

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cranbrook Store, Midwest 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

#### 365 Every Day Value™

- 100% Pure Pumpkin

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- 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
- Root Beer Soda

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

### **Droste**

Imported Cocoa

### **Knudsen**

Low Sodium Veggie Juice

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Martinellis**

Apple Juice

### **Vruit**

Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### **Food For Life**

Ezekiel Bread, Low Salt

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Millet Rice Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

Low Salt Kipper Snacks

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

### **Eden Foods**

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Organic Black Soy Beans

### **Minerva**

Whole Roasted Chestnuts

### **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™**

100% Pure Pumpkin

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

## Cereal (Cont'd)

### Nature's Path

Hemp Plus Granola

### Us Mill

Uncle Sam Cereal

## Cheese

### Organic Valley

Organic Mozzarella

## Chips, Pretzels and Snacks

### Garden Of Eatin'

Blue Corn Sesame Chips

Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Mothers

No Salt Rice Cakes

### Newman's Own Organic

Unsalted Round Pretzels

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

### Briannas

Real French Vinaigrette

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Health Valley

Amaranth Graham Crackers

Oat Bran Graham Crackers

## Cookies and Snack Bars (Cont'd)

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies

Chocolate Creme Filled Cookies

Mint Creme Filled Cookies

Organic O's Cookies

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Sesame

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

## Dairy

### Friendship

No Salt Cottage Cheese

### Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

### Horizon

Organic Neufchatel Spreadable Cheese

### Lifeway

Fat Free Strawberry Kefir

### Organic Valley

Organic Neufchatel

### Seven Stars

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

## 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 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

## Dairy (Cont'd)

### White Wave

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

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Oetker

Organic Chocolate Pudding  
Organic Coconut Pudding  
Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### Eden Foods

Organic Sesame Garlic Shitake

### Edward & Sons

Brown Rice Snaps, Tamari Sesame

### Sushi Sonic

Wasabi Horseradish

## 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 Foods (Cont'd)

### 365 Organic Every Day Value™

Frozen Wild Blueberries

### Ben And Jerrys

Vanilla Caramel Fudge Ice Cream

Vanilla Ice Cream

### 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

Original Blueberry Mini Waffles

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Plum Fruit Spread

Organic Wild Berry Fruit Spread

### Cascadian Farm

Organic Blackberry Fruit Spread

Organic Blueberry Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

### Im Health

Creamy Soy Nut Butter

Crunchy Soy Nut Butter

### St. Dalfour

Black Cherry Preserves

Four Fruit Preserves

Orange Marmalade

Peach Preserves

Red Raspberry Preserves

Strawberry Preserves

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### Tinkyada

Brown Rice Spaghetti

## Prepared Foods

### Rapunzel

No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Green Mountain Gringo

Garlic Salsa

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

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Split Pea Soup - No Salt

Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

Blackstrap Molasses

### Wholesome Foods

Organic Blackstrap Molasses