

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Oracle 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

Organic Pear Nectar Juice

#### Knudsen

Low Sodium Veggie Juice

#### Looza Fruit Juices

Mango Nectar Juice

#### Martinellis

Apple Juice

## Bread

### 365 Organic Every Day Value™

Croutons, Cheese & Garlic  
Croutons, Seasoned  
Tortilla Corn

### Food For Life

Cinnamon Raisin Bread  
Ezekiel Bread, Low Salt  
Organic 7 Grain 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

Low Salt Kipper Snacks

### Eden

Adzuki Beans  
Black Beans  
Cannellini Beans  
Kidney Beans, Organic  
Navy Beans, Organic  
Organic Black Soy Beans

### 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

## Cereal (Cont'd)

### Bob's Red Mill

Rolled Hot 10 Grain Cereal  
Thick Rolled Oats

### Health Valley

Oat Bran Flakes Cereal

### Nature's Path

Hemp Plus Granola

### Us Mill

Uncle Sam Cereal

## Chips/Pretzels/Snacks

### Garden Of Eatin

Blue Corn Sesame Chips  
Salted Blue Corn Chips

## Condiments

### 365 Organic Every Day Value™

Croutons, Cheese & Garlic  
Croutons, Seasoned

### Grey Poupon

Dijon Mustard

### Newman's Own

Steak Sauce

### The Ojai Cook

Light Lemonaise

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### Health Valley

Amaranth Graham Crackers  
Apple Cobbler Cereal Bars  
Strawberry Cereal Bars

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies

## Crackers

### Health Valley

Fat Free Whole Wheat Crackers

### Wasa Crispbread

Fiber Plus Crispbread

## Dairy

### Lactaid

Lactaid Milk, 2%

### White Wave

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Vanilla Soy Yogurt

## Desserts

### Kozy Shack

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

## Ethnic Foods

### Eden

Organic Sesame Garlic Shitake

### Sushi Sonic

Wasabi Horseradish

## Frozen Foods

### 365 Every Day Value™

Frozen Fruit Whole Raspberries

Frozen Fruit Whole Strawberries

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

Crinkle Cuts

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Strawberries

Frozen Wild Blueberries

Haricot Verts

### Ben And Jerrys

Vanilla Ice Cream

### Haagen-Dazs

Coffee Frozen Yogurt

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

### Im Health

Creamy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Strawberry Preserves

## Nutritional Supplements

### Bionaturae

Organic Bilberry Fruit Nectar

## **Pasta**

### **365 Every Day Value™**

No Boil Lasagna

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

Medium Salsa

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

No Salt Chicken Broth

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**

### **Wholesome Foods**

Organic Blackstrap Molasses