

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## South Loop 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

#### Ceres Fruit Juices

Guava Juice

Papaya Juice

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

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

### **Looza Fruit Juices**

Mango Nectar Juice

### **Martinellis**

Apple Juice

### **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**

Bran Bread

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

Millet Rice Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

Low Salt Kipper Snacks

### **Eden**

Adzuki Beans

Black Beans

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

### **Eden**

Cannellini Beans

Garbanzo Beans (chick peas), Organic

Kidney Beans, Organic

Navy Beans, Organic

Organic Black Soy Beans

Pinto Beans, Organic

### **Minerva**

Whole Roasted Chestnuts

### **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

Rolled Hot 5 Grain Cereal

Rolled Hot 7 Grain Cereal

Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola

Organic Puffed Corn Cereal

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **Organic Valley**

Organic Mozzarella

## **Chips/Pretzels/Snacks**

### **Garden Of Eatin**

Blue Corn Sesame Chips  
Salted Blue Corn Chips

### **Mothers**

No Salt Rice 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**

Dijon Mustard

### **The Ojai Cook**

Light Lemonaise

### **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

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

### **Shady Maple**

Organic Maple Waffles

### **Walkerscottish Cookies**

Shortbread Fingers

## **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

### **Organic Valley**

Organic Neufchatel

## **Dairy Alternatives**

### **WestSoy**

Westsoy No Fat Vanilla

## **Desserts**

### **Kozy Shack**

Chocolate Pudding  
Rice Pudding

### **Oetker**

Organic Chocolate Pudding  
Organic Coconut Pudding  
Organic Vanilla Pudding

### **Santa Cruz Organic**

Organic Chocolate Syrup

## **Entrees and Mixes**

### **RiceSelect**

Risotto Rice

## **Ethnic Foods**

### **Eden**

Organic Sesame Garlic Shitake

### **Sushi Sonic**

Wasabi Horseradish

## **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

### **Perfect Additions**

Unsalted Beef Stock

### **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 Brown Rice

## **Jams and Nut Butters**

### **Bionaturae**

Organic Apricot Fruit Spread

Organic Plum Fruit Spread

Organic Wild Berry Fruit Spread

### **Cascadian Farm**

Organic Blackberry Fruit Spread

Organic Blueberry Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

### **Im Health**

Creamy Soy Nut Butter

Creamy Soy Nut Butter with Honey

Organic Soy Nut Butter

### **Oskri Organics**

Organic Tahini

### **St. Dalfour**

Black Cherry Preserves

Black Raspberry Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Red Raspberry 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**

- 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
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses

### **Wholesome Foods**

- Organic Blackstrap Molasses