

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## White Plains 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)

#### Bakers

- Unsweetened Baking Chocolate

#### Chatfields

- Cocoa Powder

#### Fearn

- Raw Wheat Germ

#### 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

### Hersheys Chocolate

- 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, Cheese & Garlic

## Bread (Cont'd)

### 365 Organic Every Day Value™

- Croutons, Seasoned
- Tortilla Corn

### B&C Bakehouse

- Organic White Dinner Rolls
- Organic Whole Wheat Dinner Rolls

### 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
- Sprouted Ezekiel Tortillas

### 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

## Canned Goods

### Crown Prince

- Low Salt Kipper Snacks

### Divina

- Sweet Roasted Peppers
- Yellow Roasted Peppers

## Canned Goods (Cont'd)

### Eden Foods

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

### 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
- 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
- Rolled Hot 5 Grain Cereal
- Thick Rolled Oats

### Erewhon

- Maple Oatmeal

## Cereal (Cont'd)

### 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

### 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, Cheese & Garlic  
Croutons, Seasoned

### Annie's Naturals

Thousand Island Dressing

### Golds

Mustard with Horseradish

### Grey Poupon

Country Dijon Mustard  
Dijon Mustard

### Nathans New York

Deli Mustard

### Newman's Own

Steak Sauce

### 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

### Destrooper

Crisp Butter Wafers

### Health Valley

Apple Cobbler Cereal Bars  
Fat Free Blueberry Cereal Bars  
Fat Free Chocolate Chip Granola 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

## Cookies and Snack Bars (Cont'd)

### Midel

Vanilla Snap Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies  
Alphabet Cinnamon Cookies  
Chocolate Creme Filled Cookies  
Mint Creme Filled 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 Rounds

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

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, 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

## Dairy (Cont'd)

### Friendship

No Salt Cottage Cheese

### Helios Nutrition

Organic Plain Kefir  
Organic Vanilla Kefir

### Horizon

Organic Neufchatel Spreadable Cheese

### 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  
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

## Dairy (Cont'd)

### Stonyfield Farm

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

### Zausner

Whipped Cream Cheese

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Bascoms

Large Pearl Tapioca

### 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

## 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

### Breyers

Chocolate Ice Cream

### Haagen-Dazs

Coffee Frozen Yogurt

Mango Sorbet

Orchard Peach Sorbet

## Frozen Foods (Cont'd)

### Haagen-Dazs

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

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 Grape Fruit Spread

Organic Raspberry Fruit Spread

Organic Strawberry Fruit Spread

### Im Health

Chunky Soy Nut Butter with Honey

Creamy Soy Nut Butter

Creamy Soy Nut Butter with Honey

Crunchy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### Kimes Apple Butter

Unsweetened Apple Butter

## Jams and Nut Butters (Cont'd)

### Oskri Organics

Organic Tahini

### St. Dalfour

Black Cherry Preserves  
Black Raspberry Preserves  
Blueberry Preserves  
Four Fruit Preserves  
Peach Preserves  
Plum Preserves  
Red Raspberry Preserves  
Strawberry Preserves

## Miscellaneous Grocery

### Scand

Bran Crispbread

## 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

Chile Salsa  
Garlic Salsa  
Hot Salsa  
Medium Salsa  
Mild Salsa

## Sauces, Salsas and Dips (Cont'd)

### Jardines

Texacante 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  
Split Pea Soup - No Salt  
Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

Blackstrap Molasses

### Wholesome Foods

Organic Blackstrap Molasses