

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Roseville 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

Organic Plum Nectar Juice

#### Ceres Fruit Juices

Guava Juice

Papaya Juice

#### Knudsen

Low Sodium Veggie Juice

## **Beverages (Cont'd)**

### **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 Ezekiel 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

### **Pacific Bakery**

Kamut Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Eden**

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

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

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **Westbrae**

Organic Black Beans  
Organic Garbanzo Beans  
Organic Kidney Beans  
Organic Pinto Beans

## **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**

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

### 365 Organic Every Day Value™

Fig Bar Cookies

### Brent And Sams

Chocolate Chip 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

### Shady Maple

Organic Honey Waffles

Organic Maple Waffles

### Walkerscottish Cookies

Assorted Shortbread

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

## Crackers (Cont'd)

### Nejames

Original Crispbread

## Dairy

### Horizon

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

## 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 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

- Vanilla Ice Cream

### Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

### Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt

### Vans

- Mini Waffles

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Blackcurrant Preserves
- Blueberry Preserves
- Red Raspberry Preserves

## Jams and Nut Butters (Cont'd)

### St. Dalfour

- Strawberry Preserves

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

- No Boil Lasagna

## Sauces/Salsas/Dips

### Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

## Soups

### Health Valley

- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- 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