

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Stevens Creek 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 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

#### Fearn

- Raw Wheat Germ

### Baking Needs (Cont'd)

#### Ibarra

- Mexican Chocolate

#### Lake Champlain Chocolates

- Unsweetened Cocoa

#### 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

### **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

### **Berli**

Spelt Bread

White Spelt Bread

### **Food For Life**

Bran Bread

Ezekiel Bread, Low Salt

Organic 7 Grain Bread

Organic Ezekiel 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

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

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Organic Black Soy Beans

Pinto Beans

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **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

## Cereal (Cont'd)

### Barbara's Bakery

Honey Rice Puffins Cereal

### Bob's Red Mill

Rolled Hot 10 Grain Cereal

### Kashi

Cinna-Raisin Crunch Cereal

### Nature's Path

Hemp Plus Granola

Organic Puffed Corn 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

## Condiments (Cont'd)

### 365 Organic Every Day Value™

Croutons, Seasoned

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Consorzio

Baja Lime Marinade

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Hain Pure Food

Light Safflower Mayonnaise

### Westbrae

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Brent And Sams

Chocolate Chip Pecan Cookies

Key Lime White Chocolate Cookies

Oatmeal Raisin Cookies

### Country Choice

Chocolate Creme Sandwich Cookies

Vanilla Creme Sandwich Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip 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 Espresso Chocolate Chip Cookies

## Cookies and Snack Bars (Cont'd)

### Newman's Own Organic

Organic Orange Chocolate Chip Cookies  
Organic O's Cookies

### Shady Maple

Organic Honey 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, Cheddar  
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  
Strawberry Milk, Single Serve

### Lactaid

Lactaid Milk, 2%  
Lactaid Milk, Whole

### Organic Valley

Organic Neufchatel

## Dairy (Cont'd)

### Stonyfield Farm

Organic Cream Top French Vanilla Yogurt, 32 oz  
Organic Cream Top Plain Yogurt, 32 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 Strawberry 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 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

## Dairy (Cont'd)

### White Wave

- Plain 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 Coconut 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

## 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

### 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

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles

## Jams and Nut Butters

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Blackberry Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Grape Fruit Spread
- Organic Raspberry Fruit Spread
- Organic Strawberry Fruit Spread

## Jams and Nut Butters (Cont'd)

### Im Health

Crunchy Soy Nut Butter

### St. Dalfour

Black Cherry Preserves  
Blackcurrant Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Orange Marmalade  
Peach Preserves  
Plum Preserves  
Red Raspberry Preserves  
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

### Organicville

Organic Pineapple Salsa

## Soups

### Health Valley

5 Bean Soup- Fat Free  
Black Bean Soup - No Salt  
Corn & Vegetable Soup- Fat Free

## Soups (Cont'd)

### Health Valley

Lentil Soup - No Salt  
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  
Split Pea Soup - No Salt  
Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

Blackstrap Molasses

### Wholesome Foods

Organic Blackstrap Molasses