

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Tenaya 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

#### Fearn

Raw Wheat Germ

#### Mothers

Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Knudsen

Low Sodium Veggie Juice

### Beverages (Cont'd)

#### Lakewood Juice

Organic Pure Carrot Juice

#### Martinellis

Apple Juice

### Bread

#### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

#### Food For Life

Bran Bread

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

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

### **Food For Life**

- 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

### **Eden**

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Kidney Beans, Organic
- Pinto Beans, Organic

### **Westbrae**

- Organic Garbanzo Beans
- Organic Kidney Beans
- Organic Pinto Beans

## **Cereal**

### **Bob's Red Mill**

- Rolled Hot 10 Grain Cereal
- Rolled Hot 5 Grain Cereal

### **Kashi**

- Cinna-Raisin Crunch 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

## **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

### **Annie's Naturals**

- Thousand Island Dressing

### **Grey Poupon**

- Dijon Mustard

### **Hain Pure Food**

- Light Safflower Mayonnaise

### **Newman's Own**

- Steak Sauce

## **Cookies and Snack Bars**

### **Abigails**

- Ginger Snap Cookies

### **Barbara's Bakery**

- Blueberry Apple Fruit & Yogurt Bars

### **Health Valley**

- Strawberry Cereal Bars

### **Kinnikinnick**

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

### **Mi-Del**

- Chocolate Snap Cookies

## **Cookies and Snack Bars (Cont'd)**

### **Walkerscottish Cookies**

Shortbread Rounds

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

### **Scand**

Bran Crispbread

### **Wasa Crispbread**

Fiber Plus Crispbread

## **Dairy**

### **White Wave**

Black Cherry Soy Yogurt

Blueberry Soy Yogurt

Peach Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

## **Dairy Alternatives**

### **White Wave**

Non Dairy Vanilla Soy Beverage

## **Desserts**

### **Kozy Shack**

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 Foods (Cont'd)**

### **365 Organic Every Day Value™**

Crinkle Cuts

Frozen Berry Blend

Frozen Blackberries

Frozen Raspberries

Frozen Sliced Peaches

Frozen Strawberries

Frozen Wild Blueberries

Haricot Verts

### **Stonyfield Farm**

Vanilla Fudge Frozen Yogurt

## **Jams and Nut Butters**

### **Bionaturae**

Organic Wild Berry Fruit Spread

### **Im Health**

Organic Soy Nut Butter

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

Black Cherry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

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

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

Hot Salsa

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

Organic Tomato No Salt Soup

Split Pea Soup - No Salt

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses