

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Southglenn 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

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Scharffenberger

Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

Guava Juice

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

## **Beverages (Cont'd)**

### **Martinellis**

Apple Juice

### **Vruit**

Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

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

### **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

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

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Minerva**

Whole Roasted Chestnuts

### **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 10 Grain Cereal

Rolled Hot 5 Grain Cereal

Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **Organic Valley**

Organic Mozzarella

## **Chips/Pretzels/Snacks**

### **Garden Of Eatin**

Black Bean Chili Chips

Blue Corn Sesame Chips

Salted Blue Corn Chips

## **Chips/Pretzels/Snacks (Cont'd)**

### **Mothers**

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

### **Condiments**

#### **365 Organic Every Day Value™**

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

#### **Annie's Naturals**

- Thousand Island Dressing

#### **Briannas**

- Real French Vinaigrette

#### **Grey Poupon**

- Dijon Mustard

#### **The Ojai Cook**

- Light Lemonaise

#### **Westbrae**

- Dijon Mustard
- Stoneground Mustard
- Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

#### **365 Organic Every Day Value™**

- Fig Bar Cookies

#### **Health Valley**

- Fat Free Blueberry Cereal Bars

#### **Kinnikinnick**

- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- S'moreables Graham Style Crackers

#### **Walkerscottish Cookies**

- Shortbread Fingers
- Shortbread Rounds

## **Crackers**

#### **365 Every Day Value™**

- Unsalted Tops Saltines

## **Crackers (Cont'd)**

### **Wasa Crispbread**

- Fiber Plus Crispbread

## **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
- Plain Soy Yogurt

## **Dairy Alternatives**

### **WestSoy**

- Westsoy No Fat Vanilla

### **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

### Ben And Jerrys

- Deep Dark Chocolate Ice Cream
- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

### Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Raspberry Frozen Yogurt

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles

## Grains and Rice

### RiceSelect

- Texmati White Rice

## Jams and Nut Butters

### Cascadian Farm

- Organic Apricot Fruit Spread
- Organic Blackberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

### Joyva Corp.

- Sesame Tahini

## Jams and Nut Butters (Cont'd)

### St. Dalfour

- Black Cherry Preserves
- 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

## Prepared Foods

### Rapunzel

- No Salt Vegetable Bouillon

## Sauces/Salsas/Dips

### Green Mountain Gringo

- Hot Salsa
- Medium Salsa
- Mild Salsa

## Soups

### Health Valley

- Minestrone Soup - No Salt
- Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

- Blackstrap Molasses