

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Braircliff Store, South 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, Peach
- YoBaby Peach/Pear Yogurt

### Baking Needs

#### 365 Every Day Value™

- 100% Pure Pumpkin

#### Fearn

- Raw Wheat Germ

#### Mothers

- Toasted Wheat Germ

#### Scharffenberger

- Unsweetened Baking Chocolate Bar

### Beverages

#### 365 Every Day Value™

- Club Soda
- Italian Lemon Sparkling Water
- Italian Strawberry Sparkling Water

#### Knudsen

- Low Sodium Veggie 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, Butter & Garlic
- Croutons, Caesar
- Croutons, Seasoned
- Tortilla Corn

### Berli

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

### 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
- Pinto Beans

### Westbrae

- Organic Black Beans
- Organic Pinto 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

### 365 Organic Every Day Value™

- Black Beans

## Cereal

### 365 Organic Every Day Value™

- Oat & Honey Granola

### Barbara's Bakery

- Honey Rice Puffins Cereal

### Bob's Red Mill

- Rolled Hot 5 Grain Cereal
- Rolled Hot 7 Grain Cereal

### Erewhon

- Maple Oatmeal

### Kashi

- Cinna-Raisin Crunch Cereal

### Nature's Path

- Hemp Plus Granola

## Cheese

### Organic Valley

- Organic Mozzarella

## 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

## Coffee and Tea

### 365 Every Day Value™

- Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

- Croutons, Butter & Garlic
- Croutons, Caesar
- Croutons, Seasoned

### Briannas

- Real French Vinaigrette

## Condiments (Cont'd)

### Westbrae

- Dijon Mustard
- Stoneground Mustard

## Cookies and Snack Bars

### 365 Organic Every Day Value™

- Fig Bar Cookies

### Country Choice

- Chocolate Creme Sandwich Cookies
- Vanilla Creme Sandwich Cookies

### Health Valley

- Fat Free Chocolate Chip Granola Bars

### Kinnikinnick

- KinniKritters Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- KinniTOOS Vanilla Sandwich Creme Cookies
- Montana's Chocolate Chip Cookies

### Mi-Del

- Chocolate Snap Cookies

### Midel

- Lemon Snap Cookies
- Vanilla Snap Cookies

### 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, Onion Garlic
- Brown Rice Snaps, Tamari Sesame
- Brown Rice Snaps, Unsalted Sesame
- Organic Brown Rice Snaps, Cheddar
- Organic Brown Rice Snaps, Unsalted Plain

## Dairy

### 365 Every Day Value™

- 2% Milk
- Skim Milk

### Erivan Yogurt

- Plain Yogurt

### Helios Nutrition

- Organic Peach Kefir

### Horizon

- Chocolate Milk, Single Serve
- Strawberry Milk, Single Serve

### Lactaid

- 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 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 Fat Free Strawberry Yogurt, Fruit on the Bottom, 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 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

## Dairy (Cont'd)

### Stonyfield Farm

- Organic Strawberry Yogurt Smoothies, 4 pack
- Organic Vanilla Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothie, 10 oz
- YoBaby Drinkable Yogurt, Peach
- YoBaby Peach/Pear 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

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Oetker

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

## Entrees and Mixes

### Rice Select

- Risotto Rice

## Ethnic Foods

### Edward & Sons

- Brown Rice Snaps, Tamari Sesame

### Sushi Sonic

- Wasabi Horseradish

## Frozen Foods

### 365 Every Day Value™

- 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 Ice Cream

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

### Vans

- Original Blueberry Mini Waffles

## Grains and Rice

### Rice Select

- Brown Rice Sesame Thins
- White Rice

## Jams and Nut Butters

### 365 Every Day Value™

- Fruit Spread Imported Apricot
- Fruit Spread Imported Black Cherry
- Fruit Spread Imported Blackberry
- Fruit Spread Imported Raspberry
- Fruit Spread Imported Strawberry

### Bionaturae

- Organic Apricot Fruit Spread
- Organic Peach Fruit Spread
- Organic Wild Berry Fruit Spread

### Im Health

- Creamy Soy Nut Butter
- Creamy Soy Nut Butter with Honey

## **Jams and Nut Butters (Cont'd)**

### **Joyva Corp.**

Sesame Tahini

### **St. Dalfour**

Black Raspberry Preserves

Blackcurrant Preserves

Blueberry Preserves

Four Fruit Preserves

Orange Marmalade

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

### **Tinkyada**

Brown Rice Spaghetti

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

Garlic Salsa

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Mushroom Barley Soup - No Salt

Organic Tomato No Salt Soup

Potato Leek Soup - No Salt

Vegetable Soup - No Salt

## **Spices and Seasonings**

### **Organic Gourmet**

Organic Low Salt Boullion Cubes

## **Sweeteners**

### **Plantation Molasses**

Blackstrap Molasses

### **Wholesome Foods**

Organic Blackstrap Molasses