

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Santa Monica 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

#### Ceres Fruit Juices

Guava Juice

Papaya Juice

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Pure Carrot Juice

#### 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 Ezekiel Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

### **Nature's Path**

- Millet Rice 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
- Garbanzo Beans (chick peas), Organic
- Kidney Beans, Organic
- Navy Beans, Organic
- Organic Black Soy Beans
- Pinto Beans, Organic

### **Marin Food Specialties**

- Marinated Artichoke Hearts

### **Santa Cruz Organic**

- Cinnamon Applesauce Cup

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

### **Westbrae**

- Organic Black Beans
- Organic Garbanzo 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
- Thick Rolled Oats

### **Health Valley**

- Oat Bran Flakes Cereal

### **Nature's Path**

- Hemp Plus Granola
- Organic Puffed Corn Cereal

### **Us Mill**

- Uncle Sam Cereal

## **Cheese**

### **Alta Dena Dairy**

- Raw Milk Goat Cheese

### **Organic Valley**

- Organic Mozzarella

### **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, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

### 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

### Heavens Scent

Angelica Double Chocolate 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

### St Amour

Low Fat Cinnamon Cookies

Low Fat Lemon Vanilla Cookies

Praline Cookies

Rock and Roll Chocolate Cookies

## 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

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### White Wave

Blueberry Soy Yogurt

Peach 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 Chocolate Pudding

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

### Ben And Jerrys

- Vanilla Ice Cream

### Haagen-Dazs

- Coffee Frozen Yogurt
- 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

### Im Health

- Creamy Soy Nut Butter
- Creamy Soy Nut Butter with Honey
- Crunchy Soy Nut Butter

### St. Dalfour

- Black Cherry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- 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

## Sauces/Salsas/Dips

### Green Mountain Gringo

- Medium 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