

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Rose City 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 at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Chatfields

Cocoa Powder

#### Fearn

Raw Wheat Germ

#### Scharffenberger

Unsweetened Baking Chocolate Bar

#### 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, Seasoned

Tortilla Corn

### **Berlin Natural Bakery**

Spelt Bread

Sprouted Spelt Bread

White Spelt Bread

### **Food For Life**

Bran Bread

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

### **Nature's Path**

Carrot Raisin Bread

### **Shiloh Farms**

7 Grain Bread

No Salt 7 Grain Sprouted Bread

### **Vermont Bread**

Cinnamon Raisin Bread

Old Fashioned White Bread

Organic Oat Bread

Organic Spelt Bread

Organic Wheat Bread

Sprouted Wheat Bread

Whole Wheat Sourdough Bread

### **When Pigs Fly**

Cinnamon Raisin Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **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

Kidney Beans, Organic

Navy Beans, Organic

Pinto Beans, Organic

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **Westbrae**

Organic Pinto Beans

## **Canned/Jarred Goods**

### **365 Every Day Value™**

100% Pure Pumpkin

## **Cereal**

### **365 Organic Every Day Value™**

Oat & Honey Granola

### **Bob's Red Mill**

Rolled Hot 10 Grain Cereal

Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola

### **Old Wessex**

Oat Bran Hot Cereal

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **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, Seasoned

### **Annie's Naturals**

Thousand Island Dressing

### **Briannas**

Real French Vinaigrette

### **Golds**

Mustard with Horseradish

### **Hain Pure Food**

Light Safflower Mayonnaise

### **Westbrae**

Dijon Mustard

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar Cookies

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

### **Brent And Sams**

Chocolate Chip Cookies

### **Health Valley**

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

### **Kinnikinnick**

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

### **Shady Maple**

Organic Maple Waffles

### **Walkerscottish Cookies**

Shortbread Fingers

Shortbread Rounds

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

### **Nejaimes**

Original Crispbread

### **Scand**

Bran Crispbread

## **Dairy**

### **Calabro**

Fat Free Ricotta

### **Coach Dairy**

Goat Milk Blueberry Yogurt Drink

Goat Milk Yogurt Drink

Strawberry Yogurt Drink

### **Friendship**

No Salt Cottage Cheese

### **Horizon**

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

## Dairy (Cont'd)

### Horizon

Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### Parmalat

2% Low Fat Milk

Skim Milk

### White Wave

Plain Soy Yogurt

### Zausner

Whipped Cream Cheese

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

Chocolate Pudding

Rice Pudding

### Oetker

Organic Chocolate Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Entrees and Mixes

### RiceSelect

Risotto Rice

## Frozen Foods

### 365 Every Day Value™

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

### 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

### Soy Boy

Tofu Ravioli

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles

## Grains and Rice

### RiceSelect

Jasmati White Rice

Texmati Brown Rice

### Semchi

Premium Brown Rice

Premium White Rice

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

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

### **Bionaturae**

Organic Peach Fruit Spread

### **Cascadian Farm**

Organic Apricot Fruit Spread  
Organic Blackberry Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Grape Fruit Spread  
Organic Raspberry Fruit Spread  
Organic Strawberry Fruit Spread

### **Im Health**

Creamy Soy Nut Butter  
Creamy Soy Nut Butter with Honey  
Crunchy Soy Nut Butter

### **Joyva Corp.**

Sesame Tahini

### **Kimes Apple Butter**

Unsweetened Apple Butter

## **Miscellaneous Grocery**

### **Scand**

Bran Crispbread

### **Pasta**

#### **365 Every Day Value™**

No Boil Lasagna

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

Chile Salsa  
Garlic Salsa  
Hot Salsa  
Medium Salsa  
Mild Salsa

### **Jardines**

Texacante Salsa

## **Soups**

### **Health Valley**

Minestrone Soup - No Salt  
No Salt Chicken Broth  
Organic Tomato No Salt Soup  
Potato Leek Soup - No Salt  
Split Pea Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses