

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Wellesley 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).

### Baby & Infant Food

#### Stonyfield Farm

- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach

### Baking Needs

#### Bakers

- Unsweetened Baking Chocolate

#### Mothers

- Toasted Wheat Germ

#### Shiloh Farms

- Coarse Bran

### 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

#### Apple & Eve

- Apple Juice

#### Looza Fruit Juices

- Mango Nectar Juice

### Bread

#### 365 Organic Every Day Value™

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

## Bread (Cont'd)

### Food For Life

- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### Vermont Bread

- Oatmeal Bread
- Old Fashioned White Bread
- Organic Oat Bread
- Organic Spelt Bread
- Organic Wheat Bread
- Whole Wheat Bread
- Whole Wheat Sourdough Bread

### When Pigs Fly

- Cinnamon Raisin Bread
- Harvest Bread

## Canned Goods

### Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

### Divina

- Yellow Roasted Peppers

### Eden

- Adzuki Beans
- Black Beans
- Cannellini Beans
- 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

## Canned/Jarred Goods

### 365 Every Day Value™

- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt

### 365 Organic Every Day Value™

- Black Beans

## 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

### Vermont Butter-Cheese

- Quark Cheese

## Chips, Pretzels and Snacks

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Mothers

- No Salt Rice Cakes

## Condiments

### 365 Organic Every Day Value™

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

### Grey Poupon

- Dijon Mustard

## Condiments (Cont'd)

### Newman's Own

Steak Sauce

### Westbrae

Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Destrooper

Crisp Butter Wafers

### Kinnikinnick

S'moreables Graham Style Crackers

### Newman's Own Organic

Organic Chocolate Chip Cookies

Organic O's Cookies

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Black Sesame

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

### Nejames

Original Crispbread

### Scand

Bran Crispbread

## Dairy

### Calabro

Fat Free Ricotta

### Friendship

No Salt Cottage Cheese

## Dairy (Cont'd)

### Horizon

Organic Neufchatel Spreadable Cheese

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Lifeway

Fat Free Strawberry Kefir

### Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz

Organic Cream Top French Vanilla Yogurt, 32 oz

Organic Cream Top Plain Yogurt, 32 oz

Organic Cream Top Strawberries & Cream Yogurt, 6 oz

Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz

Organic Fat Free Chocolate Underground Yogurt, 6 oz

Organic Fat Free French Vanilla Yogurt, 6 oz

Organic Fat Free Peach Yogurt, 6 oz

Organic Fat Free Plain Yogurt, 32 oz

Organic Fat Free Plain Yogurt, 6 oz

Organic Fat Free Strawberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Caramel Yogurt

Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Plain Yogurt, 6 oz

Organic Low Fat Vanilla Yogurt

Organic Low Fat Vanilla, 32 oz

Organic O'Soy Strawberry/Peach Yogurt, 6-pack

Organic Raspberry Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothies, 4 pack

Organic Vanilla Yogurt Smoothie, 10 oz

Organic Wild Berry Yogurt Smoothie, 10 oz

Organic Wild Berry Yogurt Smoothies, 4 pack

## Dairy (Cont'd)

### Stonyfield Farm

- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoKids Squeezers Cherry/Berry Blitz
- YoKids Squeezers Screamin' Strawberry
- YoKids Strawberry BaNilla Blast Yogurt
- YoKids Strawberry Vanilla Raspberry Yogurt

### White Wave

- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla Soy Yogurt

### Zausner

- Whipped Cream Cheese

## Dairy Alternatives

### WestSoy

- Westsoy No Fat Vanilla

## Desserts

### Kozy Shack

- Chocolate Pudding
- Rice Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Entrees and Mixes

### Fantastic Foods

- Whole Wheat Couscous

### RiceSelect

- Risotto Rice

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Tamari Sesame

## Frozen Foods

### 365 Every Day Value™

- 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

### Haagen-Dazs

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

### Soy Boy

- Tofu Ravioli

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles

## Grains and Rice

### RiceSelect

- Texmati Brown Rice

### Semchi

- Premium Brown Rice
- Premium White Rice

## Jams and Nut Butters

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread

## **Jams and Nut Butters (Cont'd)**

### **Cascadian Farm**

- Organic Grape Fruit Spread
- Organic Strawberry Fruit Spread

### **Im Health**

- Creamy Soy Nut Butter
- Crunchy Soy Nut Butter

### **Joyva Corp.**

- Sesame Tahini

### **St. Dalfour**

- Black Cherry Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Red Raspberry Preserves

## **Miscellaneous Grocery**

### **Scand**

- Bran Crispbread

### **Pasta**

#### **Tinkyada**

- Brown Rice Spaghetti

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

- Hot Salsa
- Medium Salsa
- Mild Salsa

### **Jardines**

- Pineapple Salsa

### **Titos Taco & Cantina**

- Fiesta Cilantro Salsa
- Homestyle Salsa

## **Soups**

### **Health Valley**

- Split Pea Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

- Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses