

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Northbrook Store, Midwest 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

#### Chatfields

Cocoa Powder

#### Fearn

Raw Wheat Germ

#### Mothers

Toasted Wheat Germ

### 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

#### Bionaturae

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

#### Martinellis

Apple Juice

## Beverages (Cont'd)

### Vruit

Berry Veggie Juice

## Bread

### 365 Organic Every Day Value™

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

### 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

### French Meadow Bakery

European Sourdough Rye Bread

### Nature's Path

Millet Rice Bread

## Candy and Chocolate

### The Ginger People

Spicy Apple Ginger Chews

## Canned Goods

### Crown Prince

Baby Water Clams

### Divina

Sweet Roasted Peppers

### Eden

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

## Canned Goods (Cont'd)

### Eden

Pinto Beans, Organic

### Santa Cruz Organic

Cinnamon Applesauce Cup

### Westbrae

Organic Black Beans  
Organic Garbanzo Beans  
Organic Kidney Beans  
Organic Pinto 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  
Thick Rolled Oats

### 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

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

### **Mothers**

No Salt Rice Cakes

### **Newman's Own Organic**

Unsalted Round Pretzels

## **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**

Dijon Mustard

### **Westbrae**

Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Health Valley**

Amaranth Graham Crackers

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

### **Mi-Del**

Chocolate Snap Cookies

### **Walkerscottish Cookies**

Shortbread Fingers

Shortbread Tails

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

## **Dairy**

### **Friendship**

No Salt Cottage Cheese

### **Horizon**

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

## **Dairy Alternatives**

### **WestSoy**

Westsoy No Fat Vanilla

## **Desserts**

### **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

### **Ben And Jerrys**

Vanilla Caramel Fudge Ice Cream

Vanilla Ice Cream

## Frozen Foods (Cont'd)

### Haagen-Dazs

Coffee Frozen Yogurt  
Vanilla Frozen Yogurt

### Perfect Additions

Unsalted Chicken Stock

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Peach Fruit Spread  
Organic Plum Fruit Spread  
Organic Wild Berry Fruit Spread

### Cascadian Farm

Organic Blackberry Fruit Spread  
Organic Grape Fruit Spread  
Organic Raspberry Fruit Spread  
Organic Strawberry Fruit Spread

### Im Health

Chunky Soy Nut Butter with Honey  
Creamy Soy Nut Butter  
Organic Soy Nut Butter

### St. Dalfour

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

## 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

5 Bean Soup- Fat Free  
Black Bean Soup - No Salt  
Lentil Soup - No Salt  
Minestrone Soup - No Salt  
Organic Tomato No Salt Soup  
Split Pea Soup - No Salt  
Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

Blackstrap Molasses