

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Tyson's 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 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

#### Ceres Fruit Juices

Guava 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 Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Carrot Raisin Bread

### **Shiloh Farms**

7 Grain Bread

### **Vermont Bread**

Cinnamon Raisin Bread

Organic Oat Bread

Organic Spelt Bread

Organic 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

Pinto Beans, Organic

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Minerva**

Whole Roasted Chestnuts

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **Westbrae**

Organic Black 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

## **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

## **Cookies and Snack Bars (Cont'd)**

### **Brent And Sams**

Oatmeal Raisin Cookies

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies

### **Walkerscottish Cookies**

Shortbread Fingers

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

## **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**

Skim Milk

### **Seven Stars**

Maple Yogurt

### **Seven Stars Farm**

Low Fat Maple Yogurt

### **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**

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

### **Breyers**

Mint Chocolate Ice Cream

### **Cascadian Farm**

Organic Chopped Spinach

### **Haagen-Dazs**

Coffee Frozen Yogurt

Mango Sorbet

## **Frozen Foods (Cont'd)**

### **Haagen-Dazs**

Orchard Peach Sorbet

Raspberry Frozen Yogurt

### **Vans**

Mini Waffles

## **Grains and Rice**

### **RiceSelect**

Texmati White Rice

## **Jams and Nut Butters**

### **Bionaturae**

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

### **Cascadian Farm**

Organic Apricot Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry 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 Cherry Preserves

Black Raspberry Preserves

Blackcurrant Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Strawberry Preserves

## **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

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

## **Sweeteners (Cont'd)**

### **Wholesome Foods**

Organic Blackstrap Molasses