

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Fresno 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

#### Bionaturae

Organic Apricot Nectar Juice

#### Knudsen

Low Sodium Veggie Juice

#### Martinellis

Apple Juice

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Seasoned

Tortilla Corn

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

### **Berlin Natural Bakery**

Spelt Bread  
White Spelt Bread

### **Food For Life**

Cinnamon Raisin Bread  
Ezekiel Bread, Low Salt  
Organic 7 Grain 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

## **Canned Goods**

### **Crown Prince**

Low Salt Kipper Snacks

### **Eden**

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

### **Marin Food Specialties**

Marinated Artichoke Hearts

## **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

## **Cereal (Cont'd)**

### **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

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **365 Organic Every Day Value™**

Croutons, Butter & Garlic  
Croutons, Caesar  
Croutons, Seasoned

### **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

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

### **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

### **Scand**

Bran Crispbread

## **Dairy**

### **Horizon**

Chocolate Milk, Single Serve

### **Lactaid**

Lactaid Milk, Whole

### **Organic Valley**

Organic Neufchatel

## **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

## **Frozen Foods (Cont'd)**

### **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

### **Haagen-Dazs**

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 Wild Berry Fruit Spread

### **Cascadian Farm**

Organic Apricot Fruit Spread  
Organic Grape 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**

### **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**

Hot Salsa

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Lentil Soup - No Salt

Minestrone Soup - No Salt

Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses