

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Tamarac 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

#### Scharffenberger

Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Fresh Squeezed Orange Juice

Italian Lemon Sparkling Water

### Beverages (Cont'd)

#### 365 Every Day Value™

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

Guava Juice

#### Hersheys Chocolate

Cocoa

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

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

### **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**

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

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

### **Eden**

Organic Black Soy Beans  
Pinto Beans, Organic

### **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  
Rolled Hot 7 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**

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, Butter & Garlic
- 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**

- Apple Cobbler Cereal Bars
- Fat Free Blueberry Cereal Bars
- Strawberry Cereal Bars

### **Kinnikinnick**

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

### **Walkerscottish Cookies**

- Shortbread Fingers
- Shortbread Rounds

## **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%
- Lactaid Milk, Whole

### **Organic Valley**

- Organic Neufchatel

### **White Wave**

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla 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

### **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

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles

## Jams and Nut Butters

### Cascadian Farm

- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Red Raspberry Preserves

## 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

- Chile Salsa
- Garlic Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

## Soups

### Health Valley

- Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

- Blackstrap Molasses