

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## 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>

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

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Shiloh Farms

Coarse Bran

### Beverages

#### 365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Apple & Eve

Apple Juice

#### Bionaturae

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

#### Knudsen

Low Sodium Veggie Juice

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

### **Lakewood Juice**

- Organic Coconut Juice
- Organic Pure Carrot Juice

### **Looza Fruit Juices**

- Mango Nectar Juice

### **Vruit**

- Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

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

### **Berlin Natural Bakery**

- Spelt Bread
- Sprouted Spelt Bread

### **Food For Life**

- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### **Shiloh Farms**

- 7 Grain Bread

### **Vermont Bread**

- Cinnamon Raisin Bread
- Organic Oat Bread
- Organic Spelt Bread
- Organic Wheat Bread
- Whole Wheat Sourdough Bread

## **Canned Goods**

### **Crown Prince**

- Baby Water Clams
- Low Salt Kipper Snacks

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

### **Divina**

- Sweet Roasted Peppers

### **Eden**

- Adzuki Beans
- Black 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

## **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

## **Cheese**

### **Organic Valley**

- Organic Mozzarella

## Cheese (Cont'd)

### Vermont Butter-Cheese

Quark Cheese

## Chips/Pretzels/Snacks

### Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

### Mothers

No Salt Rice Cakes

Salt & Butter Popped Corn Cakes

### Newman's Own Organic

Unsalted Round Pretzels

## 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

Country Dijon Mustard

Dijon Mustard

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard

Stoneground Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Abigails

Ginger Snap Cookies

## Cookies and Snack Bars (Cont'd)

### Brent And Sams

Oatmeal Raisin Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

### Shady Maple

Organic Maple Waffles

### Walkerscottish Cookies

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Scand

Bran Crispbread

## Dairy

### Coach Dairy

Goat Milk Yogurt Drink

### Friendship

No Salt Cottage Cheese

### Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### Parmalat

1% Milk

Skim Milk

### Seven Stars

Maple Yogurt

### Seven Stars Farm

Low Fat Maple Yogurt

## Dairy (Cont'd)

### White Wave

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Vanilla Soy Yogurt

## Dairy Alternatives

### WestSoy

- Westsoy No Fat Vanilla

### 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 Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Haricot Verts

## Frozen Foods (Cont'd)

### 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

- Organic Chopped Spinach

### Haagen-Dazs

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

### Soy Boy

- Tofu Ravioli

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

## Grains and Rice

### RiceSelect

- Jasmati White Rice
- Texmati White Rice

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread

### Im Health

- Crunchy Soy Nut Butter

### Joyva Corp.

- Sesame Tahini

## **Jams and Nut Butters (Cont'd)**

### **Kimes Apple Butter**

Unsweetened Apple Butter

### **St. Dalfour**

Black Cherry Preserves

Blackcurrant Preserves

Peach 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

### **Wholesome Foods**

Organic Blackstrap Molasses