

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Santa Cruz 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

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Beverages (Cont'd)

#### Bionaturae

Organic Apricot Nectar Juice

#### Martinellis

Apple Juice

### Bread

#### 365 Organic Every Day Value™

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

#### Berlin Natural Bakery

Spelt Bread

#### Food For Life

Ezekiel Bread, Low Salt

Organic Ezekial 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

## Candy and Chocolate

### The Ginger People

- Spicy Apple Ginger Chews

## Canned Goods

### Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

### Eden

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

### Marin Food Specialties

- Marinated Artichoke Hearts

### Westbrae

- Organic Black 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

## Cereal (Cont'd)

### Nature's Path

- Hemp Plus Granola
- Organic Puffed Corn 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

## Condiments

### 365 Organic Every Day Value™

- 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
- Chocolate Chip Pecan Cookies

### Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- Montana's Chocolate Chip Cookies

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

### **Kinnikinnick**

S'moreables Graham Style Crackers

### **Walkerscottish Cookies**

Shortbread Fingers

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

## **Dairy**

### **Horizon**

Chocolate Milk, Single Serve

### **Lactaid**

Lactaid Milk, 2%

## **Dairy Alternatives**

### **White Wave**

Non Dairy Vanilla Soy Beverage

## **Desserts**

### **Kozy Shack**

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### **Oetker**

Organic Vanilla 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 Raspberries

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

### **365 Organic Every Day Value™**

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Haricot Verts

### **Ben And Jerrys**

Vanilla Ice Cream

### **Breyers**

Mint Chocolate Ice Cream

### **Haagen-Dazs**

Coffee Frozen Yogurt

Vanilla Frozen Yogurt

### **Stonyfield Farm**

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

## **Jams and Nut Butters**

### **Bionaturae**

Organic Wild Berry Fruit Spread

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

Blueberry Preserves

Orange Marmalade

Strawberry Preserves

## **Nutritional Supplements**

### **Bionaturae**

Organic Bilberry Fruit Nectar

## **Pasta**

### **365 Every Day Value™**

No Boil Lasagna

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

Hot Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Minestrone Soup - No Salt

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Wholesome Foods**

Organic Blackstrap Molasses