

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Redwood City 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

#### Fearn

Raw Wheat Germ

#### Ibarra

Mexican Chocolate

#### 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

Organic Pear Nectar Juice

#### Ceres Fruit Juices

Guava Juice

Papaya Juice

#### Knudsen

Low Sodium Veggie Juice

#### Looza Fruit Juices

Mango Nectar Juice

#### Martinellis

Apple Juice

## **Bread**

### **365 Organic Every Day Value™**

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

### **Berlin Natural Bakery**

Spelt Bread  
White Spelt Bread

### **Food For Life**

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  
Pinto Beans, Organic

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

## **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

### **Briannas**

Real French Vinaigrette

### **Grey Poupon**

Country Dijon Mustard  
Dijon Mustard

### **Westbrae**

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Brent And Sams

- Chocolate Chip Pecan Cookies
- Oatmeal Raisin Cookies

### 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

### Scand

- Bran Crispbread

## Dairy

### Horizon

- Chocolate Milk, Single Serve
- Strawberry Milk, Single Serve

### Lactaid

- Lactaid Milk, 2%
- 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

### Ben And Jerrys

- Vanilla Ice Cream

### Breyers

- Mint Chocolate Ice Cream

### Haagen-Dazs

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

### Stonyfield Farm

- 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 Strawberry Fruit Spread

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Orange Marmalade
- Red Raspberry Preserves

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

### **St. Dalfour**

Strawberry Preserves

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

## **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

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes