

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Harrison 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>

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)

#### Fearn

- Raw Wheat Germ

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

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

### **Droste**

Imported Cocoa

### **Martinellis**

Apple Juice

## **Bread**

### **365 Organic Every Day Value™**

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

### **Berli**

Spelt Bread

### **Food For Life**

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

### **Pacific Bakery**

Kamut Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Black Beans  
Cannellini Beans  
Garbanzo Beans  
Organic Black Soy Beans

## **Canned Goods (Cont'd)**

### **Minerva**

Whole Roasted Chestnuts

### **Santa Cruz Organic**

Organic Blackberry Applesauce

### **Westbrae**

Organic Black Beans  
Organic Garbanzo 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

### **Nature's Path**

Hemp Plus Granola  
Organic Puffed Corn Cereal

### **Perky's**

Nutty Rice Cereal

### **Us Mill**

Uncle Sam 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

### **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

### **Conorzio**

Baja Lime Marinade

### **Grey Poupon**

Country Dijon Mustard  
Dijon Mustard

### **Westbrae**

Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Brent And Sams**

Chocolate Chip Cookies  
Chocolate Chip Pecan Cookies  
Oatmeal Raisin Cookies

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

### **Heavens Scent**

Premium Chocolate Chip Cookies

### **Kinnikinnick**

KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies  
S'moreables Graham Style Crackers

### **Newman's Own Organic**

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies  
Chocolate Creme Filled Cookies  
Mint Creme Filled Cookies  
Organic Chocolate Chip Cookies  
Organic Double Chocolate Mint Chip Cookies  
Organic Orange Chocolate Chip Cookies  
Organic O's Cookies

### **Shady Maple**

Organic Honey Waffles  
Organic Maple Waffles

### **Walkerscottish Cookies**

Shortbread Fingers

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

### **Bisca**

Organic Water Crackers

### **Edward & Sons**

Brown Rice Snaps, Onion Garlic  
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, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### **Wasa Crispbread**

Fiber Plus Crispbread

## Dairy

### Helios Nutrition

- Organic Peach Kefir
- Organic Plain Kefir
- Organic Vanilla Kefir

### Horizon

- Chocolate Milk, Single Serve
- Organic Neufchatel Spreadable Cheese

### Lactaid

- Lactaid Milk, 2%
- Lactaid Milk, Whole

### Lifeway

- Fat Free Strawberry Kefir

### Organic Valley

- Organic Neufchatel

### Stonyfield Farm

- 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 Vanilla, 32 oz
- Organic O'Soy Strawberry/Peach Yogurt, 6-pack
- 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

## Dairy (Cont'd)

### Stonyfield Farm

- 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
- Vanilla Soy Yogurt

### Whole Soy

- Plain Soy Yogurt
- Soy Yogurt - Strawberry
- Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## **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 Ice Cream

### **Breyers**

Chocolate Ice Cream

Mint Chocolate Ice Cream

### **Haagen-Dazs**

Coffee Frozen Yogurt

Mango Sorbet

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### **Perfect Additions**

Unsalted Chicken Stock

### **Stonyfield Farm**

Vanilla Fudge Frozen Yogurt

### **Vans**

Mini Waffles

Original Blueberry Mini Waffles

## **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 Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

### **St. Dalfour**

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

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**

Hot Salsa

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

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
- Potato Leek Soup - No Salt
- Split Pea Soup - No Salt
- Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

- Blackstrap Molasses

### **Wholesome Foods**

- Organic Blackstrap Molasses