

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Sacramento Store, Northern California 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

#### Fearn

Raw Wheat Germ

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Scharffenberger

Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

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

#### 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  
White Spelt Bread

### **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  
Millet Rice Bread

### **Pacific Bakery**

Kamut Bread

## **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  
Navy Beans, Organic

### **Marin Food Specialties**

Marinated Artichoke Hearts

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

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

## **Canned/Jarred Goods**

### **365 Every Day Value™**

100% Pure Pumpkin

## **Cereal**

### **365 Organic Every Day Value™**

Oat & Honey Granola

### **Bob's Red Mill**

Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola  
Organic Puffed Corn Cereal

### **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

### **Newman's Own Organic**

Unsalted Round Pretzels

## **Condiments**

### **365 Organic Every Day Value™**

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

## Condiments (Cont'd)

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

Oatmeal Raisin Cookies

White Chocolate Macadamia Cookies

### Health Valley

Amaranth Graham Crackers

### Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

S'moreables Graham Style Crackers

### Walkerscottish Cookies

Assorted Shortbread

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Nejaimes

Original Crispbread

### Scand

Bran Crispbread

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Horizon

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

## Dairy Alternatives

### WestSoy

Westsoy No Fat Vanilla

## Desserts

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## 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

Haricot Verts

### Ben And Jerrys

Deep Dark Chocolate Ice Cream

Vanilla Ice Cream

### Breyers

Chocolate Ice Cream

Mint Chocolate Ice Cream

## Frozen Foods (Cont'd)

### Haagen-Dazs

Mango Sorbet  
Orchard Peach Sorbet  
Vanilla Frozen Yogurt

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Wild Berry Fruit Spread

### Cascadian Farm

Organic Grape Fruit Spread  
Organic Raspberry Fruit Spread  
Organic Strawberry Fruit Spread

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Blackcurrant Preserves  
Blueberry Preserves  
Orange Marmalade  
Red Raspberry Preserves  
Strawberry Preserves

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Bionaturae

Organic Bilberry Fruit Nectar

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

No Boil Lasagna

## Sauces/Salsas/Dips

### Green Mountain Gringo

Mild Salsa

## Soups

### Health Valley

Black Bean Soup - No Salt  
Lentil Soup - No Salt  
Minestrone Soup - No Salt  
Mushroom Barley Soup - No Salt  
Organic Tomato No Salt Soup  
Potato Leek 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