

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Palatine 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

## Baking Needs (Cont'd)

### Chatfields

- Cocoa Powder

### Mothers

- Toasted Wheat Germ

## Beverages

### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Fresh Squeezed Orange Juice
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

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

### **365 Every Day Value™**

- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

### **Bionaturae**

- Organic Apricot Nectar Juice
- Organic Pear Nectar Juice

### **Knudsen**

- Low Sodium Veggie Juice

### **Lakewood Juice**

- Organic Pure Carrot Juice

### **Looza Fruit Juices**

- Mango Nectar Juice

### **Martinellis**

- Apple Juice

### **Vruit**

- Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

### **Food For Life**

- 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
- Navy Beans
- Organic Black Soy Beans
- Pinto Beans

### **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
- 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

## Cereal (Cont'd)

### Nature's Path

Hemp Plus Granola

### 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)

### Grey Poupon

Dijon Mustard

### Westbrae

Stoneground Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Health Valley

Oat Bran Graham Crackers

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

### Mi-Del

Chocolate Snap Cookies

### Midel

Lemon Snap Cookies

Vanilla Snap 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

### Walkerscottish Cookies

Shortbread Rounds

## 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

## Crackers (Cont'd)

### Edward & Sons

Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

## Dairy

### Friendship

No Salt Cottage Cheese

### Helios Nutrition

Organic Plain Kefir  
Organic Vanilla Kefir

### Horizon

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  
Organic Low Fat Caramel Yogurt  
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  
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

## 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**

### **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

### **Stonyfield Farm**

Non Fat Vanilla Frozen Yogurt  
Vanilla Fudge Frozen Yogurt

### **Vans**

Mini Waffles

## **Jams and Nut Butters**

### **Bionaturae**

Organic Apricot Fruit Spread  
Organic Peach Fruit Spread  
Organic Plum 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)**

### **Im Health**

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

### **St. Dalfour**

Black Cherry Preserves  
Black Raspberry Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Orange Marmalade  
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**

Garlic Salsa  
Medium Salsa  
Mild Salsa

## **Soups**

### **Health Valley**

5 Bean Soup- Fat Free  
Black Bean Soup - No Salt  
Lentil Soup - No Salt  
Minestrone Soup - No Salt

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

### **Health Valley**

- 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