

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Palo Alto 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 Pear Nectar 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

## Bread (Cont'd)

### Food For Life

- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread

### French Meadow Bakery

- European Sourdough Rye Bread

## Canned Goods

### Crown Prince

- Baby Water Clams
- 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

### Us Mill

- Uncle Sam Cereal

## Cheese

### Organic Valley

- Organic Mozzarella

## 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, 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

### Brent And Sams

- Chocolate Chip Cookies
- Chocolate Chip Pecan Cookies

### Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies

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

### **Kinnikinnick**

Montana's Chocolate Chip Cookies

### **Walkerscottish Cookies**

Assorted Shortbread  
Shortbread Fingers

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

### **Nejames**

Original Crispbread

### **Scand**

Bran Crispbread

## **Dairy**

### **Horizon**

Chocolate Milk, Single Serve  
Strawberry Milk, Single Serve

### **Lactaid**

Lactaid Milk, Whole

## **Desserts**

### **Kozy Shack**

Rice Pudding  
Tapioca Pudding

### **Oetker**

Organic Chocolate 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 Foods (Cont'd)**

### **365 Organic Every Day Value™**

Frozen Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries  
Frozen Wild Blueberries

### **Ben And Jerrys**

Deep Dark Chocolate 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

### **Stonyfield Farm**

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

### **Vans**

Mini Waffles

## **Jams and Nut Butters**

### **Bionaturae**

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

### **Cascadian Farm**

Organic Raspberry Fruit Spread  
Organic Strawberry Fruit Spread

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

Blueberry Preserves  
Orange Marmalade  
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**

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Lentil Soup - No Salt

Minestrone Soup - No Salt

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Wholesome Foods**

Organic Blackstrap Molasses