

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Fremont Store, Pacific Northwest 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

#### 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

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

### Beverages (Cont'd)

#### Looza Fruit Juices

Mango Nectar Juice

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

#### Food For Life

Ezekiel Bread, Low Salt

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

## **Bread (Cont'd)**

### **French Meadow Bakery**

European Sourdough Rye Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

### **Eden**

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans (chick peas), Organic

Kidney Beans, Organic

Navy Beans, Organic

Organic Black Soy Beans

Pinto Beans, Organic

### **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

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

Rolled Hot 5 Grain Cereal

Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola

## **Cheese**

### **Organic Valley**

Organic Mozzarella

## **Chips/Pretzels/Snacks**

### **Garden Of Eatin**

Blue Corn Sesame Chips

Salted Blue Corn Chips

## **Condiments**

### **365 Organic Every Day Value™**

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

### **Briannas**

Real French Vinaigrette

## **Cookies and Snack Bars**

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies

### **Walkerscottish Cookies**

Assorted Shortbread

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

## **Dairy**

### **Horizon**

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

### **Lactaid**

Lactaid Milk, Whole

## **Dairy Alternatives**

### **White Wave**

Non Dairy Vanilla Soy Beverage

## 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
- Haricot Verts

### Ben And Jerrys

- Vanilla Ice Cream

### Haagen-Dazs

- Raspberry Frozen Yogurt

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### Cascadian Farm

- Organic Blackberry Fruit Spread
- Organic Blueberry Fruit Spread

### Joyva Corp.

- Sesame Tahini

## Jams and Nut Butters (Cont'd)

### St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Four Fruit Preserves
- Orange Marmalade
- Red Raspberry Preserves
- Strawberry Preserves

## 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

## Spices and Seasonings

### Organic Gourmet

- Organic Low Salt Boullion Cubes

## Sweeteners

### Plantation Molasses

- Blackstrap Molasses

### Wholesome Foods

- Organic Blackstrap Molasses