

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Bellaire Store, Southwest 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

### Mothers

Toasted Wheat Germ

### Beverages

**365 Every Day Value™**  
Club Soda  
Fresh Squeezed Grapefruit Juice  
Italian Sparkling Orange/Lime/Pink Grapefruit Water  
Italian Strawberry Sparkling Water

### Ceres Fruit Juices

Guava Juice  
Papaya Juice

### Beverages (Cont'd)

#### Knudsen

Low Sodium Veggie Juice

#### Lakewood Juice

Organic Coconut Juice  
Organic Pure Carrot Juice

#### Looza Fruit Juices

Mango Nectar 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**

- Bran Bread
- 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

## **Candy and Chocolate**

### **The Ginger People**

- Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

- Low Salt Kipper Snacks

### **Eden**

- Adzuki Beans
- Cannellini Beans
- Garbanzo Beans (chick peas), Organic
- Kidney Beans, Organic
- Navy Beans, Organic
- Organic Black Soy Beans
- Pinto Beans, Organic

### **Minerva**

- Whole Roasted Chestnuts

### **Santa Cruz Organic**

- Cinnamon Applesauce Cup

### **Westbrae**

- Organic Black 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

### **Nature's Path**

- Hemp Plus Granola

## **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

### **Mothers**

- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

## **Condiments**

### **365 Organic Every Day Value™**

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

### **Briannas**

- Real French Vinaigrette

### **The Ojai Cook**

- Light Lemonaise

## Condiments (Cont'd)

### Westbrae

- Dijon Mustard
- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

- Fig Bar Cookies

### Brent And Sams

- Chocolate Chip Cookies
- Chocolate Chip Pecan Cookies

### Health Valley

- Apple Cobbler Cereal Bars
- Strawberry Cereal Bars

### Heavens Scent

- Almond Windmill Cookies

### Kinnikinnick

- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- Montana's Chocolate Chip Cookies

### Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds

## Crackers

### 365 Every Day Value™

- Unsalted Tops Saltines

### Scand

- Bran Crispbread

## Dairy

### Horizon

- Chocolate Milk, Single Serve
- Organic Neufchatel Spreadable Cheese
- Strawberry Milk, Single Serve

### Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

## Dairy (Cont'd)

### Organic Valley

- Organic Neufchatel

### White Wave

- Black Cherry Soy Yogurt
- Blueberry 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 Chocolate Pudding
- Organic Coconut 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

## **Frozen Foods (Cont'd)**

### **Ben And Jerrys**

Deep Dark Chocolate Ice Cream  
Vanilla Ice Cream

### **Haagen-Dazs**

Mango Sorbet  
Raspberry Frozen Yogurt  
Vanilla Frozen Yogurt

### **Perfect Additions**

Unsalted Chicken Stock

### **Stonyfield Farm**

Non Fat Vanilla Frozen Yogurt

### **Vans**

Mini Waffles

## **Jams and Nut Butters**

### **Bionaturae**

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Peach Fruit Spread  
Organic Plum Fruit Spread

### **Cascadian Farm**

Organic Apricot Fruit Spread  
Organic Blackberry Fruit Spread  
Organic Grape Fruit Spread  
Organic Raspberry Fruit Spread  
Organic Strawberry Fruit Spread

### **Im Health**

Creamy Soy Nut Butter  
Crunchy Soy Nut Butter

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

Black Cherry Preserves  
Blackcurrant Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Orange Marmalade  
Peach 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**

Minestrone Soup - No Salt  
Split Pea Soup - No Salt  
Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses