

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Pearl 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
- YoBaby Simply Plain Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

### Baking Needs (Cont'd)

#### Fearn

- Raw Wheat Germ

#### Ibarra

- Mexican Chocolate

#### Mothers

- Toasted Wheat Germ

### 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

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

### **365 Every Day Value™**

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

### **Ceres Fruit Juices**

Guava Juice

### **Droste**

Imported Cocoa

### **Hersheys Chocolate**

Cocoa

### **Lakewood Juice**

Organic Pure Carrot Juice

### **Looza Fruit Juices**

Mango Nectar Juice

### **Martinellis**

Apple Juice

### **Orangina**

Sparkling Citrus Beverage

### **Vruit**

Berry Veggie Juice

## **Bread**

### **365 Organic Every Day Value™**

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

### **Food For Life**

Organic 7 Grain Bread  
Organic Ezekial Bread  
Organic Ezekiel 4:9 Sesame Bread  
Organic Ezekiel Bread  
Sprouted Ezekiel Tortillas

## **Bread (Cont'd)**

### **French Meadow Bakery**

European Sourdough Rye Bread

### **Nature's Path**

Carrot Raisin Bread  
Millet Rice Bread

## **Candy and Chocolate**

### **The Ginger People**

Spicy Apple Ginger Chews

## **Canned Goods**

### **Crown Prince**

Baby Water Clams  
Low Salt Kipper Snacks

### **Divina**

Sweet Roasted Peppers

### **Eden Foods**

Black Beans  
Cannellini Beans  
Garbanzo Beans  
Kidney Beans  
Navy Beans  
Organic Black Soy Beans  
Pinto Beans

### **Marin Food Specialties**

Marinated Artichoke Hearts

### **Minerva**

Whole Roasted Chestnuts

### **Ocean Spray**

Jellied Cranberry Sauce  
Whole Cranberries

### **Santa Cruz Organic**

Cinnamon Applesauce Cup

### **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

### Kashi

- Cinna-Raisin Crunch Cereal

### Nature's Path

- Hemp Plus Granola

### Us Mill

- Uncle Sam Cereal

## Cheese

### Alta Dena Dairy

- Raw Milk Goat Cheese

### Organic Valley

- Organic Mozzarella

### Vermont Butter-Cheese

- Quark Cheese

## Chips, Pretzels and Snacks

### Garden Of Eatin

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

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

### Kettle Brand®

- Potato Chips, Unsalted 5 oz

### Mothers

- No Salt Rice Cakes
- Salt & Butter Popped Corn Cakes

## 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

- Country Dijon Mustard
- Dijon Mustard

### The Ojai Cook

- Light Lemonaise

### Westbrae

- Dijon Mustard
- Stoneground Mustard
- Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

- Fig Bar Cookies

### Brent And Sams

- White Chocolate Macadamia Cookies

### Country Choice

- Duplex Sandwich Cookies
- Vanilla Creme Sandwich Cookies

### Health Valley

- Apple Cobbler Cereal Bars
- Fat Free Apple Cinnamon Tarts
- Fat Free Blueberry Cereal Bars
- Fat Free Raspberry Tarts
- Fat Free Strawberry Tarts

## Cookies and Snack Bars (Cont'd)

### Health Valley

Fat Free Sweet Cherry Tarts  
Strawberry Cereal Bars

### Kinnikinnick

KinniKritters Animal Cookies  
KinniTOOS Chocolate Sandwich Creme Cookies  
KinniTOOS Vanilla Sandwich Creme Cookies  
Montana's Chocolate Chip Cookies  
S'moreables Graham Style Crackers

### Midel

Vanilla Snap Cookies

### Newman's Own Organic

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

### Walkerscottish Cookies

Shortbread Fingers

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Bisca

Organic Water Crackers

### 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, Black Sesame  
Organic Brown Rice Snaps, Cheddar  
Organic Brown Rice Snaps, Toasted Onion  
Organic Brown Rice Snaps, Unsalted Plain  
Organic Brown Rice Snaps, Vegetable

### Health Valley

Low Fat Sesame Crackers

## Crackers (Cont'd)

### 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

### Organic Valley

Organic Neufchatel

### 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 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  
Organic Low Fat Strawberry Yogurt, 32 oz  
Organic Low Fat Vanilla Yogurt  
Organic Low Fat Vanilla, 32 oz

## Dairy (Cont'd)

### Stonyfield Farm

- 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

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

### 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

## Desserts (Cont'd)

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

## 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

### 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
- Vanilla Caramel Fudge Ice Cream
- Vanilla Ice Cream

### Haagen-Dazs

- Mango Sorbet
- Raspberry Frozen Yogurt
- Vanilla Frozen Yogurt

### Stonyfield Farm

- Vanilla Fudge Frozen Yogurt

### Vans

- Original Blueberry Mini Waffles

## Grains and Rice

### Rice Select

Brown Rice Sesame Thins  
White Rice

## Jams and Nut Butters

### Bionaturae

Organic Apricot Fruit Spread  
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

Organic Soy Nut Butter

### Joyva Corp.

Sesame Tahini

### St. Dalfour

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

## Nutritional Supplements

### Whole Foods Market™

Vanilla Soy Protein Powder

## Pasta

### 365 Every Day Value™

No Boil Lasagna

## Pasta (Cont'd)

### 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

## Soups

### Health Valley

No Salt Chicken Broth

## Spices and Seasonings

### Organic Gourmet

Organic Low Salt Boullion Cubes

## Sweeteners

### Plantation Molasses

Blackstrap Molasses

### Wholesome Foods

Organic Blackstrap Molasses