

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Laurelhurst 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

### 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

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

## Canned Goods

### Crown Prince

Baby Water Clams

### Eden

Black Beans

Garbanzo Beans (chick peas), Organic

Kidney Beans, Organic

## 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

## Chips/Pretzels/Snacks

### Garden Of Eatin

Salted Blue Corn Chips

## Condiments

### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

## Cookies and Snack Bars (Cont'd)

### Kinnikinnick

S'moreables Graham Style Crackers

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

## Dairy

### White Wave

Vanilla Soy Yogurt

## Desserts

### Kozy Shack

Chocolate 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 Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

### Stonyfield Farm

Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Blackcurrant Preserves

Orange Marmalade

## **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

## **Prepared Foods**

### **Rapunzel**

No Salt Vegetable Bouillon

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

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**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses