

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Campbell 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

#### 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

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Strawberry Sparkling Water

#### Knudsen

Low Sodium Veggie Juice

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

#### Food For Life

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

Organic 7 Grain Bread

## Bread (Cont'd)

### Food For Life

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

## Canned Goods

### Crown Prince

Low Salt Kipper Snacks

### Eden

Adzuki Beans  
Black Beans  
Cannellini Beans  
Garbanzo Beans (chick peas), Organic  
Navy Beans, Organic

### Marin Food Specialties

Marinated Artichoke Hearts

### Minerva

Whole Roasted Chestnuts

### 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

### 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

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

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Kinnikinnick

KinniKritters Animal Cookies  
KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies  
S'moreables Graham Style Crackers

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

## Crackers (Cont'd)

### Scand

Bran Crispbread

### Dairy

#### Horizon

Strawberry Milk, Single Serve

#### Lactaid

Lactaid Milk, Whole

## 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 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

Deep Dark Chocolate Ice Cream  
Vanilla Ice Cream

## Frozen Foods (Cont'd)

### Breyers

Mint Chocolate Ice Cream

### Haagen-Dazs

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

### Perfect Additions

Unsalted Chicken Stock

### 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 Peach Fruit Spread  
Organic Wild Berry Fruit Spread

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Blackcurrant Preserves  
Blueberry Preserves  
Orange Marmalade  
Peach 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

## **Soups**

### **Health Valley**

Lentil Soup - No Salt

Minestrone Soup - No Salt

Vegetable Soup - No Salt