# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING YOUR CHOICES | WHOLE FOODS MARKET

## Greenwich Store, Northeast 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 atWFMSpecialDiets@wholefoods.com.

## Baking Needs

**365 Every Day Value™**
- 100% Pure Pumpkin

**Bakers**
- Unsweetened Baking Chocolate

**Chatfields**
- Cocoa Powder

**Ibarra**
- Mexican Chocolate

**Mothers**
- Toasted Wheat Germ

**Shiloh Farms**
- Coarse Bran

## Beverages

**365 Every Day Value™**
- Club Soda
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

**Apple & Eve**
- Apple Juice

**Ceres Fruit Juices**
- Guava Juice

**Knudsen**
- Low Sodium Veggie Juice

**Lakewood Juice**
- Organic Coconut Juice
- Organic Pure Carrot Juice

## Beverages (Cont'd)

### 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
- Tortilla Corn

### Berlin Natural Bakery
- Spelt Bread
- Sprouted 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

### Nature's Path
- Carrot Raisin Bread

### Shiloh Farms
- 7 Grain Bread
- No Salt 7 Grain Sprouted Bread

### Vermont Bread
- Organic Wheat Bread

### When Pigs Fly
- Cinnamon Raisin Bread
- Harvest Bread

## Candy and Chocolate

### The Ginger People
- Spicy Apple Ginger Chews

## Canned Goods

### Crown Prince
- Baby Water Clams

### Divina
- Sweet Roasted Peppers

### Eden
- Adzuki Beans
- Black Beans
- Cannellini Beans
- Garbanzo Beans (chick peas), Organic
- Kidney Beans, Organic
- Navy Beans, Organic
- Pinto Beans, Organic

### Minerva
- Whole Roasted Chestnuts

### Santa Cruz Organic
- Cinnamon Applesauce Cup

### Westbrae
- Organic Kidney Beans

## Canned/Jarred Goods

### 365 Every Day Value™
- 100% Pure Pumpkin

## Cereal

### 365 Organic Every Day Value™
- Oat & Honey Granola

### Bob's Red Mill
- Thick Rolled Oats

### Health Valley
- Oat Bran Flakes Cereal

### Nature's Path
- Hemp Plus Granola

### Old Wessex
- Oat Bran Hot Cereal

### Us Mill
- Uncle Sam Cereal

## Cheese

### Organic Valley
- Organic Mozarella

### Vermont Butter-Cheese
- Quark Cheese

## Chips/Pretzels/Snacks

### Bearitos
- No Salt Tortilla Chips

### Boston Popcorn
- Lite Popcorn

### Garden Of Eatin
- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Mothers
- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

## 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

### Grey Poupon
- Country Dijon Mustard
- Dijon Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™
- Fig Bar Cookies

### Brent And Sams
- Chocolate Chip Cookies
- Chocolate Chip Pecan Cookies

### Destrooper
- Crisp Butter Wafers

## Cookies and Snack Bars (Cont'd)

### Health Valley
- Apple Cobbler Cereal Bars
- Fat Free Blueberry Cereal Bars
- Strawberry Cereal Bars

### Kinnikinnick
- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- Montana's Chocolate Chip Cookies
- S'moreables Graham Style Crackers

### Mi-Del
- Chocolate Snap Cookies

### Walkerscottish Cookies
- Shortbread Fingers
- Shortbread Rounds

## Crackers

### 365 Every Day Value™
- Unsalted Tops Saltines

### Scand
- Bran Crispbread

## Dairy

### Calabro
- Fat Free Ricotta

### Coach Dairy
- Goat Milk Yogurt Drink
- Strawberry Yogurt Drink

### Friendship
- No Salt Cottage Cheese

### Horizon
- Chocolate Milk, Single Serve
- Organic Neufchatel Spreadable Cheese

### Lactaid
- Lactaid Milk, 2%
- Lactaid Milk, Whole

### Organic Valley
- Organic Neufchatel

## Dairy (Cont'd)

### Parmalat
- 1% Milk
- 2% Low Fat Milk
- Skim Milk

### Zausner
- Whipped Cream Cheese

## Dairy Alternatives

### White Wave
- Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack
- Chocolate Pudding
- Rice Pudding

### Oetker
- Organic Chocolate Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic
- Organic Chocolate Syrup

## Entrees and Mixes

### RiceSelect
- Risotto Rice

## 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

## Frozen Foods (Cont'd)

### Ben And Jerrys
- Deep Dark Chocolate Ice Cream
- Vanilla Ice Cream

### Breyers
- Chocolate Ice Cream
- Mint Chocolate Ice Cream

### Haagen-Dazs
- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Stonyfield Farm
- Non Fat Vanilla Frozen Yogurt

## Grains and Rice

### RiceSelect
- Jasmati White Rice
- Texmati Brown Rice

## Jams and Nut Butters

### Bionaturae
- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Peach Fruit Spread

### Cascadian Farm
- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

### Im Health
- Creamy Soy Nut Butter
- Organic Soy Nut Butter

### Joyva Corp.
- Sesame Tahini

### Kimes Apple Butter
- Unsweetened Apple Butter

## Jams and Nut Butters (Cont'd)

### St. Dalfour

- Blueberry Preserves
- Peach Preserves
- Strawberry Preserves

## Miscellaneous Grocery

### Scand

- Bran Crispbread

## Pasta

### 365 Every Day Value™

- No Boil Lasagna

## Prepared Foods

### Rapunzel

- No Salt Vegetable Bouillon

## Sauces/Salsas/Dips

### Green Mountain Gringo

- Chile Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

## Soups

### Health Valley

- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Organic Tomato No Salt Soup
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

## Spices and Seasonings

### Organic Gourmet

- Organic Low Salt Boullion Cubes

## Sweeteners

### Oskri Organics

- Organic Date Syrup

### Plantation Molasses

- Blackstrap Molasses

### Wholesome Foods

- Organic Blackstrap Molasses