

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## P Street 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

#### 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

### Beverages (Cont'd)

#### 365 Every Day Value™

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

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

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

### **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  
White Spelt Bread

### **Food For Life**

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

### **Nature's Path**

Carrot Raisin Bread

### **Shiloh Farms**

No Salt 7 Grain Sprouted Bread

### **Vermont Bread**

Cinnamon Raisin Bread  
Old Fashioned White Bread  
Organic Oat Bread  
Organic Spelt Bread  
Organic Wheat Bread  
Sprouted Wheat Bread  
Whole Wheat Sourdough Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

### **Eden**

Adzuki Beans  
Black Beans  
Cannellini Beans  
Garbanzo Beans (chick peas), Organic  
Kidney Beans, Organic  
Navy Beans, Organic

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Minerva**

Whole Roasted Chestnuts

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **Westbrae**

Organic Garbanzo Beans

## **Cereal**

### **365 Organic Every Day Value™**

Oat & Honey Granola

### **Bob's Red Mill**

Rolled Hot 10 Grain Cereal  
Rolled Hot 5 Grain Cereal  
Thick Rolled Oats

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Hemp Plus Granola

## **Cheese**

### **Organic Valley**

Organic Mozzarella

### **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

### **Annie's Naturals**

Thousand Island Dressing

### **Briannas**

Real French Vinaigrette

### **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

### **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**

### **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

### **White Wave**

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

## Dairy (Cont'd)

### White Wave

- 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

- 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

### Ben And Jerrys

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

## Frozen Foods (Cont'd)

### 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 Blueberry Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Strawberry Fruit Spread

### Im Health

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

### Joyva Corp.

- Sesame Tahini

### Kimes Apple Butter

- Unsweetened Apple Butter

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

### **St. Dalfour**

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

## **Soups (Cont'd)**

### **Health Valley**

- Organic Tomato No Salt Soup
- Potato Leek Soup - No Salt
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses

### **Wholesome Foods**

- Organic Blackstrap Molasses