

Low Sodium

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Baton Rouge Store, Southwest 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

Mothers

Toasted Wheat Germ

Beverages

365 Every Day Value™
Club Soda
Fresh Squeezed Grapefruit Juice
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 Coconut Juice
Organic Pure Carrot Juice

Looza Fruit Juices

Mango Nectar Juice

Bread

365 Organic Every Day Value™
Croutons, Caesar
Croutons, Cheese & Garlic
Tortilla Corn

Bread (Cont'd)

Food For Life

- Bran Bread
- Cinnamon Raisin Bread
- 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

Candy and Chocolate

The Ginger People

- Spicy Apple Ginger Chews

Canned Goods

Crown Prince

- Low Salt Kipper Snacks

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 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
- Thick Rolled Oats

Nature's Path

- Hemp Plus Granola

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

Mothers

- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

Condiments

365 Organic Every Day Value™

- Croutons, Caesar
- Croutons, Cheese & Garlic

Briannas

- Real French Vinaigrette

Grey Poupon

- Dijon Mustard

Westbrae

- Dijon Mustard
- Stoneground Mustard

Cookies and Snack Bars

Brent And Sams

- Chocolate Chip Cookies
- Chocolate Chip Pecan Cookies

Cookies and Snack Bars (Cont'd)

Health Valley

Apple Cobbler Cereal Bars
Strawberry Cereal Bars

Kinnikinnick

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

Walkerscottish Cookies

Shortbread Fingers
Shortbread Rounds

Crackers

365 Every Day Value™

Unsalted Tops Saltines

Dairy

Horizon

Chocolate Milk, Single Serve
Organic Neufchatel Spreadable Cheese

Lactaid

Lactaid Milk, 2%
Lactaid Milk, Whole

Organic Valley

Organic Neufchatel

White Wave

Black Cherry Soy Yogurt
Blueberry Soy Yogurt
Plain Soy Yogurt
Vanilla Soy Yogurt

Desserts

Kozy Shack

Chocolate Pudding
Tapioca Pudding

Oetker

Organic Chocolate Pudding
Organic Vanilla Pudding

Desserts (Cont'd)

Santa Cruz Organic

Organic Chocolate Syrup

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
Haricot Verts

Ben And Jerrys

Deep Dark Chocolate Ice Cream
Vanilla Ice Cream

Grains and Rice

RiceSelect

Jasmati White Rice

Jams and Nut Butters

Bionaturae

Organic Peach Fruit Spread

Cascadian Farm

Organic Blackberry Fruit Spread
Organic Blueberry Fruit Spread
Organic Grape Fruit Spread
Organic Raspberry Fruit Spread
Organic Strawberry Fruit Spread

Jams and Nut Butters (Cont'd)

Im Health

Creamy Soy Nut Butter
Organic Soy Nut Butter

Joyva Corp.

Sesame Tahini

St. Dalfour

Black Raspberry Preserves
Blueberry Preserves
Orange Marmalade
Red Raspberry Preserves
Strawberry Preserves

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

Soups

Health Valley

Minestrone 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