

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Montclair 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 Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Bakers

- Unsweetened Baking Chocolate

### 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™

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

### Apple & Eve

- Apple Juice

### Bionaturae

- 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

### Berli

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

### Food For Life

- Bran Bread
- Cinnamon Raisin Bread
- Ezekiel Bread, Low Salt

## Bread (Cont'd)

### 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

### Vermont Bread

- Cinnamon Raisin Bread
- Oatmeal Bread
- Organic Oat Bread
- Organic Spelt Bread
- Organic Wheat Bread
- Whole Wheat Bread
- Whole Wheat Sourdough Bread

### When Pigs Fly

- Cinnamon Raisin Bread

## Candy and Chocolate

### The Ginger People

- Spicy Apple Ginger Chews

## Canned Goods

### Crown Prince

- Baby Water Clams
- Low Salt Kipper Snacks

### Divina

- Sweet Roasted Peppers

### Eden Foods

- Black Beans
- Cannellini Beans
- Garbanzo Beans
- Kidney Beans
- Navy Beans
- Pinto Beans

## Canned Goods (Cont'd)

### Minerva

Whole Roasted Chestnuts

### Santa Cruz Organic

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

### Westbrae

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

### Erewhon

Maple Oatmeal

### 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

## 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

### Annie's Naturals

Thousand Island Dressing

### Grey Poupon

Country Dijon Mustard

Dijon Mustard

### Nathans New York

Deli Mustard

### Newman's Own

Steak Sauce

## Condiments (Cont'd)

### The Ojai Cook

Light Lemonaise

### Westbrae

Dijon Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Brent And Sams

Chocolate Chip Cookies

Chocolate Chip Pecan Cookies

### Health Valley

Apple Cobbler Cereal Bars

Fat Free Blueberry Cereal Bars

Strawberry Cereal Bars

### 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

### 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

### 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, 1% Low Fat

Lactaid Milk, 2%

Lactaid Milk, Whole

### Lifeway

Fat Free Strawberry Kefir

### Organic Valley

Organic Neufchatel

### Parmalat

1% Milk

2% Low Fat Milk

Skim Milk

## Dairy (Cont'd)

### 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 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 Simply Plain Yogurt  
YoKids Squeezers Cherry/Berry Blitz  
YoKids Squeezers Screamin' Strawberry  
YoKids Strawberry BaNilla Blast Yogurt  
YoKids Strawberry Vanilla Raspberry Yogurt

## Dairy (Cont'd)

### White Wave

Plain Soy Yogurt

### Whole Soy

Soy Yogurt - Strawberry

### Zausner

Whipped Cream Cheese

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Oetker

Organic Chocolate Pudding  
Organic Vanilla 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 Raspberries

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### Ben And Jerrys

- Deep Dark Chocolate Ice Cream
- Vanilla Ice Cream

### Haagen-Dazs

- Coffee Frozen Yogurt
- Mango Sorbet
- Orchard Peach Sorbet
- 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 Blueberry Fruit Spread
- Organic Peach Fruit Spread
- Organic Plum Fruit Spread
- Organic Wild Berry Fruit Spread

### Cascadian Farm

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

## Jams and Nut Butters (Cont'd)

### Hero

- Black Cherry Fruit Preserves

### 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
- Blackcurrant Preserves
- Blueberry 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

### Tinkyada

- Brown Rice Spaghetti

## **Prepared Foods**

### **Rapunzel**

No Salt Vegetable Bouillon

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

Garlic Salsa

Hot Salsa

Medium Salsa

### **Jardines**

Pineapple 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

Split Pea Soup - No Salt

Vegetable Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses