

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Annapolis 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

### Baking Needs

#### Fearn

- Raw Wheat Germ

#### Mothers

- Toasted Wheat Germ

### Baking Needs (Cont'd)

#### 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
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water
- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda

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

### **365 Every Day Value™**

Root Beer Soda

### **Apple & Eve**

Apple Juice

### **Bionaturae**

Organic Apricot Nectar Juice

Organic Pear Nectar Juice

### **Ceres Fruit Juices**

Guava 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

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

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

### **Shiloh Farms**

7 Grain Bread

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**

Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Organic Black Soy Beans

Pinto Beans

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **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

## Cheese

### Organic Valley

Organic Mozzarella

### Vermont Butter-Cheese

Quark Cheese

## Chips, Pretzels and Snacks

### Boston Popcorn

Lite Popcorn

### Garden Of Eatin'

Blue Corn Sesame Chips  
Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Mothers

No Salt Rice Cakes  
Salt & Butter Popped Corn Cakes

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

### Newman's Own Organic

Unsalted Round Pretzels

## 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

### Brent And Sams

Chocolate Chip Pecan Cookies  
Oatmeal Raisin Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies  
Montana's Chocolate Chip Cookies

## Cookies and Snack Bars (Cont'd)

### 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

## 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, Black Sesame  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### Health Valley

Fat Free Whole Wheat Crackers  
Low Fat Sesame Crackers

## Dairy

### Erivan Yogurt

Plain Yogurt

### Friendship

No Salt Cottage Cheese

### Helios Nutrition

Organic Plain Kefir  
Organic Vanilla Kefir

### Horizon

Chocolate Milk, Single Serve  
Organic Neufchatel Spreadable Cheese

## Dairy (Cont'd)

### Horizon

Strawberry Milk, Single Serve

### 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 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 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

## Dairy (Cont'd)

### Stonyfield Farm

- 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
- 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

- Rice Pudding
- Tapioca Pudding

## Desserts (Cont'd)

### Oetker

- Organic Chocolate Pudding
- Organic Mocha 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

- Deep Dark Chocolate Ice Cream
- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

### Breyers

- Chocolate Ice Cream
- Mint Chocolate Ice Cream

### Cascadian Farm

- Organic Chopped Spinach

## Frozen Foods (Cont'd)

### Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Vanilla Frozen Yogurt

### Perfect Additions

- Unsalted Veggie Stock

### Soy Boy

- Tofu Ravioli

### Stonyfield Farm

- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Grains and Rice

### Rice Select

- Jasmati White Rice
- White Rice

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Grape Fruit Spread
- Organic Strawberry Fruit Spread

### Im Health

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

### Joyva Corp.

- Sesame Tahini

### Kimes Apple Butter

- Unsweetened Apple Butter

### St. Dalfour

- Black Cherry Preserves
- Black Raspberry Preserves
- Blueberry Preserves
- Four Fruit Preserves

## Jams and Nut Butters (Cont'd)

### St. Dalfour

- Orange Marmalade
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

## Nutritional Supplements

### Bionaturae

- Organic Bilberry Fruit Nectar

### 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
- Organic Tomato No Salt Soup
- Potato Leek Soup - No Salt

## **Soups (Cont'd)**

### **Health Valley**

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses