

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Fresh Pond 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

#### 365 Every Day Value™

100% Pure Pumpkin

#### Bakers

Unsweetened Baking Chocolate

#### Chatfields

Cocoa Powder

#### Fearn

Raw Wheat Germ

#### Ibarra

Mexican Chocolate

#### Lake Champlain Chocolates

Unsweetened Cocoa

### Baking Needs (Cont'd)

#### Mothers

Toasted Wheat Germ

#### Scharffenberger

Unsweetened Baking Chocolate Bar

#### Shiloh Farms

Coarse Bran

### Beverages

#### 365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

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

### **Apple & Eve**

Apple Juice

### **Ceres Fruit Juices**

Guava Juice

### **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

### **Berlin Natural Bakery**

Spelt Bread

Sprouted Spelt Bread

### **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

## **Bread (Cont'd)**

### **Nejames**

Crispbread

### **Shiloh Farms**

7 Grain Bread

### **Vermont Bread**

Organic Oat Bread

Organic Spelt 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

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

Rolled Hot 5 Grain Cereal

Rolled Hot 7 Grain Cereal

Thick Rolled Oats

### Nature's Path

Hemp Plus Granola

Organic Puffed Corn Cereal

### Old Wessex

Oat Bran Hot Cereal

### Us Mill

Uncle Sam Cereal

## Cheese

### Organic Valley

Organic Mozzarella

### 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

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Golds

Dijon Mustard

Mustard with Horseradish

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Hain Pure Food

Light Safflower Mayonnaise

### The Ojai Cook

Light Lemonaise

### 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

### Brent And Sams

Chocolate Chip Cookies

### Destrooper

Crisp Butter Wafers

### Health Valley

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Strawberry Cereal Bars

### Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

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

### **Kinnikinnick**

S'moreables Graham Style Crackers

### **Mi-Del**

Chocolate Snap Cookies

### **Shady Maple**

Organic Honey Waffles

Organic Maple Waffles

### **Walkerscottish Cookies**

Shortbread Fingers

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

### **Nejaimes**

Original Crispbread

### **Scand**

Bran Crispbread

## **Dairy**

### **Butterwork**

Non Fat Vanilla Yogurt

### **Calabro**

Fat Free Ricotta

### **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

## **Dairy (Cont'd)**

### **Parmalat**

1% Milk

Skim Milk

### **Seven Stars Farm**

Low Fat Maple Yogurt

### **White Wave**

Plain Soy Yogurt

### **Zausner**

Whipped Cream Cheese

## **Dairy Alternatives**

### **WestSoy**

Westsoy No Fat Vanilla

## **Desserts**

### **Echo Farms**

Coffee Caramel Pudding

Rice Pudding

### **Oetker**

Organic Chocolate Pudding

Organic Coconut Pudding

Organic Vanilla Pudding

### **Santa Cruz Organic**

Organic Chocolate Syrup

## **Entrees and Mixes**

### **Fantastic Foods**

Whole Wheat Couscous

### **RiceSelect**

Risotto Rice

## **Ethnic Foods**

### **Eden**

Organic Sesame Garlic Shitake

## 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

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

### Haagen-Dazs

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

### Perfect Additions

- Unsalted Beef Stock
- Unsalted Chicken 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
- Texmati White Rice

## Grains and Rice (Cont'd)

### Semchi

- Premium Brown Rice
- Premium White Rice

## 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 Apricot Fruit Spread
- Organic Blackberry 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
- Crunchy Soy Nut Butter
- Organic Soy Nut Butter

### Joyva Corp.

- Sesame Tahini

### Kimes Apple Butter

- Unsweetened Apple Butter

### St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Plum 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

Chile Salsa

Garlic Salsa

Hot Salsa

Medium Salsa

Mild Salsa

### Jardines

Peach Medium Salsa

Pineapple Salsa

### Titos Taco & Cantina

Fiesta Cilantro Salsa

Homestyle 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

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

### Wholesome Foods

Organic Blackstrap Molasses