

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Sarasota Store, Florida 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).

### Baby & Infant Food

#### Stonyfield Farm

- YoBaby Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Fearn

- Raw Wheat Germ

### Baking Needs (Cont'd)

#### Mothers

- Toasted Wheat Germ

### Beverages

#### 365 Every Day Value™

- Club Soda
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice

#### Droste

- Imported Cocoa

#### Knudsen

- Low Sodium Veggie Juice

#### Lakewood Juice

- Organic Coconut Juice
- Organic Pure Carrot Juice

## **Beverages (Cont'd)**

### **Looza Fruit Juices**

Mango Nectar Juice

### **Martinellis**

Apple Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Butter & Garlic

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### **Berli**

Spelt Bread

Sprouted Spelt Bread

White Spelt Bread

### **Food For Life**

Bran Bread

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

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Carrot Raisin Bread

Millet Rice Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

Low Salt Kipper Snacks

### **Eden Foods**

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

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

### **Eden Foods**

Navy Beans

Organic Black Soy Beans

Pinto Beans

### **Minerva**

Whole Roasted Chestnuts

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

### **Westbrae**

Organic Black Beans

Organic Garbanzo Beans

Organic Kidney Beans

Organic Pinto Beans

## **Canned/Jarred Goods**

### **365 Every Day Value™**

100% Pure Pumpkin

Apricot Halves in Pear Juice

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

### **365 Organic Every Day Value™**

Black Beans

## **Cereal**

### **365 Organic Every Day Value™**

High Fiber Cereal

Oat & Honey Granola

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

Rolled Hot 5 Grain Cereal

### **Erewhon**

Maple Oatmeal

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Hemp Plus Granola

## Cereal (Cont'd)

### Old Wessex

Oat Bran Hot Cereal

### Us Mill

Uncle Sam Cereal

## Cheese

### Organic Valley

Organic Mozzarella

## Chips, Pretzels and Snacks

### Bearitos

No Salt Tortilla Chips

### Garden Of Eatin

Blue Corn Sesame Chips

Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Newman's Own Organic

Unsalted Round Pretzels

### Newman's Own Organics

Pretzel Nuggets

## 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

### Briannas

Real French Vinaigrette

## Condiments (Cont'd)

### Hain Pure Food

Light Safflower Mayonnaise

### Westbrae

Dijon Mustard

Stoneground Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

### Kinnikinnick

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

### Midel

Vanilla Snap Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic Espresso Chocolate Chip Cookies

Organic Orange Chocolate Chip Cookies

Organic O's Cookies

### Shady Maple

Organic Maple Waffles

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Bisca

Organic Water Crackers

## Crackers (Cont'd)

### Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Unsalted Sesame
- Organic Brown Rice Snaps, Black Sesame
- Organic Brown Rice Snaps, Cheddar
- Organic Brown Rice Snaps, Toasted Onion
- Organic Brown Rice Snaps, Unsalted Plain
- Organic Brown Rice Snaps, Vegetable

### Scand

- Bran Crispbread

### Stacy's

- Simply Naked Pita Chips

## Dairy

### Coach Dairy

- Strawberry Yogurt Drink

### Erivan Yogurt

- Plain Yogurt

### Helios Nutrition

- Organic Plain Kefir
- Organic Vanilla Kefir

### Horizon

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

### Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

### Lifeway

- Fat Free Strawberry Kefir

### Organic Valley

- Organic Neufchatel

### Stonyfield Farm

- Organic Banana Berry Yogurt Smoothie, 10 oz
- Organic Cream Top French Vanilla Yogurt, 32 oz
- Organic Cream Top Plain Yogurt, 32 oz

## Dairy (Cont'd)

### Stonyfield Farm

- Organic Cream Top Strawberries & Cream Yogurt, 6 oz
- Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz
- Organic Fat Free Chocolate Underground Yogurt, 6 oz
- Organic Fat Free French Vanilla Yogurt, 6 oz
- Organic Fat Free Peach Yogurt, 6 oz
- Organic Fat Free Plain Yogurt, 32 oz
- Organic Fat Free Plain Yogurt, 6 oz
- Organic Fat Free Strawberry Yogurt, Fruit on the Bottom, 6 oz
- Organic Low Fat Caramel Yogurt
- Organic Low Fat Plain Yogurt, 32 oz
- Organic Low Fat Plain Yogurt, 6 oz
- Organic Low Fat Strawberry Yogurt, 32 oz
- Organic Low Fat Vanilla Yogurt
- Organic Low Fat Vanilla, 32 oz
- Organic O'Soy Strawberry/Peach Yogurt, 6-pack
- Organic Raspberry Yogurt Smoothie, 10 oz
- Organic Strawberry Yogurt Smoothies, 4 pack
- Organic Vanilla Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothies, 4 pack
- YoBaby Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt
- YoKids Squeezers Cherry/Berry Blitz
- YoKids Squeezers Screamin' Strawberry
- YoKids Strawberry BaNilla Blast Yogurt
- YoKids Strawberry Vanilla Raspberry Yogurt

### White Wave

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt

## Dairy (Cont'd)

### White Wave

Vanilla Soy Yogurt

### Whole Soy

Plain Soy Yogurt  
Soy Yogurt - Strawberry  
Vanilla Soy Yogurt

## Dairy Alternatives

### Westsoy

Light Plain Soy Beverage

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

Chocolate Pudding  
Rice Pudding

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Entrees and Mixes

### Rice Select

Risotto Rice

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

## 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

### Ben And Jerrys

Vanilla Caramel Fudge Ice Cream  
Vanilla Ice Cream

### Soy Boy

Tofu Ravioli

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles

## Grains and Rice

### Rice Select

Brown Rice Sesame Thins  
Jasmati White Rice

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread  
Organic Blueberry Fruit Spread  
Organic Peach Fruit Spread  
Organic Plum Fruit Spread  
Organic Wild Berry 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

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

### **Hero**

Apricot Fruit Preserves  
Black Cherry Fruit Preserves

### **Joyva Corp.**

Sesame Tahini

### **Kimes Apple Butter**

Unsweetened Apple Butter

### **St. Dalfour**

Black Raspberry 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

### **365 Organic Every Day Value™**

Lasagne

### **Tinkyada**

Brown Rice Spaghetti

## **Prepared Foods**

### **Rapunzel**

No Salt Vegetable Bouillon

## **Sauces, Salsas and 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  
No Salt Chicken Broth  
Organic Tomato No Salt Soup  
Potato Leek Soup - No Salt  
Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses