

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Campbell Store, Northern California 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>

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

### Baked Goods

#### Frankly Natural Bakers

Vegan Chocolate Decadence Brownie

### Baking Needs

#### 365 Every Day Value™

100% Pure Pumpkin

#### Ah!Laska

Organic Chocolate Syrup

#### Ener-G

Egg Replacement  
Rice Bran

#### Fearn

Raw Wheat Germ

#### Hain Featherweight

Low Salt Baking Powder

### Baking Needs (Cont'd)

#### Lake Champlain Chocolates

Unsweetened Cocoa

#### Mothers

Toasted Wheat Germ

#### Pamela's Products

Ultra Chocolate Brownie Mix

#### Scharffenberger

Unsweetened Baking Chocolate Bar

#### Sunspire/Sunlight

Carob Chips Unsweetened  
Dark Organic Chocolate Chips

### Beverages

#### 365 Every Day Value™

Black Cherry Soda  
Cherry Vanilla Creme Soda  
Club Soda

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

### **365 Every Day Value™**

- Cola
- Cranberry Cocktail Juice
- Ginger Ale
- Italian Lemon Soda
- Italian Lemon Sparkling Water
- Italian Pink Grapefruit Soda
- Italian Strawberry Sparkling Water
- Italian Tangerine Soda
- Key Lime Soda
- Orange Creme Soda
- Orange Juice
- Orange Juice High Pulp
- Orange Juice with Calcium
- Raspberry Soda
- Root Beer Soda
- Ruby Red Grapefruit Juice

### **365 Organic Every Day Value™**

- Apple Cranberry Juice
- Apple Juice
- Berry Juice
- Cranberry Juice Cocktail
- Lemonade Juice
- Red Grape Juice

### **Knudsen**

- Low Sodium Veggie 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

### **Alvarado Street Bakery**

- Sesame Seed Bagels
- Sprouted Sourdough Bread

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

### **Berli**

- Spelt Bread
- White Spelt Bread

### **Ener-G**

- Tapioca Loaf
- White Rice Bread

### **Food For Life**

- Bran Bread
- Brown Rice Bread - Gluten & Wheat Free
- Ezekiel Bread, Low Salt
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread - Gluten & Wheat Free
- Rice Almond Bread - Wheat Free
- Rice Pecan Bread - Gluten & Wheat Free
- Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

- European Sourdough Rye Bread

### **Nature's Path**

- Carrot Raisin Bread

### **Pacific Bakery**

- Kamut Bread

## **Canned Goods**

### **Crown Prince**

- Low Salt Kipper Snacks

### **Daves Albacore Tuna**

- Albacore Protein Plus Tuna
- No Salt Fancy Salmon

### **Eden Foods**

- Adzuki Beans
- Black Beans
- Cannellini Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Organic Black Soy Beans

## Canned Goods (Cont'd)

### Minerva

Whole Roasted Chestnuts

### Santa Cruz Organic

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

### Westbrae

Organic Garbanzo Beans

## Canned/Jarred Goods

### 365 Every Day Value™

100% Pure Pumpkin

Apricot Halves in Pear Juice

Bamboo Shoots, Sliced

Black Beans, No Salt Added

Garbanzo Beans, No Salt Added

Kidney Beans, No Salt Added

Solid White Albacore Tuna w/No Salt Added

Tongol Tuna, No Salt

Tongol Tuna, with Salt

Water Chestnuts, Sliced

Water Chestnuts, Whole

### 365 Organic Every Day Value™

Black Beans

Cinnamon Applesauce

Coconut Milk

Coconut Milk, Lite

Diced Tomatoes, No Salt Added

Garbanzo Beans

Italian Cherry Tomatoes with Basil

Italian Whole Peeled Tomatoes with Basil

Kidney Beans

### Whole Kids Organic™

Organic Apple Cinnamon Apple Sauce

## Cereal

### 365 Organic Every Day Value™

Golden Flax Flakes

Hearty Whole Grain Toasted O's

Oat & Honey Granola

## Cereal (Cont'd)

### Barbara's Bakery

Honey Rice Puffins Cereal

Organic Brown Rice Crisps

Shredded Wheat

### Bob's Red Mill

Brown Rice Farina Creamy Cereal

Mighty Tasty Gluten Free Hot Cereal

Rolled Hot 10 Grain Cereal

### Cascadian Farm

Multigrain Squares

### EnviroKidz

Koala Krisp Cereal - Organic

### Erewhon

Maple Oatmeal

Oatmeal

Organic Raisin Bran Cereal

### Familia

Muesli - No Sugar

### Kashi

7 Grain Puffed Kashi

Go Lean Cereal

Go Lean Crunch Cereal

Heart to Heart Cereal

Honey Puffed Kashi

### Lundberg Farms

Organic Pure Creamy Rice Cereal

### McCanns

Instant Oatmeal

Irish Tin Oatmeal

Oatmeal

Steel Cut Oats

### Mothers

Quick Cook Barley

### Nature's Path

Apple Cinnamon Oatmeal

Flax 'n Oats Oatmeal

Hemp Plus Granola

Heritage O's Cereal

Hot Cereal - Variety Pack

Muesli - Mesa Sunrise Multigrain

## Cereal (Cont'd)

### Nature's Path

- Oat Bran Millet Rice Flakes
- Optimum Slim Cereal
- Organic Fruit Juice Sweetened Corn Flakes
- Organic Heritage Flakes
- Organic Honey'd Sweetened Cornflakes
- Organic Puffed Corn Cereal
- Organic Puffed Millet Cereal

### Old Wessex

- Scottish Style Oats

### Pacific Grain

- Nutty Rice Cereal

### Quinoa Corp

- Organic Quinoa Flakes

### Us Mill

- Uncle Sam Cereal

## Cheese

### Organic Valley

- Organic Mozzarella

## Chips, Pretzels and Snacks

### 365 Every Day Value™

- Tortilla Chips White Salted

### 365 Organic Every Day Value™

- Tortilla Chips Blue Salted
- Tortilla Chips White Salted

### Arico

- Sea Salt Mist Cassava Chips

### Barbara's Bakery

- Jalapeno Cheese Puffs
- Original Cheese Puffs

### Food Should Taste Good

- Olive Tortilla Chips

### Garden Of Eatin

- Cantina White Chips
- Salted Blue Corn Chips
- Totopos Chili Lime Chips

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

### Grainaissance

- Chocolate Brownie Mochi
- Organic Mochi
- Super Seed Mochi

### Guiltless Gourmet

- No Salt Baked Chips

### Hain Pure Food

- Plain Rice Sancks

### Kettle Chips

- Honey Dijon Potato Chips
- No Salt Potato Chips

### Lundberg Farms

- Brown Rice Cakes
- Low Sodium Plain Brown Rice Cakes
- No Salt Brown Rice Cakes
- Organic Tamari Seaweed Rice Cakes
- Organic Wild Rice Cakes

### Newman's Own Organic

- Light Microwave Popcorn
- No Butter No Salt Microwave Popcorn
- Unsalted Round Pretzels

### Robert's American Gourmet

- Pirate's Booty
- Puffed Rice/Corn Veggie Booty
- Smart Puffs

### Terra

- Blue Potato Chips
- Original Chips
- Yukon Gold Onion and Garlic Chips
- Yukon Gold Potato Chips
- Yukon Gold Salt and Pepper Chips
- Yukon Gold Salted Vinegar Chips

## Condiments

### 365 Every Day Value™

- Balsamic Vinegar ,5 Years Old

### 365 Organic Every Day Value™

- Balsamic Vinegar
- Croutons, Butter & Garlic
- Croutons, Caesar

## Condiments (Cont'd)

### 365 Organic Every Day Value™

Croutons, Cheese & Garlic  
Croutons, Seasoned  
Dijon Mustard  
German Mustard  
Worcestershire Sauce

### Annie's Naturals

Low Fat Raspberry Vinaigrette  
Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Conorzio

Baja Lime Marinade

### Follow Your Heart

Vegenaise

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Hain Pure Food

Light Safflower Mayonnaise

### Nasoya Foods

Tofu Nayonnaise

### Spectrum

Canola Lite Mayonnaise  
Canola Mayonnaise  
Organic Mayonnaise

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies  
Honey Roasted Cranberry Delight Bar  
Honey Roasted Trail Mix Bar  
Lemon Wafers  
Sugar Cookies

### Barbara's Bakery

Chocolate Chip Snackanimals  
Raspberry Fig Bars

## Cookies and Snack Bars (Cont'd)

### Barbara's Bakery

Wheat Free Oatmeal Snackanimals  
Wheat Free Oatmeal Snackimals Cookies  
Whole Wheat Fig Bars

### Brent And Sams

Chocolate Chip Cookies

### EnviroKidz

Cheetah Berry Crispy Rice Bars  
Koala Chocolate Crispy Rice Bars  
Panda Peanut Butter Crispy Rice Bars

### LaraBar

Cherry Pie Bar

### Maya

Organic Chocolate Bar  
Organic Chocolate Coffee Bar  
Organic Chocolate Mint Bar  
Organic Chocolate Orange Bar

### Midel

Arrowroots Animal Cookies - Gluten Free  
Gingersnaps

### Nana's

Chocolate Chip Cookies  
Double Chocolate Cookie Bars  
Oatmeal Raisin Cookies  
Wheat Free Oatmeal Raisin

### Newman's Own Organic

Chocolate Creme Filled Cookies  
Mint Creme Filled Cookies  
Organic Chocolate Chip Cookies  
Organic Espresso Chocolate Chip Cookies  
Organic Orange Chocolate Chip Cookies  
Organic O's Cookies

### Pamela's Products

Chunky Chocolate Chip Cookies - Wheat Free  
Pecan Shortbread Cookies - Wheat Free

### Walkerscottish Cookies

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Seaweed Rice Crackers  
Unsalted Tops Saltines  
Wasabi Rice Crackers

### Bisca

Organic Water Crackers

### Edward & Sons

Brown Rice Sesame Snaps - Fat Free No Salt  
Fat Free Tamari Sesame Brown Rice Snaps  
No Salt Organic Brown Rice Snaps  
Organic Brown Rice Snaps - Vegetable Low Salt/Fat  
Toasted Onion Organic Brown Rice Snaps

### Finn Crisp

Dark Crispbread  
Rye Crispbread with Caraway

### Hain Pure Food

Oyster Crackers

### Kavli

5 Grain Crackers  
Crispbread  
Thick Crispbread

### Ryvit

Dark Crispbread  
High Fiber Crispbread

### Sesmark Foods

Brown Rice Thins

### Stacy's

Cinnamon Sugar Pitas  
Simply Naked Bagel Chips  
Simply Naked Pita  
Simply Naked Pita Chips

### Wasa Crispbread

Golden Rye Crispbread  
Hearty Rye Crispbread  
Light Rye Crispbread

## Dairy

### 365 Organic Every Day Value™

Butter  
Unsalted Butter

## Dairy (Cont'd)

### Earth Balance

Soy Garden Margarine

### Helios Nutrition

Organic Peach Kefir  
Organic Plain Kefir  
Organic Vanilla Kefir

### Horizon

Organic Neufchatel Spreadable Cheese  
Organic Raspberry Yogurt  
Organic Strawberry Yogurt  
Strawberry Milk, Single Serve

### Stonyfield Farm

Non Fat Blueberry Yogurt  
Non Fat Chocolate Yogurt  
Non Fat French Vanilla Yogurt  
Non Fat Plain Yogurt  
Non Fat Raspberry Yogurt  
Non Fat Strawberry Yogurt  
Organic Low Fat Just Peachy Yogurt  
Organic Low Fat Plain Yogurt  
Organic Low Fat Raspberry Yogurt Smoothie  
Organic Low Fat Strawberry Yogurt Smoothie  
Organic Low Fat Tropical Fruit Yogurt Smoothie  
Organic Plain Yogurt  
Organic Strawberry Cream Yogurt  
Organic Wild Blueberry Yogurt  
Strawberry Peach Yogurt

### White Wave

Black Cherry Soy Yogurt  
Blueberry Soy Yogurt  
Peach Soy Yogurt  
Vanilla Soy Yogurt

### Whole Soy

Plain Soy Yogurt  
Soy Yogurt - Blueberry  
Soy Yogurt - Cherry  
Soy Yogurt - Peach  
Soy Yogurt - Plain  
Soy Yogurt - Raspberry  
Soy Yogurt - Strawberry  
Vanilla Soy Yogurt

## Dairy Alternatives

### 365 Organic Every Day Value™

Soymilk, Unsweetened

### Blue Diamond

Almond Breeze - Chocolate

Almond Breeze - Original

Almond Breeze - Vanilla

### Grainiissance

Almond Amazake

### Pacific Foods

Hazelnut Beverage

Original Oat Beverage

Vanilla Almond Milk

### Rice Dream

Enriched Chocolate

Organic Enriched Original

Rice Dream Vanilla

### Vitasoy

Vitasoy Light Vanilla

Vitasoy Original

Vitasoy Vanilla

### Westsoy

Westsoy Original

### White Wave

Chocolate Silk Soy Beverage

Non Dairy Vanilla Soy Beverage

Plain 1% Silk Soy Beverage

Plain Silk Soy Beverage - Aseptic

Vanilla Silk Soy Beverage - Aseptic

## Desserts

### 365 Every Day Value™

Vanilla Soy Cream

### Ah!Laska

Organic Chocolate Syrup

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

## Desserts (Cont'd)

### Oetker

Organic Chocolate Pudding

Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Energy and Nutrition Bars/Drinks

### 365 Organic Every Day Value™

Honey Roasted Cranberry Delight Bar

Honey Roasted Trail Mix Bar

### Grainiissance

Almond Amazake

### LaraBar

Cherry Pie Bar

### Maya

Organic Chocolate Bar

Organic Chocolate Coffee Bar

Organic Chocolate Mint Bar

Organic Chocolate Orange Bar

## Entrees and Mixes

### Bob's Red Mill

Vegetable Protein

### Ener-G

Rice Bran

### Fantastic Foods

Whole Wheat Couscous

### Near East

Couscous

### Organic Bistro Whole Life Meals

Savory Turkey Entree

Sockeye Salmon Cakes Entree

### Organic Bistro Whole Life Meals

Chicken Citron

Ginger Chicken Entree

Pescado Veracruz Entree

Wild Salmon Entree

## Ethnic Foods

### 365 Every Day Value™

Asian Stir Fry  
Bamboo Shoots, Sliced  
Water Chestnuts, Sliced  
Water Chestnuts, Whole

### 365 Organic Every Day Value™

Blue Corn Taco Shells  
Coconut Milk  
Coconut Milk, Lite  
Yellow Corn Taco Shells

## Eden Foods

Organic Sesame Garlic Shitake

## Sushi Sonic

Wasabi Horseradish

## Frozen Foods

### 365 Every Day Value™

Asian Stir Fry  
Broccoli Florettes  
Crinkle Cut Fries  
Cut Okra  
Edamame Pods  
Frozen Chopped Spinach  
Frozen Fruit Whole Raspberries  
Frozen Fruit Whole Strawberries  
Frozen Sliced Peaches  
Mixed Vegetables  
Shelled Edamame Beans, Blanched  
Shredded Hashbrowns  
Vanilla Soy Cream

### 365 Organic Every Day Value™

Asparagus Spears  
Crinkle Cuts  
Cut Green Beans  
Edamame Pods  
Frozen Berry Blend  
Frozen Blackberries  
Frozen Raspberries  
Frozen Sliced Peaches  
Frozen Strawberries  
Frozen Supersweet Corn  
Frozen Wild Blueberries  
Mixed Vegetables

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

Peas & Carrots  
Shelled Edamame Beans  
Shoestring Potatoes  
Super Sweet White Corn

## Alvarado Street Bakery

Sesame Seed Bagels  
Sprouted Sourdough Bread

## Ben And Jerrys

Vanilla Ice Cream

## Breyers

Chocolate Ice Cream  
Mint Chocolate Ice Cream

## Cascadian Farm

Organic Hash Browns

## Haagen-Dazs

Coffee Frozen Yogurt  
Mango Sorbet  
Orchard Peach Sorbet  
Raspberry Frozen Yogurt  
Vanilla Frozen Yogurt

## Organic Bistro Whole Life Meals

Savory Turkey Entree  
Sockeye Salmon Cakes Entree

## Organic Bistro Whole Life Meals

Chicken Citron  
Ginger Chicken Entree  
Pescado Veracruz Entree  
Wild Salmon Entree

## Rice Dream

Vanilla Rice Dream Beverage

## Soy Delicious

Almond Pecan Soy Frozen Dessert

## Stonyfield Farm

Vanilla Fudge Frozen Yogurt

## Vans

Mini Waffles  
Original Blueberry Mini Waffles

## Frozen Foods (Cont'd)

### Whole Catch™

Sea Scallops

## Grains and Rice

### Kashi

7 Grain Kashi Pilaf

### Lundberg Farms

Countrywild Brown Rice

Organic Basmati Rice

Wild Blend Brown Rice

## Jams and Nut Butters

### 365 Every Day Value™

Creamy Peanut Butter

Crunchy Peanut Butter

### Arrowhead Mills

Organic Sesame Tahini

### Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

### Im Health

Creamy Soy Nut Butter

### St. Dalfour

Black Cherry Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

Strawberry Preserves

## Meat Alternatives

### 365 Organic Every Day Value™

Extra Firm Tofu

Firm Tofu

### Morinu

Firm Tofu - Organic

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Nuts, Seeds and Dried Fruits

### Whole Kids Organic™

Raisins - 6 pk

Seedless Thompson Raisins

## Oils

### 365 Organic Every Day Value™

Expeller Pressed Canola Oil

Olive Oil Imported

## Pasta

### 365 Every Day Value™

No Boil Lasagna

Pasta, Capellini

Pasta, Fusilli

Pasta, Linguine

Pasta, Penne Rigate

Spaghetti

Tri-color Fusilli

### 365 Organic Every Day Value™

Lasagne

Whole Wheat Linguine

## Prepared Foods

### Rapunzel

No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Green Mountain Gringo

Medium Salsa

## Seafood

### Whole Catch™

Sea Scallops

## **Soups**

### **365 Organic Every Day Value™**

Low Sodium Chicken Broth

### **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

Potato Leek Soup - No Salt

Split Pea Soup - No Salt

Vegetable Soup - No Salt

### **Shelton's**

Chicken Broth Low Salt, Low Fat

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Wholesome Foods**

Organic Blackstrap Molasses