

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Academy Store, Rocky Mountain 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

### Fearn

Raw Wheat Germ

### Mothers

Toasted Wheat Germ

### Beverages

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

### Beverages (Cont'd)

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice  
Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

#### Martinellis

Apple Juice

#### Vruit

Berry Veggie Juice

## Bread

### 365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

### 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

### 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

### 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 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 5 Grain Cereal
- Rolled Hot 7 Grain Cereal
- Thick Rolled Oats

### Us Mill

- Uncle Sam Cereal

## Cheese

### Organic Valley

- Organic Mozzarella

## Chips/Pretzels/Snacks

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

### Mothers

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

### Newman's Own Organic

- Unsalted Round Pretzels

## Condiments

### 365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned

## Condiments (Cont'd)

### Briannas

Real French Vinaigrette

### Grey Poupon

Dijon Mustard

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

### Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

## 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, 2%

Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Ethnic Foods

### Eden

Organic Sesame Garlic Shitake

## 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

Deep Dark Chocolate Ice Cream

Vanilla Ice Cream

### Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### Cascadian Farm

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

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

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Peach 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**

Chile Salsa

Garlic Salsa

Hot Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses