

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Lakewood 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

#### Mothers

Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

Club Soda

Italian Lemon Sparkling Water

Italian Sparkling Orange/Lime/Pink Grapefruit Water

Italian Strawberry Sparkling Water

#### Ceres Fruit Juices

Guava Juice

#### Knudsen

Low Sodium Veggie Juice

### Beverages (Cont'd)

#### Lakewood Juice

Organic Coconut Juice

Organic Pure Carrot Juice

#### Martinellis

Apple Juice

### Bread

#### 365 Organic Every Day Value™

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  
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  
Pinto Beans, Organic

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **Westbrae**

Organic Black Beans  
Organic Garbanzo Beans  
Organic Kidney Beans  
Organic Pinto Beans

## **Cereal**

### **365 Organic Every Day Value™**

Oat & Honey Granola

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

Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola

## **Cheese**

### **Alta Dena Dairy**

Raw Milk Goat Cheese

### **Organic Valley**

Organic Mozzarella

## **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, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned

### **Annie's Naturals**

Thousand Island Dressing

### **Briannas**

Real French Vinaigrette

### **Westbrae**

Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar 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

## Crackers (Cont'd)

### Scand

Bran Crispbread

## Dairy

### Horizon

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

### Lactaid

Lactaid Milk, 2%  
Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

### White Wave

Black Cherry Soy Yogurt  
Blueberry Soy Yogurt  
Plain Soy Yogurt  
Vanilla Soy Yogurt

## Desserts

### Kozy Shack

Chocolate Pudding  
Rice Pudding  
Tapioca Pudding

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Entrees and Mixes

### RiceSelect

Risotto Rice

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach  
Frozen Fruit Whole Raspberries  
Frozen Fruit Whole Strawberries  
Frozen Sliced Peaches

## 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

### Ben And Jerrys

Deep Dark Chocolate Ice Cream  
Vanilla Ice Cream

### Haagen-Dazs

Mango Sorbet  
Raspberry Frozen Yogurt  
Vanilla Frozen Yogurt

## Grains and Rice

### RiceSelect

Texmati White Rice

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread  
Organic Plum Fruit Spread

### Cascadian Farm

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

### Im Health

Crunchy Soy Nut Butter  
Organic Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Raspberry Preserves  
Blueberry Preserves  
Four Fruit Preserves

## **Jams and Nut Butters (Cont'd)**

### **St. Dalfour**

- 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

## **Prepared Foods**

### **Rapunzel**

- No Salt Vegetable Bouillon

## **Sauces/Salsas/Dips**

### **Green Mountain Gringo**

- Medium Salsa
- Mild Salsa

## **Soups**

### **Health Valley**

- Minestrone Soup - No Salt
- Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses