

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Brighton Store, North 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

#### 365 Every Day Value™

- 100% Pure Pumpkin

### Baking Needs (Cont'd)

#### Bakers

- Unsweetened Baking Chocolate

#### Fearn

- Raw Wheat Germ

#### Lake Champlain Chocolates

- Unsweetened Cocoa

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

#### Shiloh Farms

- Coarse Bran

## 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

### Apple & Eve

- Apple 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

### B&C Bakehouse

- Organic White Dinner Rolls
- Organic Whole Wheat Dinner Rolls

### Food For Life

- Bran Bread
- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

## Bread (Cont'd)

### Vermont Bread

- Oatmeal Bread
- Old Fashioned White Bread
- Organic Oat Bread
- Organic Spelt Bread
- Organic Wheat Bread
- Sprouted Wheat Bread
- Sunflower Sesame Bread
- Whole Wheat Bread
- Whole Wheat Sourdough Bread

### When Pigs Fly

- Cinnamon Raisin Bread
- Harvest Bread

## Canned Goods

### Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

### Divina

- Sweet Roasted Peppers

### Eden Foods

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Navy Beans
- Organic Black Soy 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 7 Grain Cereal  
Thick Rolled Oats

### Kashi

Cinna-Raisin Crunch Cereal

### Nature's Path

Hemp Plus Granola  
Organic Puffed Corn Cereal

### Old Wessex

Oat Bran Hot Cereal

### Perky's

Nutty Flax Cereal

## Cheese

### Organic Valley

Organic Mozzarella

### Vermont Butter-Cheese

Quark Cheese

## Chips, Pretzels and Snacks

### Garden Of Eatin'

Blue Corn Sesame Chips  
Salted Blue Corn Chips

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

### 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

### Briannas

Real French Vinaigrette

### Golds

Dijon Mustard

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Newman's Own

Steak Sauce

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard  
Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

## **Cookies and Snack Bars (Cont'd)**

### **Barbara's Bakery**

Blueberry Apple Fruit & Yogurt Bars

### **Health Valley**

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

### **Kinnikinnick**

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

S'moreables Graham Style Crackers

### **Mi-Del**

Chocolate Snap 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 Orange 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, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Black Sesame

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

## **Crackers (Cont'd)**

### **Nejames**

Original Crispbread

### **Scand**

Bran Crispbread

### **Stacy's**

Simply Naked Pita Chips

## **Dairy**

### **Butterwork**

Non Fat Vanilla Yogurt

### **Calabro**

Fat Free Ricotta

### **Coach Dairy**

Goat Milk Yogurt Drink

### **Friendship**

No Salt Cottage Cheese

### **Helios Nutrition**

Organic Peach Kefir

Organic Plain Kefir

Organic Vanilla Kefir

### **Horizon**

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

### **Lactaid**

Lactaid Milk, 2%

Lactaid Milk, Whole

### **Lifeway**

Fat Free Strawberry Kefir

### **Organic Valley**

Organic Neufchatel

### **Parmalat**

2% Low Fat Milk

### **Sabra**

Mediterranean Salad

### **Seven Stars**

Low Fat Maple Yogurt

## Dairy (Cont'd)

### 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 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  
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

## Dairy (Cont'd)

### Stonyfield Farm

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

### Zausner

Whipped Cream Cheese

## Dairy Alternatives

### Westsoy

Light Plain Soy Beverage

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Bascoms

Large Pearl Tapioca  
Small Pearl Tapioca

### Echo Farms

Rice Pudding  
Tapioca Pudding

### Kozy Shack

Chocolate Pudding  
Rice Pudding  
Tapioca Pudding

### Oetker

Organic Chocolate Pudding  
Organic Vanilla Pudding

## Desserts (Cont'd)

### Santa Cruz Organic

Organic Chocolate Syrup

## Entrees and Mixes

### Rice Select

Risotto Rice

## Ethnic Foods

### Eden Foods

Organic Sesame Garlic Shitake

### 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

### Haagen-Dazs

Coffee Frozen Yogurt

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

## Frozen Foods (Cont'd)

### Soy Boy

Tofu Ravioli

### 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 Peach 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

Creamy Soy Nut Butter with Honey

Crunchy Soy Nut Butter

Organic Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### Kimes Apple Butter

Unsweetened Apple Butter

### St. Dalfour

Black Cherry Preserves

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

## **Jams and Nut Butters (Cont'd)**

### **St. Dalfour**

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

## **Miscellaneous Grocery**

### **Scand**

- Bran Crispbread

## **Nutritional Supplements**

### **Whole Foods Market™**

- Vanilla Soy Protein Powder

## **Pasta**

### **365 Every Day Value™**

- No Boil Lasagna

## **Prepared Foods**

### **Rapunzel**

- No Salt Vegetable Bouillon

## **Sauces, Salsas and Dips**

### **Enricos Sauces**

- Hot Chunky Salsa

### **Green Mountain Gringo**

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

### **Jardines**

- Peach Medium Salsa

### **Titos Taco & Cantina**

- Homestyle Salsa

## **Soups**

### **Health Valley**

- 5 Bean Soup- Fat Free
- Lentil Soup - No Salt
- Mushroom Barley Soup - No Salt
- Potato Leek Soup - No Salt
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

- Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses