

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Swampscott 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)

#### Chatfields

- Cocoa Powder

#### Fearn

- Raw Wheat Germ

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

#### Shiloh Farms

- Coarse Bran

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola

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

### **365 Every Day Value™**

- 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

### **Apple & Eve**

- Apple Juice

### **Bionaturae**

- Organic Apricot Nectar Juice
- Organic Pear Nectar Juice

### **Ceres Fruit Juices**

- Guava 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**

- Spelt Bread
- Sprouted Spelt Bread

## **Bread (Cont'd)**

### **Berli**

- White Spelt Bread

### **Food For Life**

- Cinnamon Raisin 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

### **Vermont Bread**

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

### **When Pigs Fly**

- Cinnamon Raisin Bread
- Harvest Bread

## **Candy and Chocolate**

### **The Ginger People**

- Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

- Baby Water Clams
- Low Salt Kipper Snacks

### **Eden Foods**

- Adzuki Beans
- Cannellini Beans
- Navy Beans

## Canned Goods (Cont'd)

### Santa Cruz Organic

Cinnamon Applesauce Cup  
Organic Blackberry Applesauce

## 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

### Bob's Red Mill

Rolled Hot 10 Grain Cereal  
Rolled Hot 7 Grain Cereal  
Thick Rolled Oats

### Erewhon

Maple Oatmeal

### Kashi

Cinna-Raisin Crunch Cereal

### Nature's Path

Hemp Plus Granola  
Organic Puffed Corn Cereal

### Old Wessex

Oat Bran Hot Cereal

### Us Mill

Uncle Sam Cereal

## Cheese

### Organic Valley

Organic Mozzarella

## Cheese (Cont'd)

### Vermont Butter-Cheese

Quark Cheese

## Chips, Pretzels and Snacks

### Bearitos

No Salt Tortilla Chips

### Boston Popcorn

Lite Popcorn

### Garden Of Eatin

Salted Blue Corn Chips

### Kettle Brand®

Potato Chips, Unsalted 5 oz

### Mothers

No Salt Rice Cakes  
Salt & Butter Popped Corn 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, Butter & Garlic  
Croutons, Caesar  
Croutons, Cheese & Garlic  
Croutons, Seasoned

### Golds

Dijon Mustard

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Newman's Own

Steak Sauce

### The Ojai Cook

Light Lemonaise

## Condiments (Cont'd)

### Westbrae

Dijon Mustard  
Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Barbara's Bakery

Apple Cinnamon Fruit & Yogurt Bars  
Blueberry Apple Fruit & Yogurt Bars  
Cherry Apple Fruit & Yogurt Bars

### Destrooper

Crisp Butter Wafers

### Health Valley

Apple Cobbler Cereal Bars  
Dutch Apple Granola Bars  
Fat Free Blueberry Cereal Bars  
Strawberry Cereal Bars  
Wild Berry Granola Bar

### Kinnikinnick

KinniKritters Animal Cookies  
KinniTOOS Chocolate Sandwich Creme Cookies  
Montana's Chocolate Chip Cookies  
S'moreables Graham Style Crackers

### Mi-Del

Chocolate Snap Cookies

### Midel

Lemon 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

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

Brown Rice Snaps, Onion Garlic  
Brown Rice Snaps, Tamari Seaweed  
Brown Rice Snaps, Tamari 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

### 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

### Erivan Yogurt

Plain Yogurt

### 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

## Dairy (Cont'd)

### Lifeway

Fat Free Strawberry Kefir

### Organic Valley

Organic Neufchatel

### Pinders

Pure Horseradish

### Sabra

Mediterranean Salad

### 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

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

## Dairy (Cont'd)

### Stonyfield Farm

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

Plain 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

### Echo Farms

Coffee Caramel Pudding

Rice Pudding

Tapioca Pudding

## Desserts (Cont'd)

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca 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
- 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

## Frozen Foods (Cont'd)

### Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Soy Boy

- Tofu Ravioli

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Grains and Rice

### Rice Select

- Jasmati White Rice

### Semchi

- Premium White Rice

## Jams and Nut Butters

### Bionaturae

- 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

### Im Health

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

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves

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

### **St. Dalfour**

- Four Fruit Preserves
- Orange Marmalade
- Peach 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

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

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

### **Titos Taco & Cantina**

- Homestyle Salsa

## **Soups**

### **Health Valley**

- 5 Bean Soup- Fat Free
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- Organic Black Bean No Salt Soup
- Organic Tomato No Salt Soup
- Potato Leek 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