

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Durham 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

#### 365 Every Day Value™

100% Pure Pumpkin

#### Chatfields

Cocoa Powder

#### 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

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

Guava Juice

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar Juice

## Bread

### 365 Organic Every Day Value™

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

### Berlin Natural Bakery

- Spelt Bread
- Sprouted Spelt Bread

### Food For Life

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

## Candy and Chocolate

### The Ginger People

- Spicy Apple Ginger Chews

## Canned Goods

### Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

### Divina

- Sweet Roasted Peppers

### 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

### Westbrae

- Organic Black 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

## Cheese

### Organic Valley

- Organic Mozzarella

## Chips/Pretzels/Snacks

### Garden Of Eatin

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

## Condiments

### 365 Organic Every Day Value™

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

### Westbrae

- Dijon Mustard
- Stoneground Mustard
- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

- Fig Bar Cookies

### Heavens Scent

- Angelica Vanilla Cookies
- Chocolate Sandwich Cookies
- Premium Chocolate Chip Cookies

## Cookies and Snack Bars (Cont'd)

### Heavens Scent

Thumb-Print Fudge Cookies

### Kinnikinnick

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

### Shady Maple

Organic Maple Waffles

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Scand

Bran Crispbread

## Desserts

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Entrees and Mixes

### 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 Foods (Cont'd)

### 365 Organic Every Day Value™

Frozen Strawberries  
Frozen Wild Blueberries

### Ben And Jerrys

Deep Dark Chocolate Ice Cream  
Vanilla Ice Cream

### Cascadian Farm

Organic Chopped Spinach  
Organic Sweet Corn

### 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

### 365 Every Day Value™

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

### Bionaturae

Organic Wild Berry Fruit Spread

### Cascadian Farm

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Grape Fruit Spread  
Organic Strawberry Fruit Spread

### Im Health

Creamy Soy Nut Butter with Honey  
Crunchy Soy Nut Butter  
Organic Soy Nut Butter

### Joyva Corp.

Sesame Tahini

## Jams and Nut Butters (Cont'd)

### Kimes Apple Butter

Unsweetened Apple Butter

### St. Dalfour

Black Cherry Preserves  
Black Raspberry Preserves  
Blackcurrant Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Orange Marmalade  
Peach Preserves  
Plum Preserves  
Red Raspberry 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

Garlic Salsa  
Hot Salsa  
Medium Salsa  
Mild Salsa

## Soups

### Health Valley

Black Bean Soup - No Salt  
Lentil 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