

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Arlington Store, Mid-Atlantic 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 Peach/Pear Yogurt
- YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt
- YoBaby Simply Plain Yogurt

### Baking Needs

#### Fearn

- Raw Wheat Germ

### Baking Needs (Cont'd)

#### Lake Champlain Chocolates

- Unsweetened Cocoa

#### Mothers

- Toasted Wheat Germ

#### Shiloh Farms

- Coarse Bran

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Ginger Ale
- Italian Lemon Sparkling Water

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

### **365 Every Day Value™**

Italian Sparkling Orange/Lime/Pink Grapefruit Water  
Italian Strawberry Sparkling Water  
Key Lime Soda  
Orange Creme Soda  
Raspberry Soda  
Root Beer Soda

### **Apple & Eve**

Apple Juice

### **Bionaturae**

Organic Pear Nectar Juice

### **Knudsen**

Low Sodium Veggie Juice

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Looza Fruit Juices**

Mango Nectar Juice

### **Vruit**

Berry Veggie 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  
Ezekiel Bread, Low Salt  
Organic 7 Grain Bread  
Organic Ezekial Bread  
Organic Ezekiel 4:9 Sesame Bread  
Organic Ezekiel Bread  
Sprouted Ezekiel Tortillas

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

### **Shiloh Farms**

No Salt 7 Grain Sprouted Bread

### **Vermont Bread**

Cinnamon Raisin Bread  
Organic Oat Bread  
Organic Spelt Bread  
Organic Wheat Bread  
Whole Wheat Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans  
Black Beans  
Cannellini Beans  
Garbanzo Beans  
Kidney Beans  
Navy Beans  
Pinto Beans

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **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™

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

### Barbara's Bakery

Honey Rice Puffins Cereal

### Bob's Red Mill

Rolled Hot 10 Grain Cereal  
Rolled Hot 5 Grain Cereal  
Thick Rolled Oats

### Kashi

Cinna-Raisin Crunch Cereal

### Nature's Path

Hemp Plus Granola

### Us Mill

Uncle Sam Cereal

## Cheese

### Organic Valley

Organic Mozzarella

### Vermont Butter-Cheese

Quark Cheese

## Chips, Pretzels and Snacks

### Garden Of Eatin

Black Bean Chili Chips  
Blue Corn Sesame Chips  
Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

## Chips, Pretzels and Snacks (Cont'd)

### Mothers

No Salt Rice Cakes  
Salt & Butter Popped Corn Cakes

### 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

### Grey Poupon

Country Dijon Mustard  
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

### Abigails

Ginger Snap Cookies

## Cookies and Snack Bars (Cont'd)

### Brent And Sams

- Chocolate Chip Cookies
- Chocolate Chip Pecan Cookies
- Oatmeal Raisin Cookies

### Kinnikinnick

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

### Midel

- Lemon Snap Cookies
- 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 O's Cookies

### Walkerscottish Cookies

- Shortbread Fingers
- Shortbread Rounds

## Crackers

### 365 Every Day Value™

- Unsalted Tops Saltines

### Edward & Sons

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

### Fattorie & Pandae

- Whole Wheat Breadsticks

### Health Valley

- Fat Free Whole Wheat Crackers
- Low Fat Sesame Crackers

## Dairy

### Butterwork

- Non Fat Vanilla Yogurt

### Erivan Yogurt

- Plain Yogurt

### Friendship

- No Salt Cottage Cheese

### Helios Nutrition

- Organic Plain Kefir

### Horizon

- Organic Neufchatel Spreadable Cheese

### Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

### Lifeway

- Fat Free Strawberry Kefir

### Organic Valley

- Organic Neufchatel

### Parmalat

- 1% Milk
- Skim Milk

### Seven Stars

- Low Fat Maple Yogurt
- Maple Yogurt

### Stonyfield Farm

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

## Dairy (Cont'd)

### Stonyfield Farm

- Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz
- 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 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 Peach/Pear Yogurt
- 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
- Vanilla Soy Yogurt

### Whole Soy

- Plain Soy Yogurt
- Soy Yogurt - Strawberry
- Vanilla Soy Yogurt

## Dairy Alternatives

### 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
- Brown Rice Snaps, Tamari Sesame

## 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

### Ben And Jerrys

- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

## Frozen Foods (Cont'd)

### Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

### Cascadian Farm

- Organic Chopped Spinach

### Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles

## Grains and Rice

### Rice Select

- Jasmati White Rice
- White Rice

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

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

### Im Health

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

### Joyva Corp.

- Sesame Tahini

## Jams and Nut Butters (Cont'd)

### Kimes Apple Butter

- Unsweetened Apple Butter

### St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

- No Boil Lasagna

### Tinkyada

- Brown Rice Spaghetti

## Prepared Foods

### Rapunzel

- No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Green Mountain Gringo

- Chile Salsa
- Garlic Salsa
- Hot Salsa
- Medium Salsa
- Mild Salsa

### Jardines

- Peach Medium Salsa

## **Soups**

### **Health Valley**

- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- Potato Leek Soup - No Salt
- Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

- Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses