

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Silver Spring 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

#### Ceres Fruit Juices

Guava Juice

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

### **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

### **Nature's Path**

Carrot Raisin Bread

### **Shiloh Farms**

7 Grain Bread

### **Vermont Bread**

Cinnamon Raisin 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

### **Minerva**

Whole Roasted Chestnuts

### **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 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

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

S'moreables Graham Style Crackers

### **Shady Maple**

Organic Maple Waffles

### **Walkerscottish Cookies**

Shortbread Fingers

Shortbread Rounds

## **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

## Dairy (Cont'd)

### Seven Stars Farm

Low Fat 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

### 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

### Vans

Mini Waffles

## 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 Blueberry Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

### Im Health

Creamy Soy Nut Butter

Creamy Soy Nut Butter with Honey

Crunchy Soy Nut Butter

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

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

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

## **Miscellaneous Grocery**

### **Scand**

Bran Crispbread

## **Nutritional Supplements**

### **Bionaturae**

Organic Bilberry Fruit Nectar

### **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

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses