

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Springfield 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

#### Mothers

Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Apple & Eve

Apple Juice

#### 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, 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 Ezekiel Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

- European Sourdough Rye Bread

### **Shiloh Farms**

- 7 Grain Bread

### **Vermont Bread**

- Cinnamon Raisin 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

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

### **Eden**

- 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

## **Cereal**

### **365 Organic Every Day Value™**

- Oat & Honey Granola

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

- Rolled Hot 10 Grain Cereal
- Rolled Hot 5 Grain Cereal

### **Kashi**

- Cinna-Raisin Crunch Cereal

### **Nature's Path**

- Hemp Plus Granola

### **Us Mill**

- Uncle Sam Cereal

## **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

## **Chips/Pretzels/Snacks (Cont'd)**

### **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**

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

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

## **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

### **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

## Desserts (Cont'd)

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Frozen Foods

### 365 Every Day Value™

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

### 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

### Vans

Mini Waffles

## Grains and Rice

### RiceSelect

Jasmati White Rice

## Jams and Nut Butters

### Bionaturae

Organic Apricot 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 with Honey  
Crunchy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### Kimes Apple Butter

Unsweetened Apple Butter

### St. Dalfour

Black Raspberry Preserves  
Blackcurrant Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Orange Marmalade  
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