

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Cambridge Store, North 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

#### Bakers

Unsweetened Baking Chocolate

#### Fearn

Raw Wheat Germ

#### Ibarra

Mexican Chocolate

#### Mothers

Toasted Wheat Germ

#### Shiloh Farms

Coarse Bran

### Beverages

#### 365 Every Day Value™

Club Soda

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

#### Martinellis

Apple Juice

## Bread

### 365 Organic Every Day Value™

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

### Food For Life

- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### Nature's Path

- Carrot Raisin Bread
- Millet Rice Bread

### Vermont Bread

- Organic Oat Bread
- Organic Wheat Bread
- Whole Wheat Sourdough Bread

### When Pigs Fly

- Cinnamon Raisin Bread
- Harvest 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
- 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

## Cereal

### 365 Organic Every Day Value™

- Oat & Honey Granola

### Nature's Path

- Hemp Plus Granola
- Organic Puffed Corn Cereal

### Old Wessex

- Oat Bran Hot Cereal

### Us Mill

- Uncle Sam Cereal

## Cheese

### Vermont Butter-Cheese

- Quark Cheese

## Chips/Pretzels/Snacks

### Boston Popcorn

- Lite Popcorn

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Mothers

- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

## 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

### Briannas

Real French Vinaigrette

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Westbrae

Dijon Mustard  
Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies  
S'moreables Graham Style Crackers

### Mi-Del

Chocolate Snap Cookies

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Nejames

Original Crispbread

## Dairy

### Coach Dairy

Goat Milk Yogurt Drink

### Friendship

No Salt Cottage Cheese

### Horizon

Organic Neufchatel Spreadable Cheese

## Dairy (Cont'd)

### Lactaid

Lactaid Milk, 2%  
Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### Zausner

Whipped Cream Cheese

## Dairy Alternatives

### WestSoy

Westsoy No Fat Vanilla

## Desserts

### Echo Farms

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™

Frozen Berry Blend  
Frozen Blackberries  
Frozen Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries  
Frozen Wild Blueberries

### Ben And Jerrys

Deep Dark Chocolate Ice Cream  
Vanilla Ice Cream

## Frozen Foods (Cont'd)

### Haagen-Dazs

- Coffee Frozen Yogurt
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Soy Boy

- Tofu Ravioli

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

## Grains and Rice

### RiceSelect

- Jasmati White Rice
- Texmati Brown Rice
- Texmati White Rice

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blackberry Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

### Im Health

- Chunky Soy Nut Butter with Honey

### Joyva Corp.

- Sesame Tahini

### Kimes Apple Butter

- Unsweetened Apple Butter

### St. Dalfour

- Black Raspberry Preserves
- Blueberry Preserves
- Four Fruit Preserves
- 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

- 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 Bouillon Cubes

## Sweeteners

### Plantation Molasses

- Blackstrap Molasses