

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Cambridge 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 Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Bakers

- Unsweetened Baking Chocolate

### Baking Needs (Cont'd)

#### Fearn

- Raw Wheat Germ

#### 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

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

### **365 Every Day Value™**

Italian Sparkling Orange/Lime/Pink Grapefruit Water

### **Apple & Eve**

Apple Juice

### **Droste**

Imported Cocoa

### **Knudsen**

Low Sodium Veggie Juice

### **Lakewood Juice**

Organic Coconut Juice

Organic Pure Carrot Juice

### **Looza Fruit Juices**

Mango Nectar Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### **Food For Life**

Organic 7 Grain Bread

Organic Ezekial Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

### **Nature's Path**

Carrot Raisin Bread

Millet Rice Bread

### **Vermont Bread**

Oatmeal Bread

Old Fashioned White Bread

Organic Oat Bread

Organic Spelt Bread

Organic Wheat Bread

Sprouted Wheat 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**

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

## **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

## Cereal (Cont'd)

### Bob's Red Mill

Thick Rolled Oats

### 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

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Mothers

No Salt Rice Cakes

## 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

## Condiments (Cont'd)

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Westbrae

Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Destrooper

Crisp Butter Wafers

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

S'moreables Graham Style Crackers

### Mi-Del

Chocolate Snap Cookies

### Midel

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

Shortbread Rounds

## Crackers

### Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Unsalted 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

### Coach Dairy

Goat Milk Yogurt Drink

### Friendship

No Salt Cottage Cheese

### Helios Nutrition

Organic Plain Kefir

Organic Vanilla Kefir

### Horizon

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%

Lactaid Milk, Whole

### Lifeway

Fat Free Strawberry Kefir

### Organic Valley

Organic Neufchatel

### Seven Stars

Low Fat 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

## Dairy (Cont'd)

### Stonyfield Farm

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 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 (Cont'd)

### Whole Soy

Soy Yogurt - Strawberry

### Zausner

Whipped Cream Cheese

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Echo Farms

Tapioca Pudding

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

### 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

## Frozen Foods

### 365 Every Day Value™

Frozen Chopped Spinach

Frozen Fruit Whole Raspberries

Frozen Fruit Whole Strawberries

Frozen Sliced Peaches

## Frozen Foods (Cont'd)

### 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 Ice Cream

### Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### Reeds Ginger Brew

Ginger Green Tea Ice Cream

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

## Grains and Rice

### Rice Select

Brown Rice Sesame Thins

Jasmati White Rice

### Semchi

Premium White Rice

## Jams and Nut Butters

### Cascadian Farm

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

### Joyva Corp.

Sesame Tahini

### Kimes Apple Butter

Unsweetened Apple Butter

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

### **St. Dalfour**

- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach 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

### **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

### **Jardines**

- Peach Medium Salsa
- Pineapple Salsa

### **Titos Taco & Cantina**

- Fiesta Cilantro Salsa
- Homestyle Salsa

## **Soups**

### **Health Valley**

- Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

- Organic Low Salt Boullion Cubes