

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Redmond 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

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Scharffenberger

Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Strawberry Sparkling Water

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

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

### **365 Organic Every Day Value™**

Tortilla Corn

### **Food For Life**

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

### **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

### **Divina**

Sweet Roasted Peppers

### **Eden**

Adzuki Beans  
Black Beans  
Garbanzo Beans (chick peas), Organic  
Kidney Beans, Organic  
Navy Beans, Organic  
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

## **Canned Goods (Cont'd)**

### **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  
Rolled Hot 7 Grain Cereal  
Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **Organic Valley**

Organic Mozzarella

### **Vermont Butter-Cheese**

Quark Cheese

## **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

### **Briannas**

Real French Vinaigrette

## Condiments (Cont'd)

### Westbrae

- Stoneground Mustard
- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

- Fig Bar Cookies

### Health Valley

- Amaranth Graham Crackers
- Apple Cobbler Cereal Bars

### Heavens Scent

- Spice Windmill Cookies

### Kinnikinnick

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

### Shady Maple

- Organic Honey Waffles
- Organic Maple Waffles

### Walkerscottish Cookies

- Assorted Shortbread
- Shortbread Fingers

## Crackers

### 365 Every Day Value™

- Unsalted Tops Saltines

### Wasa Crispbread

- Fiber Plus Crispbread

## Dairy

### Horizon

- Chocolate Milk, Single Serve
- Organic Neufchatel Spreadable Cheese
- Strawberry Milk, Single Serve

### Lactaid

- Lactaid Milk, 2%

## Dairy (Cont'd)

### Organic Valley

- Organic Neufchatel

### White Wave

- Black Cherry Soy Yogurt
- Vanilla Soy Yogurt

## 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 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

- Coffee Frozen Yogurt
- Mango Sorbet

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

### **Haagen-Dazs**

Orchard Peach Sorbet  
Raspberry Frozen Yogurt  
Vanilla Frozen Yogurt

### **Stonyfield Farm**

Vanilla Fudge Frozen Yogurt

## **Jams and Nut Butters**

### **Bionaturae**

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread

### **Cascadian Farm**

Organic Apricot Fruit Spread  
Organic Blackberry Fruit Spread  
Organic Strawberry Fruit Spread

### **Im Health**

Creamy Soy Nut Butter  
Crunchy Soy Nut Butter

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

Black Raspberry Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Peach Preserves  
Plum Preserves  
Red Raspberry Preserves  
Strawberry Preserves

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Pasta**

### **365 Every Day Value™**

No Boil Lasagna

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

Hot Salsa  
Medium Salsa  
Mild Salsa

## **Soups**

### **Health Valley**

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

## **Sweeteners**

### **Wholesome Foods**

Organic Blackstrap Molasses