

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Mill Plain 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 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

#### Fearn

- Raw Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Cola
- 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

#### Knudsen

- Low Sodium Veggie Juice

#### Lakewood Juice

- Organic Pure Carrot Juice

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

### **Looza Fruit Juices**

Mango Nectar Juice

### **Martinellis**

Apple Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

Tortilla Corn

### **Food For Life**

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

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Millet Rice Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

Low Salt Kipper Snacks

### **Eden Foods**

Adzuki Beans

Black Beans

Cannellini Beans

Garbanzo Beans

Kidney Beans

Navy Beans

Organic Black Soy Beans

Pinto Beans

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

Organic Blackberry Applesauce

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

### **Westbrae**

Organic Black Beans

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

### **Nature's Path**

Hemp Plus Granola

Organic Puffed Corn Cereal

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **Organic Valley**

Organic Mozzarella

## **Chips, Pretzels and Snacks**

### **Garden Of Eatin**

Blue Corn Sesame Chips

Salted Blue Corn Chips

## **Chips, Pretzels and Snacks (Cont'd)**

### **Kettle Brand®**

Potato Chips, Unsalted 5 oz

### **Condiments**

#### **365 Organic Every Day Value™**

Croutons, Caesar

Croutons, Cheese & Garlic

Croutons, Seasoned

#### **Annie's Naturals**

Thousand Island Dressing

#### **Briannas**

Real French Vinaigrette

#### **Grey Poupon**

Dijon Mustard

#### **Westbrae**

Unsweetened Un-Ketchup

## **Cookies and Snack Bars**

### **Health Valley**

Apple Cobbler Cereal Bars

Strawberry Cereal Bars

### **Heavens Scent**

Spice Windmill Cookies

Thumb-Print Fudge Cookies

### **Kinnikinnick**

KinniKritters Animal Cookies

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

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

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

## **Cookies and Snack Bars (Cont'd)**

### **Walkerscottish Cookies**

Shortbread Fingers

### **Crackers**

#### **365 Every Day Value™**

Unsalted Tops Saltines

#### **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, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

#### **Wasa Crispbread**

Fiber Plus Crispbread

## **Dairy**

### **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

### **Stonyfield Farm**

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Vanilla Yogurt

Organic Strawberry Yogurt Smoothies, 4 pack

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

## Dairy (Cont'd)

### White Wave

- Black Cherry Soy Yogurt
- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Vanilla Soy Yogurt

### Whole Soy

- Soy Yogurt - Strawberry

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

- Chocolate Pudding
- Tapioca Pudding

### Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Entrees and Mixes

### Fantastic Foods

- Whole Wheat Couscous

## 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

## 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

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Jams and Nut Butters

### Bionaturae

- Organic Wild Berry Fruit Spread

### Cascadian Farm

- Organic Blackberry Fruit Spread
- Organic Blueberry Fruit Spread
- Organic Strawberry Fruit Spread

### Im Health

- Organic Soy Nut Butter

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Peach Preserves
- Red Raspberry Preserves
- Strawberry Preserves

## 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

### **Organicville**

Organic Pineapple Salsa

## **Soups**

### **Health Valley**

Lentil Soup - No Salt

Minestrone Soup - No Salt

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