

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Boca Raton Store, Florida 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](mailto: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)

**Ceres Fruit Juices**  
Guava Juice  
Papaya Juice

### Knudsen

Low Sodium Veggie Juice

### Lakewood Juice

Organic Coconut Juice  
Organic Pure Carrot Juice

### Martinellis

Apple Juice

### Bread

**365 Organic Every Day Value™**  
Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic

## **Bread (Cont'd)**

### **365 Organic Every Day Value™**

Croutons, Seasoned  
Tortilla Corn

### **Berlin Natural Bakery**

Spelt Bread  
Sprouted Spelt Bread  
White Spelt Bread

### **Food For Life**

Bran Bread  
Cinnamon Raisin Bread  
Ezekiel Bread, Low Salt  
Organic 7 Grain Bread  
Organic Ezekiel 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**

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

### **Marin Food Specialties**

Marinated Artichoke Hearts

## **Canned Goods (Cont'd)**

### **Minerva**

Whole Roasted Chestnuts

### **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 5 Grain Cereal  
Thick Rolled Oats

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Hemp Plus Granola

### **Old Wessex**

Oat Bran Hot 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

## **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

### **Briannas**

- Real French Vinaigrette

### **Westbrae**

- Dijon Mustard
- Stoneground Mustard
- Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

- Fig Bar Cookies

### **Health Valley**

- 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

### **Shady Maple**

- Organic Honey Waffles
- Organic Maple Waffles

## **Crackers**

### **365 Every Day Value™**

- Unsalted Tops Saltines

### **Scand**

- Bran Crispbread

## **Dairy**

### **Coach Dairy**

- Goat Milk Yogurt Drink
- Strawberry Yogurt Drink

### **Erivan Yogurt**

- Plain Yogurt

### **Horizon**

- Organic Neufchatel Spreadable Cheese

### **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**

### **WestSoy**

- Westsoy No Fat Vanilla

### **White Wave**

- Non Dairy Vanilla Soy Beverage

## **Desserts**

### **Kozy Shack**

- Rice Pudding

### **Oetker**

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## Desserts (Cont'd)

### Santa Cruz Organic

Organic Chocolate Syrup

## Entrees and Mixes

### RiceSelect

Risotto Rice

## Ethnic Foods

### Eden

Organic Sesame Garlic Shitake

## 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

Vanilla Caramel Fudge Ice Cream  
Vanilla Ice Cream

### Haagen-Dazs

Mango Sorbet

### Soy Boy

Tofu Ravioli

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles

## Grains and Rice

### RiceSelect

Jasmati White Rice  
Texmati Brown Rice

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Peach Fruit Spread  
Organic Plum Fruit Spread  
Organic Wild Berry Fruit Spread

### Cascadian Farm

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

### Im Health

Creamy Soy Nut Butter  
Creamy Soy Nut Butter with Honey  
Crunchy Soy Nut Butter  
Organic 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  
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

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

Chile Salsa

Garlic Salsa

Hot Salsa

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone 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

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses