

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Fremont Store, Pacific Northwest 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

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Mothers

- Toasted Wheat Germ

### Baking Needs (Cont'd)

#### 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

#### Knudsen

- Low Sodium Veggie Juice

#### Looza Fruit Juices

- Mango Nectar Juice

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

### **Martinellis**

Apple Juice

### **Orangina**

Sparkling Citrus Beverage

## **Bread**

### **365 Organic Every Day Value™**

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

### **Food For Life**

Ezekiel Bread, Low Salt  
Organic Ezekial Bread  
Organic Ezekiel Bread  
Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Carrot Raisin Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Dole**

Pineapple Chunks

### **Eden Foods**

Adzuki Beans  
Cannellini Beans  
Navy Beans  
Organic Black Soy Beans

### **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  
Bamboo Shoots, Sliced  
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

### **Kashi**

Cinna-Raisin Crunch Cereal

### **Nature's Path**

Hemp Plus Granola

### **Old Wessex**

Oat Bran Hot 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

## **Condiments**

### **365 Organic Every Day Value™**

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

### **Briannas**

Real French Vinaigrette

### **Grey Poupon**

Dijon Mustard

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar Cookies

### **Kinnikinnick**

Montana's Chocolate Chip Cookies

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

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

### **Shady Maple**

Organic Honey Waffles  
Organic Maple Waffles

## **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

### **Stacy's**

Simply Naked Pita Chips

## **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, Whole

### **Stonyfield Farm**

Organic Low Fat Caramel Yogurt  
Organic Low Fat Vanilla Yogurt  
Organic Raspberry Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothie, 10 oz  
Organic Strawberry Yogurt Smoothies, 4 pack  
Organic Wild Berry Yogurt Smoothie, 10 oz  
YoBaby Banana/Vanilla Yogurt  
YoBaby Drinkable Yogurt, Banana  
YoBaby Drinkable Yogurt, Peach  
YoBaby Peach/Pear Yogurt  
YoBaby Plus Strawberry/Banana & Raspberry/Pear Yogurt  
YoKids Squeezers Cherry/Berry Blitz  
YoKids Squeezers Screamin' Strawberry  
YoKids Strawberry BaNilla Blast Yogurt

### **White Wave**

Black Cherry Soy Yogurt  
Blueberry Soy Yogurt  
Peach Soy Yogurt

## Dairy (Cont'd)

### White Wave

Vanilla Soy Yogurt

### Whole Soy

Soy Yogurt - Strawberry

Vanilla Soy Yogurt

## Dairy Alternatives

### Westsoy

Light Plain Soy Beverage

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

Chocolate Pudding

Rice Pudding

Tapioca Pudding

### Oetker

Organic Coconut Pudding

Organic Vanilla Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### 365 Every Day Value™

Bamboo Shoots, Sliced

### 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 Blackberries

## Frozen Foods (Cont'd)

### 365 Organic Every Day Value™

Frozen Raspberries

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

Orchard Peach Sorbet

Raspberry Frozen Yogurt

Vanilla Frozen Yogurt

### Stonyfield Farm

Non Fat Vanilla Frozen Yogurt

## Jams and Nut Butters

### Cascadian Farm

Organic Blueberry Fruit Spread

Organic Strawberry Fruit Spread

### Im Health

Crunchy Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### St. Dalfour

Black Cherry Preserves

Blackcurrant Preserves

Four Fruit Preserves

Orange Marmalade

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## **Pasta**

### **365 Every Day Value™**

No Boil Lasagna

### **365 Organic Every Day Value™**

Lasagne

### **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**

Minestrone Soup - No Salt

Potato Leek Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses