

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Alpharetta Store, South 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

#### Chatfields

Cocoa Powder

#### Mothers

Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

Club Soda

Fresh Squeezed Grapefruit Juice

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

### Beverages (Cont'd)

#### Ceres Fruit Juices

Guava Juice

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

#### Martinellis

Apple Juice

#### Orangina

Sparkling Citrus Beverage

## **Bread**

### **365 Organic Every Day Value™**

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

### **Berlin Natural Bakery**

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

### **Food For Life**

- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekiel Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

- European Sourdough Rye 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

### **Santa Cruz Organic**

- Cinnamon Applesauce Cup

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

### **Westbrae**

- Organic Black Beans

## **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

### **Old Wessex**

- Oat Bran Hot Cereal

### **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

### **Mothers**

- No Salt Rice Cakes

## **Condiments**

### **365 Organic Every Day Value™**

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

### **Annie's Naturals**

- Thousand Island Dressing

## Condiments (Cont'd)

### Briannas

Real French Vinaigrette

### Westbrae

Stoneground Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Country Choice

Chocolate Creme Sandwich Cookies

Vanilla Creme Sandwich Cookies

### Heavens Scent

Angelica Vanilla Cookies

Chocolate Sandwich Cookies

Thumb-Print Fudge 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

### Mi-Del

Chocolate Snap Cookies

### Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Health Valley

Fat Free Whole Wheat Crackers

### Scand

Bran Crispbread

## Dairy

### Coach Dairy

Goat Milk Yogurt Drink

Strawberry Yogurt Drink

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

## Desserts

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Entrees and Mixes

### Fantastic Foods

Whole Wheat Couscous

### RiceSelect

Risotto Rice

## 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

## Frozen Foods (Cont'd)

### Ben And Jerrys

Deep Dark Chocolate Ice Cream  
Vanilla Ice Cream

### Breyers

Chocolate Ice Cream  
Mint Chocolate Ice Cream

### Cascadian Farm

Organic Broccoli  
Organic Chopped Spinach

### Haagen-Dazs

Coffee Frozen Yogurt  
Vanilla Frozen Yogurt

### Stonyfield Farm

Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles

## Jams and Nut Butters

### 365 Every Day Value™

Fruit Spread Imported Apricot  
Fruit Spread Imported Black Cherry  
Fruit Spread Imported Blackberry  
Fruit Spread Imported Raspberry

### Bionaturae

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Wild Berry Fruit Spread

### Cascadian Farm

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

### Im Health

Chunky Soy Nut Butter with Honey  
Creamy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Cherry Preserves  
Black Raspberry Preserves  
Four Fruit Preserves

## Jams and Nut Butters (Cont'd)

### St. Dalfour

Peach Preserves  
Plum Preserves  
Strawberry Preserves

## Miscellaneous Grocery

### Scand

Bran Crispbread

## 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

### Enricos Sauces

Mild Picante Salsa

### Green Mountain Gringo

Chile Salsa  
Hot Salsa  
Medium Salsa  
Mild Salsa

## Soups

### Health Valley

Black Bean Soup - No Salt  
Minestrone Soup - No Salt  
Organic Tomato No Salt Soup  
Potato Leek Soup - No Salt  
Split Pea Soup - No Salt  
Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses