

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Kansas City 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

#### Mothers

- Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda

### Beverages (Cont'd)

#### 365 Every Day Value™

- Raspberry Soda
- Root Beer Soda

#### Knudsen

- Low Sodium Veggie Juice

### Bread

#### 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

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

### **Food For Life**

Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

European Sourdough Rye Bread

## **Canned/Jarred Goods**

### **365 Every Day Value™**

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

## **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

## **Chips, Pretzels and Snacks**

### **Kettle Brand®**

Potato Chips, Unsalted 5 oz

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Cookies and Snack Bars**

### **Brent And Sams**

Key Lime White Chocolate Cookies

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies

### **Newman's Own Organic**

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic O's Cookies

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

## **Dairy**

### **Helios Nutrition**

Organic Plain Kefir

Organic Vanilla Kefir

### **Horizon**

Chocolate Milk, Single Serve

Strawberry Milk, Single Serve

### **White Wave**

Plain Soy Yogurt

### **Whole Soy**

Soy Yogurt - Strawberry

Vanilla Soy Yogurt

## **Dairy Alternatives**

### **White Wave**

Non Dairy Vanilla Soy Beverage

## **Frozen Foods**

### **365 Organic Every Day Value™**

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

### **Ben And Jerrys**

Vanilla Ice Cream

### **Stonyfield Farm**

Non Fat Vanilla Frozen Yogurt

## **Jams and Nut Butters**

### **St. Dalfour**

Red Raspberry Preserves

Strawberry Preserves

## **Nutritional Supplements**

### **Whole Foods Market™**

Vanilla Soy Protein Powder

## **Prepared Foods**

### **Rapunzel**

No Salt Vegetable Bouillon

## **Soups**

### **Health Valley**

Organic Tomato No Salt Soup

Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses