

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Palatine 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

#### Mothers

Toasted Wheat Germ

### 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

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Strawberry Sparkling Water

#### Bionaturae

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

#### Vruit

Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Butter & Garlic  
Croutons, Caesar  
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**

Carrot Raisin Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Eden**

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

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **Westbrae**

Organic Black 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  
Rolled Hot 5 Grain Cereal  
Thick Rolled Oats

### **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

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **365 Organic Every Day Value™**

Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Seasoned

## Condiments (Cont'd)

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Grey Poupon

Dijon Mustard

### Westbrae

Stoneground Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Health Valley

Oat Bran Graham Crackers

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

### Mi-Del

Chocolate Snap Cookies

### Shady Maple

Organic Honey Waffles

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Scand

Bran Crispbread

## Dairy

### Friendship

No Salt Cottage Cheese

### Horizon

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

## Dairy Alternatives

### WestSoy

Westsoy No Fat Vanilla

## Desserts

### Oetker

Organic Chocolate Pudding

Organic Coconut 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 Ice Cream

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles

## Jams and Nut Butters

### Bionaturae

Organic Blueberry Fruit Spread

Organic Plum Fruit Spread

Organic Wild Berry Fruit Spread

## Jams and Nut Butters (Cont'd)

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blackberry Fruit Spread
- Organic Blueberry 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

## 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

- 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

### Wholesome Foods

- Organic Blackstrap Molasses