

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Tanasbourne 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 Blueberry/Apple 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

#### Bakers

- Unsweetened Baking Chocolate

### Baking Needs (Cont'd)

#### Fearn

- Raw Wheat Germ

#### Ibarra

- Mexican Chocolate

#### Lake Champlain Chocolates

- Unsweetened Cocoa

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water

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

### **365 Every Day Value™**

Italian Strawberry Sparkling Water

### **Knudsen**

Low Sodium Veggie Juice

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Looza Fruit Juices**

Mango Nectar Juice

## **Bread**

### **365 Organic Every Day Value™**

Croutons, Caesar

Croutons, Seasoned

Tortilla Corn

### **Food For Life**

Cinnamon Raisin Bread

Ezekiel Bread, Low Salt

Organic 7 Grain Bread

Organic Ezekiel Bread

Organic Ezekiel 4:9 Sesame Bread

Organic Ezekiel Bread

Sprouted Ezekiel Tortillas

### **French Meadow Bakery**

European Sourdough Rye Bread

## **Canned Goods**

### **Crown Prince**

Baby Water Clams

Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Adzuki Beans

Black Beans

Kidney Beans

Navy Beans

### **Marin Food Specialties**

Marinated Artichoke Hearts

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

### **Minerva**

Whole Roasted Chestnuts

### **Santa Cruz Organic**

Organic Blackberry Applesauce

### **Westbrae**

Organic Black Beans

Organic Kidney 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

Water Chestnuts, Whole

## **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

Organic Puffed Corn Cereal

## **Chips, Pretzels and Snacks**

### **Garden Of Eatin**

Blue Corn Sesame Chips

Red Corn 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, Seasoned

#### **Briannas**

Real French Vinaigrette

#### **Grey Poupon**

Country Dijon Mustard

Dijon Mustard

#### **Westbrae**

Unsweetened Un-Ketchup

### **Cookies and Snack Bars**

#### **365 Organic Every Day Value™**

Fig Bar Cookies

#### **Brent And Sams**

Chocolate Chip Pecan Cookies

#### **Health Valley**

Amaranth Graham Crackers

#### **Heavens Scent**

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**

Chocolate Creme Filled Cookies

Organic Chocolate Chip Cookies

Organic O's Cookies

#### **Walkerscottish Cookies**

Shortbread Fingers

## **Crackers**

### **365 Every Day Value™**

Unsalted Tops Saltines

### **Edward & Sons**

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

### **Stacy's**

Simply Naked Pita Chips

## **Dairy**

### **Helios Nutrition**

Organic Peach Kefir

Organic Vanilla Kefir

### **Horizon**

Chocolate Milk, Single Serve

Organic Neufchatel Spreadable Cheese

Strawberry Milk, Single Serve

### **Lactaid**

Lactaid Milk, 2%

### **Lifeway**

Fat Free Strawberry Kefir

### **Stonyfield Farm**

Organic Cream Top French Vanilla Yogurt, 32 oz

Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Strawberry Yogurt, 32 oz

Organic Low Fat Vanilla, 32 oz

Organic Strawberry 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

YoKids Squeezers Cherry/Berry Blitz

YoKids Squeezers Screamin' Strawberry

YoKids Strawberry BaNilla Blast Yogurt

## Dairy (Cont'd)

### Stonyfield Farm

YoKids Strawberry Vanilla Raspberry Yogurt

### White Wave

Peach Soy Yogurt

Vanilla Soy Yogurt

### Whole Soy

Soy Yogurt - Strawberry

Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

Tapioca Pudding

### Oetker

Organic Chocolate Pudding

### Santa Cruz Organic

Organic Chocolate Syrup

## Ethnic Foods

### 365 Every Day Value™

Water Chestnuts, Whole

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

## 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 Foods (Cont'd)

### 365 Organic Every Day Value™

Frozen Strawberries

Frozen Wild Blueberries

### Haagen-Dazs

Coffee Frozen Yogurt

Vanilla Frozen Yogurt

### Stonyfield Farm

Vanilla Fudge Frozen Yogurt

## Jams and Nut Butters

### Bionaturae

Organic Wild Berry Fruit Spread

### Cascadian Farm

Organic Grape Fruit Spread

### Im Health

Creamy Soy Nut Butter

Organic Soy Nut Butter

### St. Dalfour

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

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

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt

Lentil Soup - No Salt

Mushroom Barley Soup - No Salt

No Salt Chicken Broth

Potato Leek Soup - No Salt

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses