

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Indian School Plaza Store, Rocky Mountain 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

#### Fearn

- Raw Wheat Germ

### Baking Needs (Cont'd)

#### Lake Champlain Chocolates

- Unsweetened Cocoa

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

- Club Soda
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

#### Knudsen

- Low Sodium Veggie Juice

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

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Martinellis**

Apple Juice

### **Vruit**

Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

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

## **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

### **Ocean Spray**

Jellied Cranberry Sauce

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

## **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  
Rolled Hot 7 Grain Cereal  
Thick Rolled Oats

### **Nature's Path**

Hemp Plus Granola

### **Old Wessex**

Oat Bran Hot Cereal

### **Us Mill**

Uncle Sam Cereal

## **Cheese**

### **Alta Dena Dairy**

Raw Milk Goat Cheese

### **Organic Valley**

Organic Mozzarella

## **Chips, Pretzels and Snacks**

### **Garden Of Eatin**

Black Bean Chili Chips  
Blue Corn Sesame Chips  
Salted Blue Corn Chips

### **Kettle Brand®**

Potato Chips, Unsalted 5 oz

### **Mothers**

No Salt Rice Cakes  
Salt & Butter Popped Corn Cakes

## **Coffee and Tea**

### **365 Every Day Value™**

Ground Hazelnut Coffee

## **Condiments**

### **365 Organic Every Day Value™**

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

### **Westbrae**

Stoneground Mustard

## **Cookies and Snack Bars**

### **365 Organic Every Day Value™**

Fig Bar 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

### **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

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

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

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, Tamari Sesame  
Brown Rice Snaps, Unsalted Sesame  
Organic Brown Rice Snaps, Cheddar  
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  
Organic Raspberry Yogurt  
Strawberry Milk, Single Serve

### **Lifeway**

Fat Free Strawberry Kefir

### **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

## Dairy (Cont'd)

### Stonyfield Farm

- 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 Raspberry Yogurt Smoothie, 10 oz
- 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
- YoKids Squeezers Cherry/Berry Blitz
- YoKids Squeezers Screamin' Strawberry
- YoKids Strawberry BaNilla Blast Yogurt
- YoKids Strawberry Vanilla Raspberry Yogurt

### White Wave

- Blueberry Soy Yogurt
- Peach Soy Yogurt
- Plain Soy Yogurt
- Vanilla Soy Yogurt

## Dairy (Cont'd)

### Whole Soy

- Plain Soy Yogurt
- Soy Yogurt - Strawberry
- Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

### Oetker

- Organic Coconut Pudding
- Organic Vanilla Pudding

## Entrees and Mixes

### Fantastic Foods

- Whole Wheat Couscous

### 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 Foods (Cont'd)

### 365 Organic Every Day Value™

- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries

### Ben And Jerrys

- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

### Haagen-Dazs

- Orchard Peach Sorbet

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Mini Waffles
- Original Blueberry Mini Waffles

## Grains and Rice

### Rice Select

- Jasmati White Rice

## Jams and Nut Butters

### Bionaturae

- Organic Peach Fruit Spread
- Organic Wild Berry Fruit Spread

### Joyva Corp.

- Sesame Tahini

### St. Dalfour

- Black Raspberry Preserves
- Blackcurrant Preserves
- Blueberry Preserves
- Four Fruit Preserves
- Orange Marmalade
- Peach Preserves
- Plum Preserves
- Strawberry Preserves

## Nutritional Supplements

### Whole Foods Market™

- Vanilla Soy Protein Powder

## Pasta

### 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

## Soups

### Health Valley

- Lentil Soup - No Salt
- Minestrone Soup - No Salt
- Potato Leek Soup - No Salt
- Vegetable Soup - No Salt

## Sweeteners

### Plantation Molasses

- Blackstrap Molasses