

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Georgetown Store, Mid Atlantic 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. INGREDIENTS CHANGE. This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Ah!Laska

Organic Chocolate Syrup

#### Ener-G

Egg Replacement

Tapioca Flour

#### Fearn

Raw Wheat Germ

#### Hain Featherweight

Low Salt Baking Powder

#### Ibarra

Mexican Chocolate

#### Jaclyns Food

Organic Whole Wheat Plain Bread Crumbs

### Baking Needs (Cont'd)

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Pamela's Products

Ultra Chocolate Brownie Mix

#### Shiloh Farms

Coarse Bran

#### Sunspire/Sunlight

Carob Chips Unsweetened

Chocolate Chips

Dark Organic Chocolate Chips

### Beverages

#### 365 Every Day Value™

Black Cherry Soda

Cherry Vanilla Creme Soda

## **Beverages (Cont'd)**

### **365 Every Day Value™**

- Club Soda
- Cola
- Cranberry Cocktail Juice
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Ginger Ale
- Italian Lemon Soda
- Italian Lemon Sparkling Water
- Italian Orange Soda
- Italian Pink Grapefruit Soda
- Italian Sparkling Lemon/Strawberry Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Italian Tangerine Soda
- Key Lime Soda
- Orange Creme Soda
- Orange Juice
- Orange Juice High Pulp
- Orange Juice with Calcium
- Raspberry Soda
- Root Beer Soda
- Ruby Red Grapefruit Juice

### **365 Organic Every Day Value™**

- Apple Cranberry Juice
- Apple Juice
- Berry Juice
- Cherry Juice
- Cranberry Juice Cocktail
- Lemonade Juice

### **Apple & Eve**

- Apple Juice

### **Bionaturae**

- Organic Apricot Nectar Juice

### **Knudsen**

- Low Sodium Veggie Juice

### **Lakewood Juice**

- Organic Pure Carrot Juice

### **Looza Fruit Juices**

- Mango Nectar Juice

## **Beverages (Cont'd)**

### **Orangina**

- Sparkling Citrus Beverage

### **Vruit**

- Apple Carrot Juice
- Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

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

### **Alvarado Street Bakery**

- Sesame Seed Bagels
- Sprouted Sourdough Bread

### **Berli**

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

### **Ener-G**

- Brown Rice Bread
- Hi-Fiber Bread
- White Rice Bread

### **Food For Life**

- Bran Bread
- Brown Rice Bread - Gluten & Wheat Free
- Cinnamon Raisin Bread
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread

### **French Meadow Bakery**

- Brown Rice Bread

### **Shiloh Farms**

- 7 Grain Bread
- No Salt 7 Grain Sprouted Bread

### **Vermont Bread**

- Cinnamon Raisin Bread
- Oatmeal Bread

## Bread (Cont'd)

### Vermont Bread

- Old Fashioned White Bread
- Organic Oat Bread
- Organic Spelt Bread
- Organic Wheat Bread
- Whole Wheat Bread
- Whole Wheat Sourdough Bread

### Whole Kitchen™

- Organic Blue Corn Tortillas

## Candy and Chocolate

### The Ginger People

- Peanut Ginger Chews

## Canned Goods

### Crown Prince

- Low Salt Kipper Snacks

### Divina

- Sweet Roasted Peppers
- Yellow Roasted Peppers

### Eden Foods

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Pinto Beans

### Marin Food Specialties

- Marinated Artichoke Hearts

### Ocean Spray

- Whole Cranberries

### Santa Cruz Organic

- Cinnamon Applesauce Cup
- Organic Blackberry Applesauce

### Westbrae

- Organic Black Beans
- Organic Garbanzo Beans
- Organic Kidney Beans
- Organic Pinto Beans

## Canned/Jarred Goods

### 365 Every Day Value™

- 100% Pure Pumpkin
- Apricot Halves in Pear Juice
- Bamboo Shoots, Sliced
- Black Beans, No Salt Added
- Garbanzo Beans, No Salt Added
- Kidney Beans, No Salt Added
- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt
- Water Chestnuts, Sliced
- Water Chestnuts, Whole

### 365 Organic Every Day Value™

- Black Beans
- Cinnamon Applesauce
- Coconut Milk
- Coconut Milk, Lite
- Diced Tomatoes, No Salt Added
- Garbanzo Beans
- Italian Whole Peeled Tomatoes with Basil
- Kidney Beans

### Whole Kids Organic™

- Mixed Berry Apple Sauce - 4 Pack
- Organic Apple Cinnamon Apple Sauce
- Peach Apple Sauce- 4 Pack
- Strawberry Banana Apple Sauce - 4 Pack
- Unsweetened Apple Sauce - 4 Pack

## Cereal

### 365 Organic Every Day Value™

- Golden Flax Flakes
- Hearty Whole Grain Toasted O's
- High Fiber Cereal
- Oat & Honey Granola

### Arrowhead Mills

- Amaranth Flakes Cereal
- Organic Instant Oatmeal
- Organic Kamut Flakes
- Organic Shredded Wheat
- Organic Spelt Flakes
- Organic Sweetened Shredded Wheat Cereal

## Cereal (Cont'd)

### Barbara's Bakery

Grain Shop Cereal  
Honey Rice Puffins Cereal  
Shredded Wheat

### Bob's Red Mill

Rolled Hot 5 Grain Cereal  
Rolled Hot 8 Grain Cereal  
Thick Rolled Oats

### Cascadian Farm

Granola - Oats & Honey  
Multigrain Squares

### EnviroKidz

Amazon Frosted Flakes Cereal  
Cheetah Chomps  
Koala Krisp Cereal - Organic  
Organic Orangutan O's Cereal

### Erewhon

Fat Free Rice Cereal  
Low Salt Brown Rice Crispy Cereal  
Organic Brown Rice Cereal

### Familia

Muesli - No Sugar  
Muesli - Organic Swiss

### Farina

Hot Wheat Cereal

### Kashi

7 Grain Puffed Kashi  
Cinna-Raisin Crunch Cereal  
Go Lean Cereal  
Go Lean Crunch Cereal  
Heart to Heart Cereal  
Honey Puffed Kashi

### McCanns

Instant Oatmeal  
Irish Tin Oatmeal  
Oatmeal

### Nature's Path

Flax 'n Oats Oatmeal  
Fruit Juice Sweetened Corn Flakes  
Ginger Zing Granola  
Hemp Plus Granola

## Cereal (Cont'd)

### Nature's Path

Heritage Flakes  
Heritage O's Cereal  
Hot Cereal - Variety Pack  
Muesli - Mesa Sunrise  
Muesli - Mesa Sunrise Multigrain  
Oat Bran Millet Rice Flakes  
Optimum Slim Cereal  
Organic 8 Grain Flakes  
Organic Fruit Juice Sweetened Corn Flakes  
Organic Heritage Flakes  
Organic Honey'd Sweetened Cornflakes  
Organic Puffed Corn Cereal  
Soy Plus Granola

### Old Wessex

Instant Oatmeal  
Scottish Style Oats

### Us Mill

Uncle Sam Cereal

### Whole Kids Organic™

Organic Rainbow Rings

### Whole Pantry™

Apple Cinnamon Granola  
Banana Nut Granola  
Canadian Maple Granola  
Crunchy Cranberry Granola  
French Vanilla Granola  
Mixed Berry Granola

## Cheese

### Organic Valley

Organic Mozzarella

### Vermont Butter-Cheese

Quark Cheese

## Chips, Pretzels and Snacks

### 365 Every Day Value™

Tortilla Chips White Salted

## **Chips, Pretzels and Snacks (Cont'd)**

### **365 Organic Every Day Value™**

Tortilla Chips Blue Salted  
Tortilla Chips White Salted

### **Boston Popcorn**

Lite Popcorn

### **Garden Of Eatin**

Blue Corn Sesame Chips  
Cantina White Chips  
Pico de Gallo Tortilla Chips  
Red Corn Chips  
Red Hot Blue Corn Chips  
Salted Blue Corn Chips  
Totopos Chili Lime Chips

### **Good Health**

Half Naked Popcorn

### **Grainaissance**

Raisin Cinnamon Bread

### **Green Mountain Gringo**

Tortilla Chips

### **Kettle Chips**

Honey Dijon Potato Chips  
No Salt Potato Chips

### **Lundberg Farms**

Apple Cinnamon Rice Cakes  
Brown Rice Cakes  
Buttery Caramel Rice Cakes  
Honey Nut Rice Cakes  
No Salt Brown Rice Cakes  
No Salt Organic Brown Rice Cakes  
Organic Salted Popcorn Rice Cakes  
Organic Tamari Seaweed Rice Cakes  
Organic Wild Rice Cakes

### **Mothers**

Caramel Popcorn  
No Salt Rice Cakes  
Salt & Butter Popped Corn Cakes

### **Nana's**

Yellow Tortilla Chips

## **Chips, Pretzels and Snacks (Cont'd)**

### **Newman's Own Organic**

Light Microwave Popcorn  
No Butter No Salt Microwave Popcorn  
Unsalted Round Pretzels

### **Robert's American Gourmet**

Pirate's Booty  
Puffed Rice/Corn Fruity Booty  
Smart Puffs

### **Terra**

Original Chips  
Red Bliss Sundried Tomato Chips  
Sticks  
Sweet Potato Chips  
Sweet Potato Spiced Chips  
Yukon Gold Onion and Garlic Chips  
Yukon Gold Potato Chips  
Yukon Gold Salt and Pepper Chips  
Yukon Gold Salted Vinegar Chips

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Decaf Hazelnut Coffee  
Ground French Vanilla Coffee  
Ground Hazelnut Coffee

## **Condiments**

### **365 Every Day Value™**

Balsamic Vinegar ,5 Years Old

### **365 Organic Every Day Value™**

Balsamic Vinegar  
Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Dijon Mustard  
German Mustard  
Worcestershire Sauce

### **Annie's Naturals**

Low Fat Raspberry Vinaigrette  
Organic Green Garlic Dressing  
Thousand Island Dressing

## Condiments (Cont'd)

### Briannas

Real French Vinaigrette

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Hain Pure Food

Light Safflower Mayonnaise

### Nasoya Foods

Fat Free Mayonnaise

Tofu Mayonnaise

### Spectrum

Canola Lite Mayonnaise

Canola Mayonnaise

Organic Mayonnaise

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard

Stoneground Mustard

Unsweetened Un-Ketchup

### Whole Foods Market™

Fire Roasted Salsa

Poblano Corn Salsa

Tepin Black Bean Salsa

### Whole Kids Organic™

Yellow Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

Honey Roasted Cranberry Delight Bar

Peanut Butter Cookies

Sugar Cookies

### Abigails

Ginger Snap Cookies

### Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars

Apple Cinnamon Multigrain Cereal Bars

Blueberry Apple Fruit & Yogurt Bars

Blueberry Multigrain Cereal Bars

## Cookies and Snack Bars (Cont'd)

### Barbara's Bakery

Cherry Multigrain Cereal Bars

Chocolate Chip Snackimals

Raspberry Multigrain Cereal Bars

Strawberry Multigrain Cereal Bars

Triple Berry Multigrain Cereal Bars

Wheat Free Oatmeal Snackimals Cookies

### Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Oatmeal Raisin Cookies

### EnviroKidz

Cheetah Berry Crispy Rice Bars

Koala Chocolate Crispy Rice Bars

Panda Peanut Butter Crispy Rice Bars

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Fat Free Chocolate Cream Vanilla Cookies

Fat Free Raspberry Granola Bars

Oat Bran Graham Crackers

Peanut Crunch Granola Bar

Strawberry Cereal Bars

### Maya

Organic Chocolate Bar

Organic Chocolate Coffee Bar

Organic Chocolate Mint Bar

Organic Chocolate Orange Bar

### Midel

Arrowroots Animal Cookies - Gluten Free

Chocolate Snap Cookies

Gingersnaps

Lemon Snap Cookies

Vanilla Snap Cookies

### Nana's

No Gluten Barry Vanilla Cookie Bar

No Gluten Chocolate Munch Cookie Bar

### Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

## Cookies and Snack Bars (Cont'd)

### Newman's Own Organic

- Chocolate Creme Filled Cookies
- Mint Creme Filled Cookies
- Organic Chocolate Chip Cookies
- Organic Orange Chocolate Chip Cookies
- Organic O's Cookies

### Pamela's Products

- Chunky Chocolate Chip Cookies - Wheat Free
- Ginger Brown Rice Cookies
- Shortbread Butter Cookies

### Walkerscottish Cookies

- Shortbread Fingers

### Whole Treat™

- Dark Chocolate Mint Chocolate Filled Waffle Cookies

## Crackers

### 365 Every Day Value™

- Seaweed Rice Crackers
- Stoneground Low Sodium Wheat Thins
- Unsalted Tops Saltines
- Wasabi Rice Crackers

### Barbara's Bakery

- Organic Wheatines

### Bisca

- Organic Water Crackers

### Edward & Sons

- Brown Rice Sesame Snaps - Fat Free No Salt
- Fat Free Tamari Sesame Brown Rice Snaps
- No Salt Organic Brown Rice Snaps
- Organic Brown Rice Snaps - Cheddar Low Salt/Fat
- Organic Brown Rice Snaps - Vegetable Low Salt/Fat
- Toasted Onion Organic Brown Rice Snaps

### Finn Crisp

- Dark Crispbread
- Rye Crispbread with Caraway

## Crackers (Cont'd)

### Hain Pure Food

- Oyster Crackers

### Health Valley

- Health Valley Rice Bran Crackers
- Low Fat Cracked Pepper Crackers
- Low Fat Sesame Crackers

### Kavli

- 5 Grain Crackers
- Crispbread
- Thick Crispbread

### Ryvit

- Fruit Crunch Crispbread
- High Fiber Crispbread
- Rye Lite Crispbread
- Sesame Rye Crispbread

### Sesmark Foods

- Brown Rice Thins

### Stacy's

- Cinnamon Sugar Pitas
- Simply Naked Pita

### Wasa Crispbread

- Golden Rye Crispbread
- Hearty Rye Crispbread
- Light Rye Crispbread

## Dairy

### 365 Every Day Value™

- 2% Milk
- Skim Milk

### 365 Organic Every Day Value™

- Butter
- Unsalted Butter

### Butterwork

- Non Fat Vanilla Yogurt

### Dannon

- Original Actimel

### Earth Balance

- Soy Garden Margarine

## Dairy (Cont'd)

### Erivan Yogurt

Plain Yogurt

### Friendship

No Salt Cottage Cheese

### Helios Nutrition

Organic Peach Kefir

Organic Plain Kefir

Organic Vanilla Kefir

### Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Organic Strawberry Yogurt

Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### Parmalat

1% Milk

Skim Milk

### Seven Stars

Maple Yogurt

### Stonyfield Farm

Cherry and Berry Squeeze Yogurt

Non Fat Apricot Mango Yogurt

Non Fat Blueberry Yogurt

Non Fat Chocolate Yogurt

Non Fat French Vanilla Yogurt

Non Fat Plain Yogurt

Non Fat Raspberry Yogurt

Non Fat Strawberry Yogurt

Organic Low Fat Just Peachy Yogurt

Organic Low Fat Plain Yogurt

Organic Low Fat Raspberry Yogurt Smoothie

Organic Low Fat Tropical Fruit Yogurt Smoothie

Organic Plain Yogurt

Organic Strawberry Cream Yogurt

Organic Vanilla Yogurt

Organic Wild Blueberry Yogurt

## Dairy (Cont'd)

### Stonyfield Farm

Strawberry Peach Yogurt

Strawberry Squeeze Yogurt

### White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Plain Soy Yogurt

Vanilla Silk

Vanilla Soy Yogurt

### Whole Soy

Soy Yogurt - Blueberry

Soy Yogurt - Cherry

Soy Yogurt - Lemon

Soy Yogurt - Peach

Soy Yogurt - Raspberry

Soy Yogurt - Strawberry

## Dairy Alternatives

### 365 Organic Every Day Value™

Rice Beverage, Original

Rice Beverage, Vanilla

Soy milk, Unsweetened

### Blue Diamond

Almond Breeze - Chocolate

Almond Breeze - Original

Almond Breeze - Vanilla

### Imagine Foods

Soy Dream Vanilla

### Pacific Foods

Original Oat Beverage

Vanilla Almond Milk

### Rice Dream

Enriched Chocolate

Organic Enriched Original

Rice Dream Vanilla

### Soyco Foods

Grated Rice Parmesan

### Westsoy

Light Vanilla Soy Beverage

Low Fat Vanilla Rice Drink



## Dairy Alternatives (Cont'd)

### Westsoy

- Plus Plain Soy Beverage
- Vanilla Plus Soy Beverage
- Westsoy Low Fat Vanilla Calcium
- Westsoy No Fat Vanilla
- Westsoy Original
- Westsoy Plain Low Fat Calcium

### White Wave

- Chai Silk Milk
- Mocha Silk Milk
- Non Dairy Chocolate Silk Beverage
- Non Dairy Plain Beverage
- Non Dairy Vanilla Soy Beverage
- Organic Plain 1% Silk Beverage
- Silk Plain Aseptic
- Silk Vanilla Aseptic

## Desserts

### 365 Every Day Value™

- Chocolate Soy Cream

### Ah!Laska

- Organic Chocolate Syrup

### Gaga's Sherbetter

- Chocolate Sherbet
- Orange Sherbet
- Raspberry Sherbet

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Mocha Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Energy and Nutrition Bars/Drinks

### 365 Organic Every Day Value™

- Honey Roasted Cranberry Delight Bar

### Maya

- Organic Chocolate Bar
- Organic Chocolate Coffee Bar
- Organic Chocolate Mint Bar
- Organic Chocolate Orange Bar

## Entrees and Mixes

### Bob's Red Mill

- Vegetable Protein

### Fantastic Foods

- Couscous
- Whole Wheat Couscous

### Near East

- Couscous

### Rice Select

- Risotto Rice

## Ethnic Foods

### 365 Every Day Value™

- Asian Stir Fry
- Bamboo Shoots, Sliced
- Water Chestnuts, Sliced
- Water Chestnuts, Whole

### 365 Organic Every Day Value™

- Blue Corn Taco Shells
- Coconut Milk
- Coconut Milk, Lite

## Frozen Foods

### 365 Every Day Value™

- Asian Stir Fry
- Broccoli Florettes
- Chocolate Soy Cream
- Crinkle Cut Fries
- Cut Okra
- Edamame Pods
- Frozen Chopped Spinach
- Frozen Cut Corn
- Frozen Fruit Whole Raspberries

## Frozen Foods (Cont'd)

### 365 Every Day Value™

- Frozen Fruit Whole Strawberries
- Frozen Sliced Peaches
- Mixed Vegetables
- Shelled Edamame Beans, Blanched
- Shredded Hashbrowns

### 365 Organic Every Day Value™

- Asparagus Spears
- Crinkle Cuts
- Cut Green Beans
- Edamame Pods
- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Supersweet Corn
- Frozen Wild Blueberries
- Macaroni & Beef
- Mixed Vegetables
- Peas & Carrots
- Potatoes O'Brien
- Shelled Edamame Beans
- Shoestring Potatoes
- Sugar Snap Peas
- Super Sweet White Corn
- Three Cheese Macaroni

### Alvarado Street Bakery

- Sesame Seed Bagels
- Sprouted Sourdough Bread

### Amy's

- Organic Strawberry Toaster Pops

### Ben And Jerrys

- Deep Dark Chocolate Ice Cream
- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

### Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

### Cascadian Farm

- Chinese Stir Fry - Organic
- Country Style Potatoes

## Frozen Foods (Cont'd)

### Cascadian Farm

- Organic Chopped Spinach

### Gaga's Sherbetter

- Chocolate Sherbet
- Orange Sherbet
- Raspberry Sherbet

### Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Imagine Foods

- Lil' Dream - Chocolate - Organic
- Lil' Dream - Vanilla - Organic

### Rice Dream

- Vanilla Rice Dream Beverage

### Soy Boy

- Ravioli Verde

### Soy Delicious

- Almond Pecan Soy Frozen Dessert
- Chunky Mint Soy Frozen Dessert
- Vanilla Soy Frozen Dessert

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

### Whole Catch™

- Sea Scallops

## Grains and Rice

### Kashi

- 7 Grain Kashi Pilaf

### Lundberg Farms

- Countrywild Brown Rice
- Organic Basmati Brown Rice
- Organic Basmati Rice
- Wild Blend Brown Rice

## Grains and Rice (Cont'd)

### Rice Select

Jasmati White Rice  
White Rice

## Jams and Nut Butters

### 365 Every Day Value™

Creamy Peanut Butter  
Crunchy Peanut Butter

### Arrowhead Mills

Organic Sesame Tahini

### Bionaturae

Organic Blueberry Fruit Spread

### Cascadian Farm

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Grape Fruit Spread  
Organic Raspberry Fruit Spread  
Organic Strawberry Fruit Spread

### Hero

Blackcurrant Fruit Preserves  
Blueberry Fruit Preserves  
Raspberry Fruit Preserves

### Im Health

Chunky Soy Nut Butter with Honey  
Creamy Soy Nut Butter  
Creamy Soy Nut Butter with Honey  
Crunchy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### Kimes Apple Butter

Unsweetened Apple Butter

### St. Dalfour

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

## Jams and Nut Butters (Cont'd)

### St. Dalfour

Strawberry Preserves

## Meat Alternatives

### 365 Organic Every Day Value™

Extra Firm Tofu  
Firm Tofu

### Morinu

Firm Tofu - Organic

### Nasoya Foods

5 Spice Tofu - Organic  
Extra Firm Tofu - Organic  
Firm Tofu - Organic  
Silken Tofu - Organic  
Soft Tofu - Organic

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### 365 Organic Every Day Value™

Chocolate Banana Trail Mix  
Dried Apricots  
Dried Cherries  
Dried Cranberries  
Dried Cranberries & Apples  
Dried Fruit Delight Mix  
Fruit, Chocolate & Nut Mix  
Hulabaloo Mix  
Roasted & Salted Soynuts  
Roasted & Unsalted Soynuts  
Thompson Raisins

### Whole Kids Organic™

Raisins - 6 pk  
Seedless Thompson Raisins

## Oils

### 365 Organic Every Day Value™

Expeller Pressed Canola Oil  
Olive Oil Imported

## Pasta

### 365 Every Day Value™

No Boil Lasagna  
Pasta, Capellini  
Pasta, Fusilli  
Pasta, Linguine  
Pasta, Penne Rigate  
Spaghetti  
Tri-color Fusilli

### 365 Organic Every Day Value™

Elbows  
Fusilli  
Lasagne  
Linguine  
Penne Rigate  
Spaghetti  
Whole Wheat Fusilli  
Whole Wheat Linguine  
Whole Wheat Penne Rigate  
Whole Wheat Shells  
Whole Wheat Spaghetti

## Prepared Foods

### Rapunzel

No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Drew's

Hot Salsa  
Medium Salsa  
Mild Salsa

### Green Mountain Gringo

Chile Salsa  
Garlic Salsa  
Hot Salsa  
Medium Salsa  
Mild Salsa

## Sauces, Salsas and Dips (Cont'd)

### Jardines

Peach Medium Salsa

### Melindas

Pepper Sauce

### Whole Foods Market™

Fire Roasted Salsa  
Poblano Corn Salsa  
Tepin Black Bean Salsa

## Seafood

### Whole Catch™

Sea Scallops

## Soups

### 365 Organic Every Day Value™

Low Sodium Chicken Broth

### Health Valley

Lentil Soup - No Salt  
Organic Tomato No Salt Soup  
Split Pea Soup - No Salt  
Vegetable Soup - No Salt

### Shelton's

Chicken Broth Low Salt, Low Fat  
Organic Chicken Broth - Fat Free/Low Sodium

## Spices and Seasonings

### Organic Gourmet

Organic Low Salt Bouillon Cubes

## Sweeteners

### Plantation Molasses

Blackstrap Molasses