Grocery

Scand

Bran Crispbread

Pasta

365 Every Day Value™

No Boil Lasagna

Sauces/Salsas/Dips

Green Mountain Gringo

Hot Salsa

Medium Salsa

Mild Salsa

Soups

Health Valley

- Black Bean Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- Vegetable Soup - No Salt

Spices and Seasonings

Organic Gourmet

- Organic Low Salt Boullion Cubes