

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Millburn-Union Store, Northeast 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

#### Lake Champlain Chocolates

- Unsweetened Cocoa

#### 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
- Club Soda
- Cola
- 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 Coconut 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

## Bread (Cont'd)

### Berli

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

### Food For Life

- Bran Bread
- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread

### French Meadow Bakery

- European Sourdough Rye Bread

### Nature's Path

- Carrot Raisin Bread
- Millet Rice Bread

### Shiloh Farms

- 7 Grain Bread
- No Salt 7 Grain Sprouted Bread

### Vermont Bread

- Cinnamon Raisin Bread
- Oatmeal Bread
- Old Fashioned White Bread
- Organic Oat Bread
- Organic Spelt Bread
- Organic Wheat Bread
- Sprouted Wheat Bread
- Sunflower Sesame Bread
- Whole Wheat Bread
- Whole Wheat Sourdough Bread

## Candy and Chocolate

### The Ginger People

- Spicy Apple Ginger Chews

## Canned Goods

### Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

## Canned Goods (Cont'd)

### Divina

Sweet Roasted Peppers  
Yellow Roasted Peppers

### Eden Foods

Adzuki Beans  
Black Beans  
Cannellini Beans  
Garbanzo Beans  
Kidney Beans  
Navy Beans  
Pinto Beans

### 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

### Barbara's Bakery

Honey Rice Puffins Cereal

### Bob's Red Mill

Rolled Hot 10 Grain Cereal  
Thick Rolled Oats

## Cereal (Cont'd)

### Erewhon

Maple Oatmeal

### Health Valley

Cranberry Crunch Cereal

### Kashi

Cinna-Raisin Crunch Cereal

### Nature's Path

Hemp Plus Granola

### Old Wessex

Oat Bran Hot Cereal

### Us Mill

Uncle Sam Cereal

## Cheese

### Organic Valley

Organic Mozzarella

### Vermont Butter-Cheese

Quark Cheese

## Chips, Pretzels and Snacks

### Bearitos™

No Salt Tortilla Chips

### Boston Popcorn

Lite Popcorn

### Garden Of Eatin'

Blue Corn Sesame Chips  
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

### Annie's Naturals

Thousand Island Dressing

### Briannas

Real French Vinaigrette

### Grey Poupon

Country Dijon Mustard

### Nathans New York

Deli Mustard

### Newman's Own

Steak Sauce

### Westbrae

Dijon Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Barbara's Bakery

Blueberry Apple Fruit & Yogurt Bars

### Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

### Destrooper

Crisp Butter Wafers

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Fat Free Chocolate Chip Granola Bars

Strawberry Cereal Bars

## Cookies and Snack Bars (Cont'd)

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

### 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 Espresso Chocolate Chip Cookies

Organic Orange Chocolate Chip Cookies

Organic O's Cookies

### Shady Maple

Organic Honey Waffles

Organic Maple Waffles

### Walkerscottish Cookies

Shortbread Fingers

Shortbread Rounds

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

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

### Scand

Bran Crispbread

## Dairy

### Calabro

Fat Free Ricotta

### Coach Dairy

Goat Milk Blueberry Yogurt Drink

Goat Milk Yogurt Drink

Strawberry 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

### Lifeway

Fat Free Strawberry Kefir

### Organic Valley

Organic Neufchatel

### Parmalat

1% Milk

2% Low Fat Milk

Skim Milk

### 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 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 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

Blueberry Soy Yogurt

Plain Soy Yogurt

Vanilla Soy Yogurt

### Whole Soy

Soy Yogurt - Strawberry

Vanilla Soy Yogurt

## Dairy (Cont'd)

### Zausner

Whipped Cream Cheese

## 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

## Entrees and Mixes

### Rice Select

Risotto Rice

## Ethnic Foods

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

### Sushi Sonic

Wasabi Horseradish

## 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 Foods (Cont'd)

### 365 Organic Every Day Value™

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

### Soy Boy

Tofu Ravioli

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

Vanilla Fudge Frozen Yogurt

### Vans

Mini Waffles

## Grains and Rice

### Rice Select

Brown Rice Sesame Thins

Jasmati White Rice

White Rice

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread

Organic Blueberry Fruit Spread

Organic Peach Fruit Spread

Organic Wild Berry Fruit Spread

### Cascadian Farm

Organic Apricot Fruit Spread

Organic Blackberry Fruit Spread

## Jams and Nut Butters (Cont'd)

### Cascadian Farm

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

### Im Health

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

### Joyva Corp.

- Sesame Tahini

### Kimes Apple Butter

- Unsweetened Apple Butter

### St. Dalfour

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

## Miscellaneous Grocery

### Scand

- Bran Crispbread

## Nutritional Supplements

### Bionaturae

- Organic Bilberry Fruit Nectar

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

- No Boil Lasagna

## Pasta (Cont'd)

### Tinkyada

- Brown Rice Spaghetti

## Prepared Foods

### Rapunzel

- No Salt Vegetable Bouillon

## Sauces, Salsas and Dips

### Green Mountain Gringo

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

## Soups

### Health Valley

- Black Bean Soup - No Salt
- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Mushroom Barley Soup - No Salt
- No Salt Chicken Broth
- 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