

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Lakeview 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 Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Chatfields

- Cocoa Powder

#### Mothers

- Toasted Wheat Germ

### Baking Needs (Cont'd)

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

- Club Soda
- Fresh Squeezed Grapefruit Juice
- Fresh Squeezed Orange Juice
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Bionaturae

- Organic Apricot Nectar Juice
- Organic Pear Nectar Juice

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

### **Ceres Fruit Juices**

Guava Juice  
Papaya Juice

### **Droste**

Imported Cocoa

### **Knudsen**

Low Sodium Veggie Juice

### **Lakewood Juice**

Organic Pure Carrot Juice

### **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**

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

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Carrot Raisin Bread  
Millet Rice Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Daves Albacore Tuna**

No Salt Fancy Salmon

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans  
Black Beans  
Cannellini Beans  
Garbanzo Beans  
Kidney Beans  
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

### 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

### Perky's

Nutty Flax Cereal

### Us Mill

Uncle Sam Cereal

## Chips, Pretzels and Snacks

### Garden Of Eatin'

Blue Corn Sesame Chips  
Red Corn Chips  
Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Mothers

No Salt Rice 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

Dijon Mustard

### Westbrae

Stoneground Mustard  
Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Health Valley

Amaranth Graham Crackers  
Oat Bran Graham Crackers

### Kinnikinnick

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

### Newman's Own Organic

Alphabet Chocolate Cookies  
Chocolate Creme Filled Cookies  
Mint Creme Filled Cookies  
Organic Chocolate Chip Cookies  
Organic O's Cookies

### Shady Maple

Organic Maple Waffles

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
Brown Rice Snaps, Tamari Sesame

## Crackers (Cont'd)

### Edward & Sons

- 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

## Dairy

### Friendship

- No Salt Cottage Cheese

### Helios Nutrition

- Organic Peach Kefir
- Organic Plain Kefir
- Organic Vanilla Kefir

### Horizon

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

### 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
- 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 Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/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
- Plain Soy Yogurt
- Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

- Rice Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding

## Desserts (Cont'd)

### Oetker

Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### 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 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

### Perfect Additions

Unsalted Beef Stock

Unsalted Chicken Stock

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

## Frozen Foods (Cont'd)

### Vans

Mini Waffles

## Jams and Nut Butters

### Bionaturae

Organic Apricot 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

### Im Health

Creamy Soy Nut Butter

Crunchy Soy Nut Butter

Organic Soy Nut Butter

### Oskri Organics

Organic Tahini

### St. Dalfour

Black Cherry Preserves

Black Raspberry Preserves

Four Fruit Preserves

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

Pasta, Capellini

## **Pasta (Cont'd)**

### **Tinkyada**

Brown Rice Spaghetti

## **Prepared Foods**

### **Rapunzel**

No Salt Vegetable Bouillon

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

Chile Salsa

Garlic Salsa

Hot 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

Split Pea Soup - No Salt

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses