

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Las Vegas Blvd Store, Southern Pacific 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

### Mothers

Toasted Wheat Germ

### Scharffenberger

Unsweetened Baking Chocolate Bar

### Beverages

**365 Every Day Value™**  
Club Soda  
Italian Lemon Sparkling Water  
Italian Sparkling Orange/Lime/Pink Grapefruit Water

### Beverages (Cont'd)

**365 Every Day Value™**  
Italian Strawberry Sparkling Water

### Bionaturae

Organic Apricot Nectar Juice

### Lakewood Juice

Organic Pure Carrot Juice

### Martinellis

Apple Juice

### Bread

**365 Organic Every Day Value™**  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned  
Tortilla Corn

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

### **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

### **Pacific Bakery**

- Kamut 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
- Organic Black Soy Beans

### **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

### **Health Valley**

- Oat Bran Flakes Cereal
- Organic Amaranth Flakes

### **Nature's Path**

- Hemp Plus Granola
- Organic Puffed Corn Cereal

### **Us Mill**

- Uncle Sam Cereal

## **Cheese**

### **Vermont Butter-Cheese**

- Quark Cheese

## **Chips/Pretzels/Snacks**

### **Garden Of Eatin**

- Blue Corn Sesame Chips
- Salted Blue Corn Chips

## **Coffee and Tea**

### **365 Every Day Value™**

- Ground Hazelnut Coffee

## **Condiments**

### **365 Organic Every Day Value™**

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

### **Briannas**

- Real French Vinaigrette

## Condiments (Cont'd)

### Westbrae

- Dijon Mustard
- Stoneground Mustard
- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

- Fig Bar Cookies

### Abigails

- Ginger Snap Cookies

### Health Valley

- Amaranth Graham Crackers

### Heavens Scent

- Premium Chocolate Chip Cookies
- Thumb-Print Fudge Cookies

### Kinnikinnick

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

### Walkerscottish Cookies

- Shortbread Fingers

## Crackers

### 365 Every Day Value™

- Unsalted Tops Saltines

### Health Valley

- Fat Free Whole Wheat Crackers

### Scand

- Bran Crispbread

### Wasa Crispbread

- Fiber Plus Crispbread

## Dairy

### Horizon

- Chocolate Milk, Single Serve
- Strawberry Milk, Single Serve

## Dairy (Cont'd)

### Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

### White Wave

- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- 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
- Haricot Verts

## Frozen Foods (Cont'd)

### Ben And Jerrys

Vanilla Ice Cream

## Jams and Nut Butters

### Bionaturae

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

### Im Health

Creamy Soy Nut Butter

Creamy Soy Nut Butter with Honey

Crunchy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Peach Preserves

Red Raspberry Preserves

Strawberry Preserves

## Miscellaneous Grocery

### Scand

Bran Crispbread

## Nutritional Supplements

### Bionaturae

Organic Bilberry Fruit Nectar

## 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

5 Bean Soup- Fat Free

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Split Pea Soup - No Salt

Vegetable Soup - No Salt

## Spices and Seasonings

### Organic Gourmet

Organic Low Salt Boullion Cubes

## Sweeteners

### Plantation Molasses

Blackstrap Molasses

### Wholesome Foods

Organic Blackstrap Molasses