

# Low Sodium

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES

WHOLE  
FOODS  
MARKET

## Durham 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 Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt

## Baking Needs

### Chatfields

- Cocoa Powder

### Fearn

- Raw Wheat Germ

### Lake Champlain Chocolates

- Unsweetened Cocoa

## Baking Needs (Cont'd)

### Mothers

- Toasted Wheat Germ

### Scharffenberger

- Unsweetened Baking Chocolate Bar

## Beverages

### 365 Every Day Value™

- Black Cherry Soda
- Cherry Vanilla Creme Soda
- Club Soda
- Cola
- Fresh Squeezed Grapefruit Juice
- Ginger Ale
- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

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

### **365 Every Day Value™**

- Key Lime Soda
- Orange Creme Soda
- Raspberry Soda
- Root Beer Soda

### **Ceres Fruit Juices**

- Guava Juice

### **Droste**

- Imported Cocoa

### **Knudsen**

- Low Sodium Veggie Juice

### **Lakewood Juice**

- Organic Pure Carrot Juice

### **Looza Fruit Juices**

- Mango Nectar Juice

## **Bread**

### **365 Organic Every Day Value™**

- Croutons, Butter & Garlic
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Tortilla Corn

### **Berli**

- Spelt Bread
- Sprouted Spelt Bread
- White Spelt Bread

### **Food For Life**

- Ezekiel Bread, Low Salt
- Organic 7 Grain Bread
- Organic Ezekial Bread
- Organic Ezekiel 4:9 Sesame Bread
- Organic Ezekiel Bread
- Sprouted Ezekiel Tortillas

## **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
- Pinto Beans

### **Minerva**

- Whole Roasted Chestnuts

### **Westbrae**

- Organic Garbanzo Beans

## **Canned/Jarred Goods**

### **365 Every Day Value™**

- 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 7 Grain Cereal
- Thick Rolled Oats

### **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

## Coffee and Tea

### 365 Every Day Value™

Ground Hazelnut Coffee

## Condiments

### 365 Organic Every Day Value™

Croutons, Butter & Garlic

Croutons, Cheese & Garlic

Croutons, Seasoned

### Annie's Naturals

Thousand Island Dressing

### Westbrae

Stoneground Mustard

Unsweetened Un-Ketchup

## Cookies and Snack Bars

### 365 Organic Every Day Value™

Fig Bar Cookies

### Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Montana's Chocolate Chip Cookies

S'moreables Graham Style Crackers

### Midel

Lemon Snap Cookies

Vanilla Snap Cookies

### Newman's Own Organic

Alphabet Chocolate Cookies

Mint Creme Filled Cookies

Organic Espresso Chocolate Chip Cookies

## Cookies and Snack Bars (Cont'd)

### Newman's Own Organic

Organic Orange Chocolate Chip Cookies

Organic O's Cookies

### Shady Maple

Organic Maple Waffles

## Crackers

### 365 Every Day Value™

Unsalted Tops Saltines

### Edward & Sons

Brown Rice Snaps, Onion Garlic

Organic Brown Rice Snaps, Black Sesame

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

## Dairy

### 365 Every Day Value™

2% Milk

Skim Milk

### Erivan Yogurt

Plain Yogurt

### Lifeway

Fat Free Strawberry Kefir

### Stonyfield Farm

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

## Dairy (Cont'd)

### Stonyfield Farm

- 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 Strawberry Yogurt Smoothie, 10 oz
- Organic Vanilla Yogurt Smoothie, 10 oz
- Organic Wild Berry Yogurt Smoothie, 10 oz
- YoBaby Banana/Vanilla Yogurt
- YoBaby Blueberry/Apple Yogurt
- YoBaby Drinkable Yogurt, Banana
- YoBaby Peach/Pear Yogurt
- YoBaby Simply Plain Yogurt
- YoKids Squeezers Cherry/Berry Blitz
- YoKids Squeezers Screamin' Strawberry
- YoKids Strawberry BaNilla Blast Yogurt

### White Wave

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

### Whole Soy

- Vanilla Soy Yogurt

## Dairy Alternatives

### White Wave

- Non Dairy Vanilla Soy Beverage

## Desserts

### Oetker

- Organic Chocolate Pudding
- Organic Vanilla Pudding

### Santa Cruz Organic

- Organic Chocolate Syrup

## Entrees and Mixes

### Rice Select

- Risotto Rice

## Ethnic Foods

### Eden Foods

- Organic Sesame Garlic Shitake

### Sushi Sonic

- Wasabi Horseradish

## 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 Ice Cream

### Stonyfield Farm

- Non Fat Vanilla Frozen Yogurt
- Vanilla Fudge Frozen Yogurt

## 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

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

### **365 Every Day Value™**

Fruit Spread Imported Strawberry

### **Bionaturae**

Organic Blueberry Fruit Spread

Organic Wild Berry Fruit Spread

### **Cascadian Farm**

Organic Apricot Fruit Spread

Organic Grape Fruit Spread

Organic Raspberry Fruit Spread

### **Im Health**

Organic Soy Nut Butter

### **Joyva Corp.**

Sesame Tahini

### **Kimes Apple Butter**

Unsweetened Apple Butter

### **St. Dalfour**

Black Cherry 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

## **Prepared Foods**

### **Rapunzel**

No Salt Vegetable Bouillon

## **Sauces, Salsas and Dips**

### **Green Mountain Gringo**

Hot Salsa

Medium Salsa

Mild Salsa

## **Soups**

### **Health Valley**

Black Bean Soup - No Salt

Lentil Soup - No Salt

Minestrone Soup - No Salt

Organic Tomato No Salt Soup